

MEMA ADVISES CAUTION DURING EXTREMELY HOT WEATHER

With extremely hot weather forecast for the Commonwealth, the Massachusetts Emergency Management Agency (MEMA) advises people to be cautious during periods of extreme heat, and offers some tips to help keep cool and safe.

Here are some tips to follow during hot, humid weather:

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Go to a place where you can get relief from the heat, such as air conditioned senior centers, schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Do not leave pets outside for extended periods. Make sure that pets have plenty of drinking water.
- Check on family, friends and neighbors.

In normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.

Monday, July 15

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, July 16

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, July 17

Strength Training 8:30 a.m.

Jack Craig-Brigadoon 11:00 a.m.

Video Lecture Series-Experiencing Hubble 12:30 p.m.

Dollar Tree Store/Ocean State Job Lot 1:00 p.m.

Zumba 2:30 p.m.

Thursday, July 18

Castle Island Trip-departs from St. Mary's Parking Lot @ 9:00 a.m.

Ceramics 9:00 a.m.

SHINE (by appointment) 10:00 a.m.

Friday, July 19

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 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

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

"The Constitution of the United States with Dr. Gary Hylander" will be this week's senior center programming shown on July 17th & 18th. 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.

SPECIAL EVENTS AND PROGRAMS

FISH AND GAME COOKOUT

Once again, the Fish and Game Club located at 17 Neponset Heights Avenue, Foxboro, will be holding their annual cookout for Foxboro seniors. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 20th at 1:00 p.m. Enjoy the water, eat delicious food, and have a fun time with your friends from Foxboro. The 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 you're coming, so please call the senior center at 508-543-1252 by Tuesday, July 16th if you plan to attend. This event is for Foxboro residents only. You must provide your own transportation to this event. 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; senior center; or town hall) and then shuttle or carpool down to the Fish and Game Club.

LET'S TALK ABOUT... PROTECTING ELDERS FROM FRAUD AND EXPLOITATION

The Eldercare Alliance presents "Let's Talk About...Protecting Elders from Fraud and Exploitation," sponsored by the Sharon Credit Union on Tuesday, July 30th, 2013, from 11:15 AM to 12:45 PM at the Sharon Adult Center, 219 Massapoag Ave., Sharon, MA. Financial exploitation of elders occurs when another individual gains access to and control over the elder's finances with fraudulent intent and causes that individual to suffer a substantial monetary or property loss. Our panel includes: James Carlson, President, Sharon Credit Union; Harlee Nason, Protective Services Supervisor, HESSCO Elder Services; and an Identity Theft Victim. Lunch will be served including an ice cream bar for dessert! This program is FREE and is presented in partnership with Sharon Credit Union, HESSCO, and the Sharon Adult Center. To reserve a seat, please RSVP to the Sharon Adult Center at 781-784-8000 by July 24th.

NEW GARDEN CLUB COMING!

Attention all you gardeners...Marsha Lewicke has graciously offered to start a Garden Club at the senior center! We want to hear from you about the types of things you would like to "know and grow" here at the senior center as we will be developing a 'wish list' for our gardens. Give us a call at 508-543-1252 to tell us about your interest in the Garden Club.

SUMMER MUSIC WITH JACK CRAIG

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on two Wednesdays in July and three Wednesdays in August at 11:00 a.m. The schedule is as follows:

July 17th – Broadway Blockbuster-Brigadoon
July 24th - Broadway Blockbuster-Oliver
August 14th - Great Songwriter-Hoagy Carmichael
August 21st – Great Songwriter-Sammy Cahn
August 28th –Great Songwriters-Bacharach & David
Please sign-up for these programs by calling 508-543-1252.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to Flint Farm in Mansfield on Thursday, July 25th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

TRAVEL AND ENTERTAINMENT

CASTLE ISLAND AND FORT INDEPENDENCE TRIP

Come along with the Foxboro seniors on Thursday, July 18th as they travel to Castle Island in Boston. Located at the end of Carson Beach, on Pleasure Bay in South Boston, Castle Island is a 22-acre recreation site, and the site of Fort Independence. Castle Island was really an island until several land reclamations through the years extended causeways and eventually roadways. Today it is operated as a state park by the Massachusetts Department of Conservation and Recreation. Castle Island is where the past, present and future of Boston collide. It is not just a destination it is a state of mind. Where else in Boston can you be surrounded by the ocean, go for a walk, and see one of the United States oldest military fortifications? Courtesy of the Castle Island Association, you will enjoy a tour of Fort Independence, the oldest continuously fortified site in British North America since 1634. This trip will involve a lot of walking with the tour of the fort, and you will have time to explore the sights around Castle Island on your own. Lunch will be on your own. You can grab a bite to eat at the famous Sullivan's Castle Island or pack a lunch to bring along. You will travel by school bus which will depart from St. Mary's Church at 9:00 a.m. and return at approximately 2:00 p.m. The cost for this outing is just \$6 per person. This trip will operate "Rain or Shine." Payment is non-refundable and will be due by Friday, July 12th. Checks should be made payable to "Town of Foxborough COA." Sign-up for this opportunity by calling the senior center at 508-543-1252.

PLYMOUTH HARBOR CRUISE TRIP

Join the Foxboro seniors on Thursday, August 15th on the 'Pilgrim Belle', an authentic Mississippi-style paddle wheeler, as you take a scenic, one-hour narrated cruise of Plymouth harbor. Hear about the historic town and seaport of Plymouth, Plymouth Rock, Mayflower II, Plymouth Beach, Clark's Island and the majestic Gurnet Point Lighthouse. A special luncheon at Isaac's will be served prior to the boat ride. You will have your choice of entrée (Seafood Medley or Chicken Cordon Bleu), salad, chef's choice of starch, dessert, coffee or tea. You will round off your day with a visit to the Plymouth Bay Winery before returning home. The cost for this wonderful day trip is \$71 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, July 12th. Your motorcoach bus will depart from St. Mary's Church parking lot at 10:15 a.m. on Thursday, August 15th. Sign-up for this opportunity by calling the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next

available appointments will be on Thursday, July 18th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

WHY DOES MY SHOULDER HURT?

Join Dr. James Snead and Trevor Winnege from Sturdy Orthopedic & Sports Medicine Associates for a program entitled, "Why Does My Shoulder Hurt?" on Wednesday, July 17th from 6:00 p.m. to 7:00 p.m. at Sturdy Memorial Hospital Auditorium, 211 Park Street, Attleboro, MA. Dr. Snead will address the diagnosis and treatment options, both operative and non-operative, for rotator cuff and labral tears, shoulder instability, and more. The evening will include light refreshments and a guest raffle. To register for this FREE program, please call 508-236-8020 by July 15th.

COA VOLUNTEER OPPORTUNITIES

COA TRIP COMMITTEE MEMBER

Are you someone who enjoys travel? Do you like to surf the internet for information and the best deals out there? We have an opportunity for people to serve on our Trip Committee for the upcoming year. Positions begin in September 2013 and involve meeting with the committee as well as travel vendors to explore and research trips for our seniors. Remember that our computer lab here at the senior center is available for your use in looking up information. Please call us at 508-543-1252 if you are interested in this opportunity.

VAN-GO SHOPPING ESCORT

We are looking for volunteers who are 18 years of age or older who would like to be an escort on our Van-Go shopping trips. Shopping trips occur on Monday afternoons, Wednesday afternoons, and Friday mornings. This volunteer opportunity would involve riding along on the Van-Go and carrying a couple of bags for the seniors. If you are interested in volunteering for this position, please call 508-543-1252.

REGULARLY SCHEDULED

MEN'S COOKOUT WITH SWAT TEAM PRESENTATION

Join us for a delicious meal and some socialization on Thursday, July 25th at our first Men's Cookout for the season. Officer Scott Hodson of the Foxborough Police Department and member of the Metropolitan Law Enforcement Council SWAT Team will give a presentation including tactical maneuvers and equipment demonstration. Officer Hodson grew up in Foxborough, served as a U.S. Marine, and has been on the Foxborough Police Department since the 1990's. The men will be served at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for the cookout is \$3. To participate in the cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, July 23rd. As always, everyone is welcome to join us after the meal has been served for the presentation portion of the program free of charge.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on July 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. 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. Our next movie day will be Tuesday, July 23rd at 12:30 p.m. when our feature presentation will be "Quartet," a British comedy-drama directed by Dustin Hoffman. Beecham House is abuzz. The rumor circling the halls is that the home for retired musicians is soon to play host to a new resident. Word is, it's a star. For Reginald Paget (Tom Courtenay), Wilfred Bond (Billy Connolly) and Cecily Robson (Pauline Collins) this sort of talk is par for the course at the gossip home. But they're in for a special shock when the new arrival turns out to be none other than their former singing partner, Jean Horton

(Maggie Smith). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can the passage of time heal old wounds? And will the famous quartet be able to patch up their differences in time for Beecham House's gala concert? Please call 508-543-1252 to sign-up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, July 24th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Sliced Turkey on a Croissant, Cranberry Sauce, Pasta Salad, Beet Salad, and a Brownie to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

LUNCHEON OUTING

Our next luncheon outing will be to Hearth 'N Kettle on Wednesday, July 31st at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, July 30th. Van transportation is available.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 4 weeks and runs from July 29th through August 25th. The payment will be \$20 and is due at sign-up. Call 508-543-1252 with any questions.

VIDEO LECTURE SERIES: "EXPERIENCING HUBBLE"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Experiencing Hubble: Understanding the Greatest Images of the Universe" on Wednesdays at the senior center through August 14th from 12:30 p.m. to 1:30 p.m. Learn about how the Hubble Space Telescope has revolutionized our understanding of the universe, both near and far. Come and see the stunning images that have captivated and inspired students of all ages. Professor David M. Meyer is professor of Physics and Astronomy at Northwestern University, where he has taught for more than 20 years. He is also the director of the Dearborn Observatory and co-director of the Center for Interdisciplinary Exploration and Research in Astrophysics, where much of his work involves the Hubble Space Telescope. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., 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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

July 17 Dollar Tree/Ocean State Job Lot

July 24 Target

July 31 Luncheon Outing @ Hearth 'N Kettle

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. Suggested donation is \$2.50. 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 15

Cheese Tortellini W/Tomato Sauce
Jardinière Vegetables
Whole Wheat Roll
Peaches

Tuesday, July 16

Vegetable Soup
Oven Baked Breaded Chicken
Rice Pilaf
Multigrain Roll
Fresh Fruit

Wednesday, July 17

Meatloaf W/Mushroom Gravy
Chive Mashed Potatoes
Chuck Wagon Veggies
Dinner Roll
Chocolate Pudding

Thursday, July 18

Roast Turkey & Gravy
Cranberry Sauce
Mashed Potatoes
Winter Squash
Wheat Bread
Apple Crisp

Friday, July 19

Shaved Steak W/Peppers & Onions
Hash Brown Potatoes
California Blend Veggies
Whole Wheat Bread
Pears