

## **COUNTRY LINE DANCING**

Get ready to kick up your heels and join us for 12 weeks of Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon from July 22<sup>nd</sup> through October 7<sup>th</sup>. Each class will run for 90 minutes, from 2:15 to 4:00 p.m., with a 15 minute break at 3:00. The first half of the class will involve learning the basic steps. The second half will involve putting what you've learned into action! You are welcome to stay for the entire class or just come for the dance steps best suited to your level. Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

### **Monday, July 13**

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, July 14**

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Garden Club 9:45 p.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “Dark Passage” 12:30 p.m.

Ice Cream at Flint Farm 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, July 15**

Strength Training 8:30 a.m.

Zumba Gold 10:00 a.m.

Job Lot 1:00 p.m.

Jack Craig Program – Big Band Signature Songs 4:30 p.m.

### **Thursday, July 16**

Trip to Venezia & Imax 10:30 a.m.

Mr. DJ's Musical Memories 11:00 a.m.

Low Vision Support Group 1:00 p.m.

### **Friday, July 17**

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

### **Saturday, July 18**

Fish & Game Cookout 1:00 p.m.

## **SPECIAL PROGRAMS**

### **MR. DJ'S ALL AMERICAN MUSICAL MEMORIES**

Come join us at the senior center on Thursday, July 16<sup>th</sup> at 11:00 a.m. for “Mr. DJ's All American Musical Memories,” a magnificent stroll down memory lane with Mr. DJ and all the great songs we grew up with. Combining “live” singing and guitar strumming, Mr. DJ will be accompanied by an invisible orchestra of

instruments, all performed by himself on a “state of the art” synthesizer, creating amazing, life-like sounds. Layered along with incredible musical videos, featuring big, bright lyrics for everyone to read (projected on TV), he also incorporates hundreds of colorful pictures to entertain as well. Get ready for a musical journey through time as we sing traditional folk songs, timeless pop/love ballads, big band 40’s, rock hits from the 50’s, patriotic, military and Irish medleys and countless other songs from the past. Please call the senior center at 508-543-1252 if you’d like to sign up for this event.

### **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 18<sup>th</sup> at 1:00 p.m. Enjoy the water view and 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’re planning on joining us so please call the senior center at 508-543-1252 by Friday, July 10<sup>th</sup> to reserve your seat. 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 such as 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 carpool with your friends down to the Fish and Game Club.

### **JOINT COOKOUT WITH WRENTHAM COUNCIL ON AGING**

Save the date of Thursday, July 23 when the Wrentham COA will be joining us at the Foxborough Senior Center at 11:30 a.m. for a HESSCO luncheon BBQ. The menu includes hamburgers, hotdogs, potato salad, 3 bean salad, watermelon and cold drinks. Following lunch, entertainment will be provided by award winning singer and storyteller Davis Bates. Mr. Bates will be presenting a program entitled “Celebrate New England: Songs and Stories for Everyone” and the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs and even a short lesson in how to play the spoons. Come join the fun! There is a suggested donation of \$3 for the meal. Please call the senior center at 508-543-1252 by Monday, July 20<sup>th</sup> to reserve your seat.

### **BIG BAND SIGNATURE SONGS WITH JACK CRAIG**

Jack Craig will be back with us at the senior center for another program 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. On Wednesday, July 15<sup>th</sup> at 4:30 p.m., we’ll cover songs from bandleaders whose last names begin with the letters K through Z. Our thanks to the Friends of Foxborough Seniors for sponsoring Jack’s fun and entertaining programs of “Music – with Class.” If you’d like to join us, please call the senior center at 508-543-1252 to sign up.

### **HISTORY LECTURE SERIES**

Paolo DiGregorio, the “Artifactual Scholar,” is back for another series of history lectures at the senior center. The topics of his lecture series will focus on some of the important or colorful royal families in Europe. Join us at the senior center from 5:00 to 6:00 p.m. on the following Wednesdays: July 22, August 5 and August 19<sup>th</sup>. Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. This lecture series is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you’re interested in attending and would like us to reserve you a seat.

### **ONE-WOMAN SHOWS WITH JUDITH KALAORA**

Judith Kalaora, professional actress, historical interpreter and educator will be returning to the senior center for performances of 2 one-woman shows. Judith’s previous performances as Deborah Samson Gannett and her presentation of “Chocolate 101” have met with rave reviews at the senior center. On Thursday, July 30<sup>th</sup> at 10:00 a.m. Judith will present her program “I Now Pronounce You” where she will perform as Lucy Stone

(1818-1893), the first woman from Massachusetts to earn a college degree. Lucy was an ardent supporter of human rights and fierce in her belief that women and men should be equal. Her message inspired thousands of women to join the suffrage movement. When she married, she demanded that her marriage vows be rewritten and she refused to take her husband's surname, leading to the expression "Lucy Stoner" to describe a woman who does just that! In her fiery presentation, Judith, as Lucy, describes the tension of Antebellum Boston where women evolved from successful abolitionists to struggling suffragettes. Her second show will be held on Thursday, August 6<sup>th</sup> at 1:00 p.m. Stay tuned for more details! Come join us for these 2 entertaining programs, and our thanks go to the Friends of Foxborough Seniors for sponsoring these events. Please call the senior center at 508-543-1252 to sign up.

### **NEW SENIOR CENTER HOURS**

The senior center will stay open until 6:30 p.m. every Wednesday evening and will close at 12:30 p.m. on Fridays. Join us for some of our upcoming Wednesday programs that will include: Music with Jack Craig, a History Lecture Series with our favorite historian Paolo DiGregorio, Country Line Dancing classes, movies and Senior Suppers. Our Council on Aging and Human Services staff will all be here to meet your needs

### **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 this summer. On Tuesday, July 14<sup>th</sup> 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.

### **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that meets on Monday afternoons from 12:30 to 3:00 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

### **GARDEN CLUB**

In honor of summer, our Senior Center Garden Club, under the direction of Marsha Lewicke, has been meeting at the senior center. In July, the Garden Club meetings will be held on Tuesdays, July 14<sup>th</sup> and 21<sup>st</sup> at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

### **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, July 29<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

### **SENIOR SUPPER CLUB**

You are invited to join our Senior Supper Club on one Wednesday each month. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, July 29<sup>th</sup>, we'll be enjoying a meal of macaroni and cheese, tossed green salad, whole wheat roll and cake for dessert. 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 at 508-543-1252 by Monday, July 27<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

## **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 15<sup>th</sup> and 16<sup>th</sup> the featured program will be the “American History Series: The Failure of an Empire.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, July 14<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for July 16<sup>th</sup> and August 4<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum 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 Cathy, call the senior center at 508-543-1252 to set up an appointment.

## **REGULARLY SCHEDULED**

### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Morin’s Restaurant on Wednesday, July 22 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 20<sup>th</sup>. Van transportation is available.

### **CLASSIC MOVIE DAY**

The featured movie classic for the month of July will be “Dark Passage” and is scheduled for Tuesday, July 14<sup>th</sup> at 12:30 p.m. Robert Montgomery’s 1946 film was shot from the point of view of the main character with the camera acting as his “eyes.” Humphrey Bogart heads the cast as an escaped convict, wrongly accused of his wife’s murder. After being forced to beat up a man (Clifton Young) from whom he’s hitched a ride, Bogart hides out in the apartment of Lauren Bacall, while recovering from surgery, and tries to set about locating the actual murderer. Come join us and take in a good classic movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. 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.

### **AEROBICS**

Starting on Friday, July 10<sup>th</sup> this one hour aerobics class is will begin at 9:00 a.m. (instead of 9:30). The exercises include stretching, aerobics, and hand-held weights. The class, let by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

### **CHAIR YOGA CLASSES**

If you’ve thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range

of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

### **ZUMBA CLASSES**

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and through August 19<sup>th</sup>, Wednesday's Zumba classes will be held from 10:00 to 11:00 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on July 27<sup>th</sup>. 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.

### **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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **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. YMCA-certified instructor 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 and there is a \$2 charge for each 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. YMCA-certified instructor Bobbie Rodman leads 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.

### **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 15 – Job Lot

July 22 – Morin's Restaurant

### **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 13**

Grilled Chicken with Supreme Sauce  
Parsley Whip Potato  
Green & Wax Beans  
Honey Wheat Bread  
Applesauce  
Calories 405  
Sodium 272

**Tuesday, July 14**

Cheeseburger Slider  
Catsup Packet  
Hot German Potato Salad  
Chuck Wagon Vegetables  
Mandarin Oranges  
Calories 495  
Sodium 453

**Wednesday, July 15**

Roast Pork with Apple Gravy  
Lyonnaised Potato  
Roman Mix Vegetables  
Whole Wheat Roll  
Almond Cookie  
Calories 305  
Sodium 377

**Thursday, July 16**

Beef Chili  
White Fluffy Rice  
Corn Bread  
Fresh Orange  
Calories 295  
Sodium 306

**Friday, July 17**

Chicken Stew with Vegetables  
Boiled Potato  
Fruit Muffin  
Pineapple Chunks  
Calories 436  
Sodium 259