

GARY HYLANDER LECTURE SERIES

History Professor Gary Hyland will be at the senior center on Wednesday, August 1 at 4:30 p.m. for a lecture on Thomas Mallon's novel "Watergate." Does the novel capture our memory of this historic event, and how does Mallon work vital information into his novel? Gary will speak on the Saturday Night Massacre and the major political figures involved in this crisis, as well as the portrayal of the Nixons. Call to us to sign up for this program.

Monday, July 16

Coffee Connection 8:30 a.m. to 3:30 p.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 17

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.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, July 18

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; TRIAD 1 p.m.; Luncheon Outing at Longhorn 1 p.m.; Colorist Club 2 p.m.; Women of World War II – Judith Kalaora 4 p.m.

Thursday, July 19

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

Friday, July 20

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

ANNUAL FISH AND GAME COOKOUT

The Fish and Game Club at 17 Neponset Heights Avenue in Foxboro will once again host their annual cookout. This event is for Foxboro's senior citizens only. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 28 at 1 p.m. Enjoy the water view, eat delicious food and have a fun time with your friends from Foxboro. The event will be held rain or shine. This year's meal is being fully catered and will include chicken, side dishes and beverages. The Fish and Game Club would appreciate knowing if you are planning on joining us, so please call us to sign up by Friday, July 20 to reserve your seat. 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. If possible, please park in the public municipal parking lots and then carpool with your friends down to the Fish and Game Club.

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. Call us to sign up.

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.

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.

TRIAD

TRIAD will be meeting on Wednesday, July 18 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

MEN’S CLUB COOKOUT

Join us for our first Men’s Club Cookout of the season on Thursday, July 26 at noon. The cost for lunch is \$3 per person. There will not be a speaker this afternoon, but this will be an opportunity for everyone to socialize and catch up with friends over a good meal. The caterer’s deadline is Friday, July 20, so please call to sign up no later than noon on July 20. Payment is due by that time.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, July 25 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you’d like to discuss.

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.

REP. JAY BARROWS’ OFFICE HOUR

State Representative Jay Barrows’ next visit to the senior center will be on Monday, July 23 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

TRANSPORTATION RESOURCES

We have a dedicated contact person at the senior center to coordinate all transportation requests for our clients. The Foxboro Council on Aging provides transportation to Foxboro residents on the VanGo, our 14 passenger van, or the CarGo, a full-size sedan, to destinations within Foxboro and on scheduled trips outside of town. To schedule a ride, please call the senior center at 508-543-1234 Monday through Friday from 9 a.m. to 11 a.m. and speak with the transportation manager. You must call with your request for a ride by 11 a.m. on the day

before your ride is needed. For Monday transportation requests, call by 11 a.m. on the preceding Friday. As always, we will try to accommodate your needs in an extenuating situation, if possible.

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., July 19 and Wed. Aug. 8. 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 18 – Longhorn Steakhouse, July 25 – Job Lot/Dollar Store. 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.