

ZUMBA CLASSES STARTING AGAIN

Zumba classes are scheduled once again at the senior center every Wednesday morning for 10 weeks starting June 11th. 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. Classes will be held from 10:30 a.m. to 11:30 a.m. on Wednesdays from June 11th through August 13th. The cost for these 10 classes is \$20, with payment due by the start of the first session.

Monday, June 9

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Video Lecture Series 12:00 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, June 10

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

Blood Pressure 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – “Enough Said” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, June 11

Strength Training 8:30 a.m.

Zumba 10:30 a.m.

Job Lot/Dollar Store 1:00 p.m.

Thursday, June 12

Ceramics 9:00 a.m.

Computer Class 11:00 a.m.

Fathers’ Day Luncheon 11:30 a.m.

AMP Workshop open to all – Guest Speaker Attorney Marc Cusano on “Planning For Your Future ” 2:00 p.m.

Friday, June 13

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Trip to JFK Library 10:30 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

FATHERS DAY LUNCHEON

Come and celebrate Fathers’ Day with us here at the senior center on Thursday, June 12th from 11:30 a.m. to 1:00 p.m. at our Fathers’ Day Luncheon. This is a free luncheon catered by Chickie Flynn’s in honor of all the fathers and grandfathers of Foxborough. All men are welcome and invited to treat themselves to a delicious lunch of chicken with stuffing, mashed potatoes and vegetables, ravioli, green salad and garlic bread. This is the time to celebrate fatherhood and think about your own dad. If you’re interested in joining us, please call us at 508-543-1252 to reserve your spot.

TAKING CONTROL OF YOUR FUTURE

On Thursday June 12th at 2:00 p.m., Attorney Marc Cusano of the Mass Bar Association (MBA) will be presenting the program “Taking Control of Your Future: A Legal Checkup” at the senior center. This program is part of the MBA’s annual Elder Law Education Program that is presented across the state of Massachusetts. The MBA is committed to helping seniors to feel empowered by knowledge as they navigate through the elder years. This is your chance to get answers to questions as you plan for your future years as a senior. The program is open to all. AMP participants can get points for this program. So please join us for this informational opportunity and call the senior center at 508-543-1252 to sign up.

AMP – BONUS VIDEO LECTURE SERIES

On Tuesday, June 17th at 12:15 p.m. we will have the 6th bonus video lecture for the Aging Mastery Program participants who wish to earn bonus points. This video lecture series is also open to all others who wish to attend this informational series. The June 17th session will include lectures on “Becoming an Educated Patient” and “Health Advances on the Horizon.”

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 11th and 12th the featured program will be from the 2nd Aging Mastery Program workshop which focuses on nutrition and healthy eating. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SENIOR CENTER VISITING DAY AT SCHOOL

The Foxborough School Department has extended an invitation to Foxborough seniors to visit the John J. Ahern Middle School. On Wednesday, June 18th from 10:00 a.m. to noon, seniors are invited to the Ahern Middle School at 111 Mechanic Street to enjoy the Ahern Middle School Band, Chorus and Orchestra Concerts followed by a light lunch. For those who would like to stay longer, a group of 8th grade students will take you on a tour of the school. If you plan on joining us, please sign up at the senior center or call us at 508-543-1252 to sign up.

CONTINUE WELLNESS TOUR

On Thursday, June 19th at 11:00 a.m., Norwood Hospital’s Steward Health Care will be presenting a Continue Wellness Tour with Mary Richardson at the senior center. The Continue Wellness program provides health information to seniors in the community. Mary Richardson, former co-anchor of Channel 5’s “Chronicle” TV show, is the Steward Health Care’s spokesperson for this event. Norwood Hospital primary care physician Dr. Mohiuddin will join Mary to discuss tips for a safe and healthy summer. Light snacks and refreshments will be served. Seating will be limited, so if you are interested in joining us for this very popular program, please call the senior center at 508-543-1252.

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, June 18th we’ll be enjoying a meal of Italian Style Pasta with Meatballs, Tossed Salad, Roll, 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.

TRIP TO THE JFK MUSEUM

Don't miss your last chance to sign up for our trip to the John F. Kennedy Library. On Friday, June 13th, we will be traveling via round-trip motorcoach to South Boston for a visit to the JFK Library. We'll be picked up at 10:30 a.m. at St. Mary's parking lot and our day begins with a fabulous sit down lunch at the Venezia Restaurant in Dorchester. Then we're off to the JFK Library where we'll have the opportunity to experience the multimedia exhibits and the theater, or you can choose to walk the ocean front grounds, all at your own pace. The cost for this outing is \$71.00 per person and the sign up for this day trip has begun, so if you are interested in joining us, please call the senior center at 508-543-1252.

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 Oktoberfest 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

MOVIE DAY

June's Movie Day is scheduled for Tuesday, June 10th at 12:30 p.m. and our featured movie will be the heartwarming comedy "Enough Said" starring Julia Louis-Dreyfus, James Gandolfini and Catherine Keener. In this movie, Eva (Louis-Dreyfus), a divorced masseuse falls into a romance with Albert (Gandolfini), a divorced kindhearted empty nester. But as their relationship blossoms, Eva befriends Marianne (Keener) who's always complaining about her ex-husband. When Eva realizes that Albert is the target of Marianne's rants, she begins to question her own perceptions about first impressions and second chances. 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.

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.

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.

JOB LOT DISCOUNT DAYS

Ocean State Job Lot has announced that they will be having their 2014 "Silver Salute" discount days at their store beginning on June 5th through June 11th. There will be a 25% discount in the store to all persons aged 62 years or over with a valid ID proving age. This sale offer is not being advertised. To take advantage of these discount days, our shopping trip on July 11th will be to Job Lot.

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 11 – Job Lot/Dollar Store

June 18 - Target

WEEKLY SCHEDULED PROGRAMS

NUTRITION

On June 10th the Nutrition Class will be hosting Stacey Hiltner from the Community VNA. Her topic of discussion will be "What's On Your Bucket List!" Come join us for this special class at the senior center. 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.

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!

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.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 10th 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 June 19th. 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 9

Chicken Cantonese with Vegetables

White Rice

Multigrain Roll

Mixed Fruit

Calories 341

Sodium 221

Tuesday, June 10

Meatloaf with Mushroom Gravy
Chive Whipped Potatoes
Carrot Coins
Wheat Bread
Butterscotch Pudding
Calories 480
Sodium 492

Wednesday, June 11

BBQ Chicken Fillet
Lyonnais Potato
Green & Wax Beans
Whole Wheat Bread
Peaches
Calories 291
Sodium 610

Thursday, June 12

Happy Fathers' Day
Baked Ham with Raisin Sauce
Whipped Sweet Potato
Mixed Vegetables
Whole Wheat Roll
Apple Crisp
Calories 354
Sodium 1028

Friday, June 13

Salmon Boat with Lemon Dill Sauce
Garlic Mashed Potatoes
Peas & Onions
Dinner Roll
Fresh Fruit
Calories 361
Sodium 276