

ANNUAL FISH AND GAME COOKOUT

The Fish and Game Club at 17 Neponset Heights Avenue in Foxborough will, once again, host their annual cookout for Foxborough senior citizens. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 19th at 1:00 p.m. Enjoy the water view, eat delicious food, and have a fun time with your friends from Foxborough. This event will be held rain or shine. The meal will include chicken, homemade side dishes and beverages. The Fish and Game club would appreciate knowing if you'll be attending this event, so please call the senior center at 508-543-1252 by Tuesday, July 15th to sign up if you plan on joining us. This event is for Foxborough residents only. You must provide your own transportation to the cookout. Due to public safety requirements, parking spaces are *extremely* limited in the area of the Fish and Game Club. Please park in public building lots (i.e. the new municipal lots between the Public Safety building and the old auditorium building on Payson Road; the senior center; or Town Hall) and then shuttle or carpool down to the Fish and Game Club.

Monday, June 23

Jay Barrows' Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, June 24

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Cooking Demo/Nutrition 10:30 a.m.

Classic Movie Day – “The Sting” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, June 25

Strength Training 8:30 a.m.

Zumba 10:30 a.m.

Luncheon Outing to Longhorn 1:00 p.m.

Thursday, June 26

Ceramics 9:00 a.m.

Phantom of the Opera Trip 10:30 a.m.

Aging Mastery Program – 2:00 p.m.

Friday, June 27

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

COOKING DEMONSTRATION

The Nutrition Class has graciously extended an open invitation to all to attend the “Cooking with Debbie” program on Tuesday, June 24th at 10:30 a.m. Debbie Alsebai will present a cooking demonstration with recipes to make healthy foods from scratch using fresh ingredients. Seating is limited, so please call the senior center at 508-543-1252 to sign up. AMP participants who attend this program will earn 2 points.

ZUMBA CLASSES STARTING AGAIN

Zumba classes are scheduled once again at the senior center every Wednesday morning from 10:30 a.m. to 11:30 a.m. through August 13th. Come and learn some Latin dance moves with our new instructor Bilyana “BB” Dimitrova, and we’ll have some fun while getting in shape for the summer. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The cost for these classes is \$20, and is due at the time of sign up.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. On June 25th and 26th the featured program will be “Sleeping Well” with guest speaker Bonnie Ryvicker. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday evening each month through October. Come on over for a nice evening meal at the senior center and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, July 23rd we’ll be enjoying a meal of Seafood Salad on a Croissant, Pasta Salad, Three Bean Salad, Dessert and Milk. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us a 508-543-1252 to make your reservation and to arrange for transportation, if needed. For participants in the Aging Mastery Program, attending the Senior Supper is an opportunity to earn some bonus points.

TRAVEL AND ENTERTAINMENT

SIGN UP FOR OUR CAPE COD CANAL TRIP

Come join us as we travel to Cape Cod to celebrate the 100th anniversary of the Cape Cod Canal. At 9:00 a.m. on Thursday, July 24th we’ll be boarding a motorcoach at St. Mary’s parking lot and heading to beautiful Sandwich, the Cape’s oldest town. Enjoy watching artisans demonstrate the art of glassblowing at the Sandwich Glass Museum and visit the gift shop for unique gifts. We will then have lunch at the well-known Daniel Webster Inn where we will enjoy their “Grand Buffet.” After lunch, get ready to enjoy a special 2-hour Cape Cod Canal Cruise. The Viking Cruise captain will narrate the highlights of the canal for us all. The cost for this day on the Cape, including all gratuities, is \$74.00 per person. Sign up for this trip has begun, so if you’d like to join us, please call the senior center at 508-543-1252. Payment will be due by Friday, June 27th.

SIGN UP FOR OUR TRIP TO 1000 ISLANDS OF NEW YORK

Come along with us as we leave for a 3-day trip to the 1000 Islands of New York on Wednesday, August 20th. Located where the St. Lawrence River meets Lake Ontario, the 1000 Islands cover both sides of the border between the USA and Canada. Our destination is Alexandria Bay on the US side of the border where we’ll stay for 2 nights at The Riveredge Resort, a 4-Diamond award winning hotel located on the St. Lawrence Seaway. On our second day, we’ll explore the 1000 Islands by water, board the Uncle Sam Cruise Boat for a narrated tour of the St. Lawrence and visit two famous castles on 2 different islands – Singer Castle on Dark Island and the romantic Boldt Castle on Heart Island. Dinner will be at the Clipper Inn, in the historic river port of Clayton, NY. As we begin to head home on our third day, we’ll pause in Herkimer in the scenic Mohawk River Valley and we’ll board a canal boat for an excursion through the locks of the historic Erie Canal. Lunch will be included overlooking the canal before we continue on our way back to Foxborough. The cost for this trip, including all gratuities, is \$529 per person/double, \$509 per person/triple and \$659 per person for a single. The first payment of \$265 will be due by May 30th, with the balance due on July 11th. All payment checks should be made out to “Tours of Distinction.” Sign up for this trip has begun, so if you are interested in traveling with us, please call the senior center at 508-543-1252. Come join us as we enjoy the experience of castles, sunsets and the Erie Canal!

JOIN US THIS FALL FOR SOME COUNTRY MUSIC & THE SMOKY MOUNTAINS

This is your opportunity to visit Nashville and the Smoky Mountains in the fall! On October 9th, we will be flying to Nashville, Tennessee where we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4th day, we'll be traveling to Pigeon Forge, Tennessee for dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Octoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14th, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip has begun and will continue to be on-going, so please call the senior center at 508-543-1252 if you are interested in joining us. All payment checks should be made payable to "Tours of Distinction."

REGULARLY SCHEDULED **CLASSIC MOVIE DAY**

The classic movie for the month of June is scheduled for Tuesday, June 24th at 12:30 p.m. and our featured movie will be "The Sting." Robert Redford plays Depression-era confidence trickster Johnny Hooker, whose friend and mentor Luther Coleman (Robert Earl Jones) is murdered by racketeer/gambler Doyle Lonnegan (Robert Shaw). Hoping to avenge Luther's death, Johnny begins planning a "sting" (an elaborate scam) to destroy Lonnegan. He enlists the aid of "the greatest con artist of them all" Henry Gondorff (Paul Newman) who pulls himself out of a drunken stupor and rises to the occasion. Hooker and Gondorf gather together an impressive array of con men, all of whom despise Lonnegan and wish to settle accounts on behalf of Luther. "The Sting" became one of the biggest movie hits of the 1970's. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. If you'd like to join us, please call 508-543-1252 to sign up.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, June 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, June 24th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Longhorn restaurant on Wednesday, June 25th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, June 23rd. Van transportation is available.

MOVIE DAY

July's Movie Day is scheduled for Tuesday, July 8th at 12:30 p.m. and our featured movie will be the "The Lone Ranger." The Lone Ranger rides again with this Walt Disney production starring Johnny Depp as Tonto and

Armie Hammer as the famed gunman. The story centers on Tonto's recollection of adventures that found lawman John Reid transformed into the Lone Ranger, legendary hero of the Old West. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, July 1st from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

June 25 – Longhorn Steakhouse

July 2 - Walmart

WEEKLY SCHEDULED PROGRAMS

TALESPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

CERAMICS CLASS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

NUTRITION

The Nutrition Class meets every Thursday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

SIT & BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 to 10:30 a.m. The cost is \$2 per class.

LIBRARY ACCESS SERVICES

The Foxborough Council on Aging and Human Services and the Boyden Library have a program of delivering library books, CDs, DVDs and other library materials to Foxborough residents who cannot access the library without help. The Council on Aging and Human Services will deliver books and other materials from the library and will return materials when due. Pick-up and delivery is on Tuesdays. Additional dates can be arranged. To be considered, or for information on this program, call the senior center at 508-543-1252 and ask for Ken Levy or Pam McGuire.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, July 8th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center, on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled for July 17th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, June 23

Meatball Sub and Sub roll

Chuck Wagon Blend Vegetables

Hash Brown Potatoes

Chocolate Pudding

Calories 396

Sodium 635

Tuesday, June 24

Sandwich Stuffers

Spanish Rice

Zucchini & Tomato

Mixed Fruit
Calories 401

Wednesday, June 25

Happy Birthday!
Breaded Chicken
Parsley Whipped Potatoes
Glazed Carrots
Whole Wheat Bread
Birthday Cake
Calories 402
Sodium 626

Thursday, June 26

Pork Lo Mein
Oriental Vegetables
Multigrain Roll
Pineapple Chunks
Calories 400
Sodium 310

Friday, June 27

Sweet Potato Pollack
Tartar Sauce
Delmonico Potatoes
Peas & Mushrooms
Whole Wheat Roll
Fresh Fruit
Calories 419
Sodium 474