

## **MASS COMMISSION FOR THE BLIND – LOW VISION PROGRAM**

Karen Hatcher, Director of the Older Independent Blind Program at the Massachusetts Commission for the Blind, will be at the senior center on Tuesday, Aug. 14 at 1 p.m. Karen's program will focus on: the challenges of aging and vision loss; what to do if you experience vision loss; the Mass. Commission for the Blind (who they are and what they do), and; tips on interacting with blind people. There will be a question and answer period following the presentation. Don't miss this opportunity to learn more about low vision and blindness, and learn about the services that may be available for you. Call to sign up.

### **Monday, Aug. 13**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Senator Feeney Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop and Shop 1 p.m.

### **Tuesday, Aug. 14**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; Low Vision Support Group with Mass. Commission for the Blind 1 p.m.; Talespinners 2 p.m.

### **Wednesday, Aug. 15**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Luncheon Outing at Horse & Carriage 1 p.m.; Colorist Club 2 p.m.

### **Thursday, Aug. 16**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appointment 10 a.m.; Senior Fitness 11 a.m.

### **Friday, Aug. 17**

Coffee Connection 8:30 a.m. to noon; Walmart 9 a.m.; Cribbage 10:15 a.m.

## **TRIP TO CASTLE IN THE CLOUDS**

Join us on Thursday, Sept. 13 as we travel up to New Hampshire to visit the Castle in the Clouds. Our motorcoach will be leaving the parking lot of St. Mary's Church, 58 Carpenter St. in Foxboro, at 7:15 a.m. and our day will begin with a tour at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen and millions of dollars to build. Recently named to the National Register of Historic places, the Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the Castle itself commands a panoramic view. You can see for a radius of 75 miles! We will then stop at a regional landmark for you to enjoy lunch at Hart's Turkey Farm. Your meal choices are Roasted Turkey or Roast Sirloin of Beef. The cost is \$82 per person, gratuities included, and payment is due no later than Friday, Aug. 31. Call us to sign up.

## **SENATOR PAUL FEENEY'S COFFEE HOUR**

State Senator Paul Feeney will be at the senior center on Monday, Aug. 13 and every 2<sup>nd</sup> Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

## **ART CLASSES WITH ALLIE**

The next 6-week series of Art Classes with Allie at the senior center will begin on Thursday, Aug 16 and continue every Thursday, through Sept. 20 from 9 to 11 a.m. You must bring your own acrylic paints in primary colors, assorted brushes (flat & round tip), canvas, table top easel, palette, pencil, eraser & ruler. The cost for the 6 sessions is \$30 per person and must be paid by Monday, Aug. 13. Call to sign up.

## **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Aug. 15 at 1 p.m. at the Horse & Carriage Restaurant. Sign up is required by Friday, Aug. 10. Van transportation arrangements must be made by Friday, the 10<sup>th</sup>.

## **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

On Tuesday, Aug. 21 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is “open” on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire.

## **SENIOR SUPPER CLUB**

Senior Supper Club will be held on Wednesday, Aug. 22 at 4:30 p.m. Our menu will include sausage with peppers and onions, sub roll, coleslaw, Red Bliss potato salad and an ice cream sundae. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

## **PAOLO DIGREGORIO’S HISTORY LECTURE**

History professor Paolo DiGregorio will be at the senior center on Wednesday, Aug. 29 at 4:30 p.m., and the topic of his lecture will be “Florence, the Medici and the Birth of the Renaissance.” The Renaissance was a far-reaching artistic, intellectual and political movement that shaped the development of the modern world. It was in Florence, Italy during the late 14<sup>th</sup> century that the Renaissance was born, and it flourished under the patronage of the Medici family. This lecture tells the story of the city, the family, and the re-imagining of European society. This program is sponsored by the Friends of Foxborough Seniors. Call us to sign up.

## **CHOLESTEROL CLINIC**

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, Aug. 22 from 9 a.m. to 11 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call us to schedule an appointment.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, August 14 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2<sup>nd</sup> Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for 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. SHINE counselors are available on Thurs. Aug. 16 and Wed. Sept. 12. This 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. Call for an appointment.

## **SHOPPING**

Our upcoming Wednesday afternoon outings will be: Aug. 15 - Horse & Carriage, Aug. 22 – Job Lot/Dollar Store. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) Fridays, we travel to Shaws at 9 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

## **WEEKLY EXERCISES**

Chair Yoga, Mondays at 9:15 a.m.; Senior Fitness, Thursdays at 11 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

**MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

To view the monthly mealsite menu, log on to the HESSCO website at [www.hessco.org](http://www.hessco.org) If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at [www.foxboroughma.gov](http://www.foxboroughma.gov) or call at 508-543-1234.