

FREE AND CONFIDENTIAL BENEFITS CHECK

The Foxborough Council on Aging and Human Services is holding free Benefits Check-Up clinics for Foxborough residents, age 55 and older. Each year, people miss out on State and Federal benefits for which they are eligible, such as cash assistance and help paying for food, health insurance, in-home care, transportation and housing. Using the www.benefitscheckup.org/mcoa website, a COA staff member will help you print and interpret a personalized, but anonymous report of programs for which you may qualify. For best and fastest results, please have the following information available: date of birth; type of home (house, apartment or mobile home; owned or rented); veteran status for self and spouse; estimates of current expenses (mortgage or rent, utilities, out of pocket medical bills, caregiver expenses); estimated current income and assets for self, spouse and others in the household, and; names of prescription meds. Call 508-543-1252 to schedule an appointment at the senior center. If you prefer to do it yourself, go to the website at www.benefitscheckup.org/mcoa. BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington D. C.

Monday, July 14

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, July 15

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

Nutrition Class 11:00 a.m.

Ice Cream Days at Flint Farm 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, July 16

Strength Training 8:30 a.m.

Zumba 10:30 a.m.

TRIAD 1:00 p.m.

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

Thursday, July 17

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Music with Jack Craig 11:00 a.m.

Juke Box Memories BBQ at Wrentham COA 12:00 noon

Low Vision Support Group 1:00 p.m.

Friday, July 18

Stop and Shop 8:30 a.m.

NO YMCA Exercises today

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Saturday, July 19

Cookout at Fish & Game Club 1:00 p.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

COOL OFF AT THE SENIOR CENTER

People age 65 and older are more prone to heat stress than younger people. As we age it becomes more difficult for our bodies to adapt to sudden changes in temperature. Certain medical conditions and prescriptions can change or inhibit the body's ability to regulate temperature and perspiration. To protect yourself from the heat: drink cool, nonalcoholic beverages; rest; take a cool shower or bath; wear light-weight clothing; avoid the sun and strenuous activities, and; use air conditioning or visit air-conditioned locations like the senior center, a mall or the library. If the summer heat has been getting to you, come join us at the senior center. Throughout the summer, the temperature in the senior center will be kept at a comfortably cool level. Bring a book, come read the newspaper, or just stop by the senior center to get away from the heat. If you or someone you know is having a problem staying cool, call the COA at 508-543-1252. In an emergency, call 911.

SPECIAL PROGRAMS

SHARPS COLLECTION DAY

If you are one of the many people in Massachusetts who uses syringes to manage your health or your pet's health care at home, the Town of Foxborough provides a safe way to dispose of needles, syringes and lancets (sharps). As of July 1, 2012 Massachusetts does not allow the disposal of sharps in household trash. A Sharps Collection Day will be held on Saturday, July 12th at the McGinty Room in the Public Safety Building, from 10:00 a.m. to 12:00 noon. Please bring all syringes in a sealed sharps container. Also, the Police Department has a new Medical Waste Kiosk in the Public Safety Building lobby. If you have any old or unused medications including over-the-counter or prescriptions in all forms such as pills, creams or liquids, feel free to bring them with you to the Public Safety Building for disposal.

FREE FUN FRIDAYS

Every Friday during the summer from June 27th through August 29th, the Highland Street Foundation is providing FREE admission to museums and cultural attractions across Massachusetts for Massachusetts residents and tourists. They are sponsoring over 60 free venues on specific Fridays including Battleship Cove, the Museum of Fine Arts in Boston, Plimoth Plantation, the Isabella Stewart Gardner Museum, the USS Constitution Museum and many more. These venues will be absolutely free, and for most venues there is no ticket, ID, coupon or password required, though some venues may have capacity limitations. For information and a schedule of events, please check the Highland Street website at www.highlandstreet.org or contact the Highland Street Foundation at 617-969-8900.

BIG BAND – SIGNATURE SONGS WITH JACK CRAIG

Jack Craig will be back for a return engagement at the senior center in July. The Big Band Era of the 30's and 40's produced superstar singers, musicians and band leaders. Some of those band leaders were so celebrated that they were recognized by their "signature" or "theme" songs. Join us on Thursday, July 17th at 11:00 a.m. as Jack helps us to reminisce by singing about two dozen songs from bandleaders with last names beginning with the letters A – J. Join us again on Wednesday, July 23rd at 11:30 a.m. when Jack's program will be featuring songs from bandleaders with last names beginning with the letters K – Z. Please give us a call at 508-543-1252 to sign up for these 2 programs with Jack, and come and enjoy some "Music – With Class!"

WE ALL SCREAM FOR ICE CREAM!

It's summertime, the weather's hot, and it's time to think ice cream, so we've planned some ice cream day trips once again! This year's trips will be scheduled on some Tuesday and Thursday afternoons throughout the summer. On Tuesday, July 15th at 1:00 p.m. we'll be off to Flint Farm in Mansfield. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

“JUKEBOX MEMORIES” COOKOUT IN WRENTHAM

The Foxborough seniors have been invited to the Wrentham Senior Center, 400 Taunton Street in Wrentham, on Thursday, July 17th at 12:00 p.m. for a BBQ luncheon followed by "Jukebox Memories" with singer Vic Sologastoa. A special BBQ luncheon will include a quarter pound hamburger with roll, potato salad, cole slaw

and some watermelon for dessert. There is a suggested donation of \$3.00 per person for the meal. Following lunch, Vic will be there to serenade us with songs from the 50's and 60's. Please make your reservations for this special event by calling the Foxborough Senior Center at 508-543-1252 by Monday, July 14th. Also, save the date of Thursday, August 14th when the Wrentham COA will be joining us at the Foxborough Senior Center at 11:30 a.m. for a cookout followed by some friendly competition as we play "Mr. D.J.'s Hollywood Quiz Show."

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.

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 July 16th and 17th the featured program will be on Medicare benefits with guest speaker Peg McDonough of HESSCO Elder Services. Check out our senior exercise videos that are broadcast on Wednesday and Thursday mornings at 9:00 a.m. 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.

TRAVEL AND ENTERTAINMENT

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!

CRUISE ON THE CAPE COD CANAL TRIP

We will be traveling 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. We will be visiting the Sandwich Glass Museum, followed by lunch at the well-known Daniel Webster Inn. Then we'll enjoy a special 2-hour cruise on the Cape Cod Canal. 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 and we have started a waiting list.

REGULARLY SCHEDULED

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on July 17th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

CLASSIC MOVIE DAY

The classic movie for the month of July is scheduled for Tuesday, July 22nd at 12:30 p.m. and our featured movie will be "Singing in the Rain." This film from 1952 is considered by many as one of the 10 best movies ever made. It's not only a great song-and-dance piece starring Gene Kelly, Donald O'Connor and Debbie Reynolds; it's also an affectionately funny insider spoof about the film industry's uneasy transition from silent pictures to "talkies." Kelly plays debonair star Don Lockwood, whose leading lady Lina Lamont (Jean Hagen) has a screechy voice, hilariously ill-suited to the new technology and her glamorous screen image. Don's best friend (O'Connor) and love interest (Reynolds) have the inspiration of revamping Lamont's debut sound film as a musical with Reynolds dubbing Hagen's vocals. The resulting story is high energy and witty with memorable songs, especially Gene Kelly's singing of the title song as he made movie magic by dancing on a drenched movie set with nothing but a few puddles, a lamppost and an umbrella. 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.

MEN'S COOKOUT

The next Men's Cookout will be held on Thursday, July 24th at 12:30 p.m. Our guest speaker this month will be Foxborough's Veterans' Services Officer, Michael Johns. This is your chance to get answers to any questions you may have regarding veterans' services. The cost for the Men's Cookout is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, July 22nd to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

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:

July 16 – Dollar Store / Job Lot

July 23 – Christmas Tree Shop

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. 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.

WEEKLY SCHEDULED PROGRAMS

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!

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.

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.

VOLUNTEER OPPORTUNITY

FRIENDLY VISITOR

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Pam McGuire, Community Social Worker at 508-543-1252.

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, July 14

Low Sodium Hot Dog

Mustard Packet
Baked Beans
Cole Slaw
Hot Dog Roll
Fresh Fruit
Calories 425
Sodium 707

Tuesday, July 15

Honey Mustard Chicken Breast
Rice Pilaf
California Blend Vegetables
Multigrain Roll
Almond Cookie
Calories 331
Sodium 591

Wednesday, July 16

Macaroni & Cheese
Escalloped Tomato Florentine
Muffin
Mixed Fruit
Calories 443
Sodium 542

Thursday, July 17

Roast Turkey & Gravy
Cranberry Sauce
Whipped Potato
Winter Squash
Whole Wheat Roll
Peaches
Calories 398
Sodium 603

Friday, July 18

Italian Style Pasta with Meat Sauce
Genoa Blend Vegetables
Wheat Bread
Pears
Calories 424
Sodium 221