

MEN'S COOKOUT WITH A TOUR OF THE NEW BOYDEN LIBRARY

Join us for a delicious meal and some socialization with our Library Director, Jerry Cirillo, on Thursday, August 22nd at our next Men's Cookout. Following the cookout, we will take a "field trip" to the new Boyden Library. Enjoy a tour of all of the renovations, new spaces and technologies at this state-of-the-art facility. You can drive over to the library on your own, or we will provide transportation for you from the senior center to the library and back. Just let us know ahead of time so we can plan for your ride. 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, August 20th. As always, everyone is welcome to join us after the meal has been served for the presentation portion of the program free of charge.

Monday, August 12

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, August 13

Stretch & Balance 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Ice Cream Days-Crescent Ridge 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, August 14

Strength Training 8:30 a.m.

Jack Craig-Hoagy Carmichael 11:00 a.m.

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

Christmas Tree Shops 1:00 p.m.

Thursday, August 15

Plymouth Harbor Trip-Departs from St. Mary's Parking Lot @ 10:15 a.m.

Ceramics 9:00 a.m.

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

Low Vision Support Group 1:00 p.m.

Friday, August 16

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

SPECIAL EVENTS AND PROGRAMS

CARNIVAL COOKOUT & SINGER VIC SOLO AT THE WRENTHAM COA

The Foxboro seniors have been invited on Tuesday, August 20th at 12 noon to the Wrentham COA, 400 Taunton Street, Wrentham, for a Carnival Cookout with Singer Vic Solo and a Jimmy Buffet Beach Party! We will be having a "Carnival" menu with Foot Long Hot Dogs w/Roll, Corn on the Cob, Potato Salad, and for Dessert, Ice Cream Sundaes! The cost is \$2.50 per person. Please make your reservations for this lunch by calling the Foxboro senior center at 508-543-1252 by Wednesday, August 14th. We will be entertained by Vic

Solo, who will sing the songs of the ultimate “Parrothead” – Jimmy Buffet! What better way to celebrate summer than with fun, sun, drinks, and the music of Jimmy Buffet? Listen to classics like “Cheeseburger in Paradise,” “It’s 5 O’Clock Somewhere”, “Fins,” and of course, “Margaritaville”. Dress in your tropical best, bring your flip flops and have a great time with our friends at the Wrentham COA!

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 three Wednesdays in August at 11:00 a.m. The remaining schedule is as follows:

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 Crescent Ridge in Sharon on Tuesday, August 13th. 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.

REGULARLY SCHEDULED

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, August 20th at 12:30 p.m. when our feature presentation will be “The Intouchables”. An irreverent, uplifting comedy about friendship, trust and human possibility, The Intouchables has broken box office records in its native France and across Europe. Based on a true story of friendship between a handicap millionaire (Francois Cluzet) and his street smart ex-con caretaker (Omar Sy), The Intouchables depicts an unlikely camaraderie rooted in honesty and humor between two individuals who, on the surface, would seem to have nothing in common. 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 August 15th. 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.

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, August 21st join us for a special “Hawaiian Luau.” Come and enjoy an opportunity to visit with each other beginning at 4:30 p.m., followed by a meal of Boneless Chicken Breast with Maraschino Sweet and Sour Sauce, White Rice with Roasted Vegetables, Diner Roll, and Strawberry/Peach Upside Down Cake with Whipped Cream 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 Morin's in Attleboro on Wednesday, August 28th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, August 27th. Van transportation is available.

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.

August 14 Christmas Tree Shops

August 21 Wal-Mart

August 28 Luncheon Outing @ Morin's in Attleboro

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, August 13th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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.

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, August 15th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

COMMUNITY PROGRAMS

WOMEN'S SELF DEFENSE SEMINAR

Do you know how to protect yourself? Every 2 minutes someone in the United States is sexually assaulted. Our 2 local Foxboro and Sharon H.U.G.S. (Help Us Get Safe) organizations are bringing much needed attention to the pervasive and devastating crimes of sexual violence that affect countless numbers of women, men, and children in our communities every day. Our local women and teens can learn how to protect themselves and family members at the H.U.G.S. sponsored Women's Self Defense Seminar. Please come on August 20th from 7:00 p.m. to 8:30 p.m. to Personal Best Karate, Foxboro, MA. This seminar is FREE and is sponsored by Foxboro and Sharon H.U.G.S. along with Personal Best Karate. Please consider a monetary donation or toiletries, diapers or canned goods for families in need. For more information about domestic violence and combating violence in our communities through educational programs, call H.U.G.S. Foxboro at 508-698-8784 or H.U.G.S. Sharon at 781-784-5056.

NORWOOD FARMERS MARKET CHEF'S TABLE

Norwood Hospital is partnering this summer with the Norwood Farmers Market at their Chef's Table for a series of nutritional cooking demonstrations. Dietician and Clinical Nutrition Manager Caitlin Melia from Norwood Hospital's Nutrition and Wellness Clinic will be preparing healthy recipes from locally grown produce. Come for a day of good food and good health at Norwood Commons, Norwood Center/Washington Street, on August 20th and September 24th, from 2:00 p.m. to 5:00 p.m. Call 781-278-6022 or visit norwood-hospital.org for more information.

TRAVEL AND ENTERTAINMENT

YELLOWSTONE TRIP DOCUMENTS PARTY

We will have a documents party for the Yellowstone trip on Friday, August 23rd at 1:00 p.m. at the Foxboro Senior Center, 75 Central Street, Foxboro, MA. For all those planning to go on this trip, please attend to receive important information and documents for your upcoming trip.

ESSEX STEAM TRAIN AND RIVERBOAT TRIP

Join the Foxboro seniors on a scenic day trip to Essex for a steam train and riverboat tour on Thursday, October 10th. This special trip begins in Mystic, Connecticut where you will have some time for shopping for bargains at the Mystic Commons. Then you will board The Valley Railroad Steam Train for a 1-hour train ride along the Connecticut River. Enjoy the ride through the old New England countryside as well as a wonderful meal served on board prior to your departure. You will have your choice of Beef Tips and Gravy, Baked Stuffed Fish or Pasta Shells with Sweet Red Sauce, all served with Garden Salad, Vegetables, Starch, Bread and Dessert. Once you arrive at Deep River Landing, you will board the Essex Steamboat for a 1-hour cruise on the Connecticut River. Along the river, you will view the Gillette Castle, Goodspeed Opera House and many other landmarks from the steamboat era before boarding your train for the return trip to Essex. This time of year should make for optimal “leaf-peeping” along the way! The cost for this spectacular day trip is just \$80 per person, including gratuities and driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, September 6th. Your motorcoach bus will depart from St. Mary’s Church parking lot (time to be announced) on Thursday, October 10th. Sign-up for this opportunity by calling the senior center 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. 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, August 12

LS Hot Dog
Mustard Packet
Hot German Slaw
Baked Beans
Hot Dog Roll
Pineapple Chunks

Tuesday, August 13

Pineapple Ginger Chicken Breast
Garlic Mashed Potatoes
Cut Green Beans
Whole Wheat Bread
Brownie

Wednesday, August 14

Macaroni & Cheese
Escaloped Tomatoes with Spinach
Fruit Muffin
Peaches

Thursday, August 15

Roast Turkey with Gravy
Cranberry Sauce
Whipped Potatoes

Winter Squash
Multigrain Roll
Fresh Fruit

Friday, August 16

Sweet & Sour Meatballs
Oriental Rice
Asian Blend Veggies
Wheat Bread
Mixed Fruit