

## **SENIOR FITNESS**

Our one hour Senior Fitness classes are being held at 11 a.m. on Thursday mornings throughout the summer months. Instructor Joyce Collins leads the class in a variety of exercises including low impact aerobics, stretching, toning, strengthening and weight training using hand weights. This class is appropriate for all fitness levels and can be done while seated. There is a \$2 charge for each class and no sign up is required. Join us as we get ourselves in shape!

### **Monday, June 18**

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, June 19**

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, June 20**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Luncheon Outing at Jake n Joe's 1 p.m.; TRIAD 1 p.m.; Colorist Club 2 p.m.; Gary Hylander Lecture 4:30 p.m.

### **Thursday, June 21**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.; Senior Fitness 11 a.m.; Father's Day Celebration with Jack Authelet 1 p.m.

### **Friday, June 22**

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

## **FATHERS' DAY PARTY**

Gentlemen, join us at the senior center on Thursday, June 21 at 1 p.m. for our Fathers' Day celebration. This special event will include a luncheon to be followed by our guest speaker, local historian Jack Authelet. In honor of Fathers' Day, Jack will be presenting a program on "Foxborough's Founding Fathers." If you'd like to attend this special Fathers' Day event, our caterers' deadline is Friday, June 15<sup>th</sup> so please call to sign up by then.

## **GARY HYLANDER LECTURE SERIES**

History Professor Gary Hylander will be at the senior center on Wednesday, June 20 at 4:30 p.m. for a lecture on Watergate. The topic for June 6 is "Remembering Watergate, June 1972." In June, 1972, a break-in occurred at the Democratic National Committee Headquarters in Washington DC. Five men were arrested and all 5 men gave false names to the police. At their arraignment the following morning, one of the men identified himself as a retired CIA officer and security coordinator for the Committee to Re-elect the President (CREEP). This caught the attention of reporters Woodward and Bernstein. What followed was the deepest Constitutional crisis since the Civil War. Call to sign up.

## **VICKI IS RETIRING – There will be 2 opportunities 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 11<sup>th</sup>, 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.