

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!"

Monday, July 7

Sit & Be Fit 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 11:00 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, July 8

Stretch & Balance 8:30 a.m.
Blood Pressure Clinic 10:00 a.m.
Nutrition Class 11:00 a.m.
Movie Day – "The Lone Ranger" 12:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, July 9

Strength Training 8:30 a.m.
Zumba 10:30 a.m.
Kohls 1:00 p.m.

Thursday, July 10

Ceramics 9:00 a.m.
Stop and Shop (in lieu of July 11) 1:00 p.m.

Friday, July 11

NO Van Service Today
NO Stop and Shop
YMCA Exercises 9:30 a.m.
Card Making Class 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

AMP – GRAND FINALE AT PATRIOT PLACE

The final session of the 16-week Aging Mastery Program will be held on Thursday, July 10th. All of the original AMP participants are asked to meet at 10:15 a.m. at the CBS Scene restaurant at Patriot Place where we will take part in a "scavenger hunt" throughout the shops at Patriot Place. For those who need transportation, the van will be available. When we arrive at CBS Scene, we will be given the details of our scavenger hunt. ALL participants MUST wear their AMP t-shirts so they can be identified by the store merchants as being part of the program. A shuttle bus will bring participants to the South Market at 10:30 a.m. and our scavenger hunt will begin at the Bass Pro Shop. At 12:00 noon, a shuttle bus will take participants back to the North Market

where our hunt will continue. Shuttle buses will be available throughout the morning to provide transportation to the North and South Markets. Then at 1:15 p.m., we'll all meet at the CBS Scene restaurant for a great lunch!

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 1:30 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 Sologiasoa. 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. On July 9th and 10th the featured program will be on Managing Your Medicine with guest speaker Chris Burt of Walgreens Pharmacy. 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!

REGULARLY SCHEDULED

ZUMBA CLASSES

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.

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 in 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.

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.

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.

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 on Wednesday, July 30th 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, July 28th. Van transportation is available.

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 9 – Kohl's

July 16 – Dollar Store / Job Lot

MEDICAL INFORMATION AND SERVICES

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.

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

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.

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.

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.

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 7

Sweet & Sour Meatballs

White Rice

Oriental Vegetables

Whole Wheat Roll

Pineapple Chunks

Calories 310

Sodium 257

Tuesday, July 8

Baked Ham with Raisin Sauce

Scalloped Potatoes

Peas & Mushrooms

Snowflake Roll

Chocolate Pudding

Calories 378

Sodium 1388

Wednesday, July 9

Minestrone Soup

Breaded Chicken

Cheesy Mashed Potatoes

Muffin

Peaches

Calories 479

Sodium 781

Thursday, July 10

Meatloaf with Onion Gravy

Garlic Mashed Potatoes

Mixed Vegetables

Wheat Bread

Blond Brownie

Calories 511

Sodium 397

Friday, July 11

Krunchy Lite Fish

Tartar Sauce

O'Brien Potato

Tossed Salad with Dressing

Multigrain Roll

Fresh Fruit

Calories 299

Sodium 395