

TRIP TO NEWPORT VINEYARDS AND BITHEWOLD ESTATE TOUR

On Thursday, Aug. 16 at 8:30 a.m. we'll be leaving from the side parking lot of St. Mary's Church in Foxborough and travel by motorcoach to Bristol, RI where we'll begin the day at the Blithewold Mansion. This beautiful 33 acre estate is located on Narragansett Bay and features beautiful gardens and a 45 room mansion for you to tour. Our next stop in Bristol will be for lunch at the Lobster Pot, with views of the Narragansett. Your meal choices are Scrod, Salmon or Chicken Picatta. After lunch, we'll be off to Newport Vineyards for a tour and tasting. Learn how Newport Vineyards makes their delicious wines and enjoy your wine tasting experience while admiring the vineyards. The cost is \$97 per person and includes gratuities. Payment is due by Friday, Aug. 3. Sign up begins at 8 a.m. on Wednesday, July 11 by calling the senior at 508-543-1234.

Monday, July 9

Coffee Connection 8:30 a.m. to 3:30 p.m.; Senator Paul 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, July 10

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 1 p.m.; Talespinners 2 p.m.

Wednesday, July 11

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; SHINE by appt. 10 a.m.; Colorist Club 11 a.m.; Walmart 1 p.m.; Open House for Vicki 2 to 4:30 p.m.

Thursday, July 12

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Senior Fitness 11 a.m.; Bill Yukna - Update on Burrell School Project 1 p.m.

Friday, July 13

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

UPDATE ON THE BURRELL SCHOOL PROJECT

Building Committee Chairman Bill Yukna will be at the senior center on Thursday, July 12 at 1 p.m. to talk about the upcoming Burrell School building project. Bill has chaired the Building Committee for several years and he's a wealth of knowledge about town building projects. This is your opportunity to get your questions answered on current building projects around town. Call to sign up if you'd like to join us.

WORLD WAR WOMEN – THE UNSUNG HEROINES OF WWII

Actor Judith Kalaora will be at the senior center at 4 p.m. on Wednesday, July 18 to perform her program "World War Women." This presentation embodies the spirit of international women who risked their lives to defeat Fascism in WWII and is a suspenseful reliving of the terrors and triumphs of some of our greatest heroines. From organizing the resistance, to rescuing downed RAF pilots, testing new aircraft and flying dangerous missions, these stories are not for the faint of heart and may very well be the most influential and often forgotten victories of the war. The performance by Judith will remind us that humanity is strongest when working together. This program is sponsored by the Council on Aging & Human Services and the Friends of Foxboro Seniors. Call us to sign up.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, July 9 and every 2nd 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.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, July 10 from 1 to 2 p.m. The Low Vision Support Group meets on the **2nd Tuesday** of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

VICKI IS RETIRING – Join us to wish her well!

After 17 years as our Council on Aging and Human Services Director, Vicki Lowe has decided that it's time to retire and start the next chapter of her life. On Wednesday, July 11th, there will be an open house for Vicki at the senior center from 2 to 4:30 p.m. This is your chance to stop by to wish her well, say good bye and join us for some coffee and light refreshments. You are invited to sign our Memory Book for Vicki. Share some memories and include your special wishes for Vicki as we say farewell. There will also be a Celebration Luncheon for Vicki on Friday, July 13 at Lakeview Pavilion. Call the senior center to inquire about purchasing a ticket to this luncheon event.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, July 17 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 3rd 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.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, July 18 at 1 p.m. at Longhorn Steakhouse. Sign up is required by Friday, July 13. Van transportation arrangements must be made by Friday, the 13th.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, July 25 at 4:30 p.m. Our BBQ menu will include Hot Dogs and Rolls, Pasta Salad with Veggies, Coleslaw, Watermelon and Lemonade. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, July 10 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd 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 Wed., July 11 and Thurs., July 19. 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: July 11 – Walmart, July 18 – Longhorn Steakhouse. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) 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 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 or call at 508-543-1234.