

SUMMER ART CLASSES WITH BARBARA GAGE-MULFORD

“Summer Art” is a fun, stress-free series of art workshops at the senior center with instructor Barbara Gage-Mulford. These 6 workshops will be held at 9:30 a.m. on the following Thursdays: July 21 & 28 and August 4, 11, 18 & 25. Students may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. All materials will be provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). These workshops are being offered free of charge. Class size is limited, so please call the senior center at 508-543-1252 to sign up in advance.

Monday, June 27

Coffee Connection 8:30 a.m. to 3:30 p.m.

Jay Barrows Office Hour 9:00 a.m.

NO Chair Yoga

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, June 28

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Coffee with Chris 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “I’ll See You in My Dreams” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, June 29

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Coffee with the Town Manager 12:30 p.m.

Luncheon Outing – Horse & Carriage 1:00 p.m.

Colorist Club 2:00 p.m.

Basic Estate Planning with Attorney Marc Cusano 5:00 p.m.

Thursday, June 30

Coffee Connection 8:30 a.m. to 3:30 p.m.

Pastel Workshop 11:00 a.m.

Men’s Cookout with Paolo DiGregorio 12:00 noon

Friday, July 1

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

BASICS OF ESTATE PLANNING WITH ATTORNEY MARC CUSANO

Attorney Marc Cusano will be at the senior center on Wednesday, June 29th at 5:00 p.m. Attorney Cusano’s program will focus on the basics of estate planning, elder law, nursing home planning, as well as updates on trends in elder legal services. This is your opportunity to ask questions and get some answers from an expert in

estate planning and administration. Please call the senior center at 508-543-1252 to sign up in advance for this informational program. This program is made possible through the Mass Bar Association.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, June 28th. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for 2016.

PASTEL PAINTING WORKSHOP

The Foxborough Senior Center will host award-winning pastel artist Greg Maichack on Thursday, June 30th from 11:00 a.m. to 1:00 p.m. Greg will present a hands-on workshop titled "Pastel Paint Stunning Still-Lifes Like the Masters." This pastel painting workshop is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper in this fun pastel painting class. Greg will demonstrate how beginners, as well as accomplished artists, can paint a still life while applying techniques used by masters such as van Gogh, O'Keefe and Monet. This class is being offered free of charge and, as always, all materials will be supplied and all participants will bring their pastel paintings home with them. The program is sponsored by a grant from the Foxborough Cultural Council. Seating is limited, so please call the senior center at 508-543-1252 to sign up in advance to reserve your seat.

PATRICIA PERRY PRESENTS THE GREAT AMERICAN SONGBOOK

Put on your zoot suit, poodle skirt or white gloves and join Patricia Perry of Sneak Peek Productions as we turn the pages in America's songbook. This very interactive program follows American music from the colonial years until the 1930's. Tap your toes to George Washington's favorite tunes or join in a chorus of "It's a Long Way to Tipperary." Don't worry if you can't carry a tune, just hum along and let a song be in your heart. Join us at the senior center for this fun and interactive program with Patricia Perry on Thursday, July 7th at 2:00 p.m. This program is sponsored by the Friends of Foxboro Seniors. Please call the senior center at 508-543-1252 to sign up and we'll save you a seat.

GARY HYLANDER'S LECTURE SERIES ON ELECTING PRESIDENTS: 1960, 1964 & 1968

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for a 3-part lecture series on the following Wednesdays at 4:30 p.m.: July 6th, 13th and 20th. This lecture series is being sponsored by the Friends of Foxborough Seniors and the program topics cover the presidential elections of the 1960's. The topic for the July 6th program is "JFK v. RMN: Revisiting the 1960 Election." The election of 1960 was a cliffhanger that witnessed a record voter turnout. For the first time, television played a critical role in shaping a presidential election. Join us as we discuss the candidates' campaign strategies and issues of the 1960 race for the White House. We will also review the themes and language of Kennedy's inaugural, an address that he hoped would become as memorable as Lincoln's words at Gettysburg. If you'd like to join us for these lectures, please call the senior center at 508-543-1252 to sign up.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, June 29th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

MEN'S COOKOUT

Our first Men's Cookout of the year will be held on Thursday, June 30th at noon. Following lunch, the Friends of Foxborough Seniors will be sponsoring our guest speaker, historian Paolo DiGregorio, and the topic of his program will be "Independence Day." The cost for the cookout is \$3 and if you would like to attend, please call the senior center at 508-543-1252 by Friday, June 24th. As always, everyone is welcome to join us for the speaking portion of the program at no cost after lunch has been served.

MOVIE DAY

Movie Day for the month of June is scheduled for Tuesday, June 28th at 12:30 p.m. and our featured film will be "I'll See You in My Dreams." In her first movie lead in 40 years, Blythe Danner stars as a widow who's been comfortably wallowing in a comfortable rut, including a weekly bridge game with her three best friends (Mary Kay Place, Rhea Perlman and June Squibb). A series of unexpected circumstances, including a giant rat in the house, shakes up her existence leading to friendship with her slacker pool boy, reconciliation with her daughter and, surprisingly, her courtship with a new beau (Sam Elliott). Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to 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. and 7:00 p.m. On June 29th & 30th the featured program will be the "Jack Craig: Academy of Award Winning Songs" program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

MEDICAL INFORMATION AND SERVICES

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. The next appointments are being scheduled for July 5th and 21st. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum 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 Cathy, call the senior center at 508-543-1252 to set up and appointment.

REGULARLY SCHEDULED

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

EXERCISE CLASSES

Summer is here. It's time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings

at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

COLORIST CLUB

Are you looking for something fun to do that's both calming and relaxing? We have a Colorist Club that meets at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1252 to sign up and join us for this soothing and relaxing activity.

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 Horse and Carriage Restaurant on Wednesday, June 29th 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 27th. Van transportation is available.

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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, July 5th from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is hosted 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 a 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 29 – Horse & Carriage Restaurant
July 6 – Kohl's/Mansfield Crossing

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

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$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 27

Low Salt Hot Dog 590

Baked Beans 36
German Slaw 81
Hot Dog Roll 210
Cinnamon Apple Slices 4
Sodium 921
Calories 581

Tuesday, June 28

Caribbean Chicken 375
Pineapple Rice 55
Tossed Salad with Dressing
Honey Wheat Bread 135
Tropical Fruit 10
Sodium 575
Calories 493

Wednesday, June 29

Tuna Noodle Casserole 356
Beets 162
Whole Wheat Bread 160
Birthday Cake 209
Sodium 968
Calories 527

Thursday, June 30

Roast Turkey with Gravy 214
Cranberry Sauce 16
Mashed Potato 62
Squash 13
Multigrain Bread 190
Fresh Apple 2
Sodium 497
Calories 704

Friday, July 1

Cheeseburger 387
Ketchup 82
Cabbage & Carrot 47
Baked Beans 36
Hamburg Roll 230
Cup Cake 209
Sodium 991
Calories 775