

SCALLOP FESTIVAL SIGN UP

On Friday, September 19th at 9:00 a.m. we'll be boarding a motorcoach at St. Mary's parking lot for a trip to the "All New Scallop Festival" at the home of the Barnstable Fair Grounds in Falmouth, Mass. The fair grounds are a new venue for this annual event and will provide more space with larger indoor buildings to accommodate the kitchen and seating area, buildings for entertainment, arts and crafts, and more modern restrooms. We will have the choice of either a Scallop or a Chicken Dinner, and then we'll be off for a 1 hour Harbor Cruise leaving from Hyannis. The cost for this day trip is \$67.00 per person and includes roundtrip transportation, entrance fees to the Scallop Festival, your choice of a Scallop or Chicken Dinner, a 1 hour Hyannis Harbor Cruise and all gratuities. If you are interested in joining us, please call the senior center at 508-543-1252 to sign up beginning on Wednesday, August 6th. Payment will be due by Friday, August 29th.

Monday, August 4

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, August 5

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

SHINE 10:00 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

Wednesday, August 6

Sign-up for the Scallop Fest 8:00 a.m.

Strength Training 8:30 a.m.

Zumba 10:30 a.m.

Thursday, August 7

Ceramics 9:00 a.m.

Friday, August 8

Stop and Shop 8:30 a.m.

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

TRANSPORTATION RESOURCES

VAN-GO / CAR-GO

We are pleased to announce that starting on Monday, August 11th we will have a dedicated contact person to coordinate all rides for our clients. We feel this will streamline our process to better serve you! We are also pleased to be able to offer individual transportation requests in our Car Go on Fridays from 8:30 a.m. to 2:30 p.m. To schedule a transportation request, please call the senior center Monday through Friday from 9:00 a.m. to 11:00 a.m. to speak with a transportation coordinator. On Mondays through Fridays please call by 11:00 a.m. the day before your ride is needed. For Monday transportation, please call the senior center on Friday by 11:00 a.m. As always, we will try, if possible, to accommodate your needs in an extenuating situation. The Foxborough Council on Aging provides transportation to Foxborough residents on the Van-Go, our 14

passenger van, or the Car-Go, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. The schedule is as follows:

Monday – Mornings – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw’s in Sharon. * On Monday holidays this shopping trip is moved to Tuesday afternoon.

Tuesday – All Day – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Wednesday – Mornings – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

Thursday – All Day – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Friday – Mornings – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 noon on Fridays. Individual rides are available between the hours of 8:30 a.m. to 2:30 p.m. in the Car Go.

HUMAN SERVICES

Our Human Services staff are available to assist with transportation. Starting on August 11th, please make these transportation requests from 9:00 a.m. through 11:00 a.m. on Monday through Friday with our Transportation Manager. Call 508-543-1252 to schedule your transportation request. Seventy-two hours advanced notice is required for medical appointments. To find out more or to schedule a transportation request, call 508-543-1252 and ask to speak to our Human Services Department.

SPECIAL PROGRAMS

COOKOUT AND QUIZ SHOW

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. DJ’s Hollywood Quiz Show.” The BBQ luncheon will include a hot dog with roll, pasta salad, cole slaw and some watermelon for dessert. There is a suggested donation of \$3.00 per person for the meal. Then get ready for some fun with Mr. DJ’s Hollywood Quiz Show. This “as seen on TV” treat will engage, entertain and provide therapeutic benefits as we stroll down memory lane with quiz show topics like Hollywood actors, geography, US history, radio commercials, as well as familiar game shows. You can be a spectator or a game show contestant – your choice! We will participate along with the Wrentham COA in this friendly competition. Come join the fun! Please call the senior center at 508-543-1252 by Monday, August 11th to make your reservation.

FOXBORO COMMUNITY OLYMPIC DAY

Save the date of Saturday, August 9th for the inaugural Foxboro Community Olympic Day sponsored by the Foxboro Rotary. This event will be held behind the Ahern School on Mechanic Street from 9:00 a.m. through 1:00 p.m. Foxboro seniors and residents of all ages are invited to attend. There will be two categories: 1) Family fun events for all ages and abilities, and 2) Sign up as an individual or in teams of 4 to 6 for the “Olympic Events” geared for ages 6 to 100! The activities will include: Frisbee toss, lacrosse shot, soccer kick, football throw, hula hoop, baseball/softball throw, field hockey, dribbling, basketball shot and running races. There will be individual and team winners in various categories. If you are not on vacation, sign up and have some fun. It’s FREE!! Look for further information on www.foxbororotary.org.

SING! THE GREATEST SONGS WITH JACK CRAIG

Jack Craig will be back for two programs at the senior center in August. The “Sing! The Greatest Songs” programs contain most of the favorite songs of the 20th century. Each program contains around thirty songs to sing and Jack provides anecdotal information that recalls the best years of American song-writing. The first program in this series will be held on Wednesday, August 20th at 11:00 a.m. and will include songs that were written from 1950 through 1952. The second program will be held on Wednesday, August 27th at 11:00 a.m. and will include songs that were written in 1953 and 1954. If you’d like to join us for Jack’s fun and entertaining programs of “Music – with Class!” please call the senior center at 508-543-1252 to sign up.

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, August 12th at 1:00 p.m. we'll be off to Yogurt Beach in Plainville. 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.

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 August 6 and 7 the featured program will be on "Tips for a Healthy Summer" with former Channel 5 anchor Mary Richardson and primary care physician Dr. Mohiuddin. 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.

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.

TRAVEL AND ENTERTAINMENT

JOIN US THIS FALL FOR SOME COUNTRY MUSIC & THE SMOKY MOUNTAINS

If you've been thinking of joining us for our trip to the country music capital of the world this fall, don't miss this opportunity to sign up while we still have openings for our trip to Nashville and the Smoky Mountains. 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 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, August 5th 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.

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.

INTERESTED IN PLAYING "HEARTS"?

We are trying to get some "Hearts" card players together to set up some card games at the senior center. If you're interested in joining us to play "Hearts" or if you're interested in learning how to play the card game, please give us a call at 508-543-1252.

MOVIE DAY

August's Movie Day is scheduled for Tuesday, August 12th at 12:30 p.m. and our featured movie will be "Captain Phillips" starring Tom Hanks. This movie is based on the true story of Richard Phillips, a U.S. cargo-ship captain who surrendered himself to Somali pirates so that his crew would be freed. Captain Phillips (Hanks) and his crew are carrying freight around the Horn of Africa when four Somali pirates forcefully take over their ship, the MV Maersk Alabama. When Phillips offers the captors the \$30,000 that's been locked in the ship safe, the pirates agree to take the cash and flee in the Maersk's lifeboat. At the last minute, they kidnap Phillips in the hope of supplementing their take with a sizable ransom – a decision that leads to a tense standoff with the U.S. Navy, who would sooner see the lifeboat sunk with Phillips inside than allow it to reach Somalia. 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.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Applebee's Restaurant on Wednesday, August 20th 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, August 18th. 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:

August 6 – Target

August 13 - Walmart

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 August 5th and August 21st. 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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, August 12th 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.

WEEKLY SCHEDULED PROGRAMS

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.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. The cost is \$2 per class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

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, August 4

American Chop Suey
Riviera Blend Vegetables
Whole Wheat Roll
Mixed Fruit
Calories 291
Sodium 223

Tuesday, August 5

Tortellini with Alfredo Sauce
Zucchini & Tomato Sauce
Multigrain Roll
Fresh Cantelope
Calories 419
Sodium 519

Wednesday, August 6

Lemon Orzo Soup
Breaded Chicken
Mixed Vegetables
Muffin
Fresh Fruit
Calories 342
Sodium 620

Thursday, August 7

Roast Pork with Apple Gravy
Red Bliss Potato
Glazed Carrots
Dinner Roll
Hermit Cookie
Calories 399
Sodium 260

Friday, August 8

Krunchy Lite Fish
Tartar Sauce
Scalloped Potato
Cut Green Beans
Wheat Bread
Strawberry Cup
Calories 289
Sodium 260