

GARY HYLANDER SERIES ON “AMERICA BY THE BOOK”

History Professor Gary Hyland will be at the senior center for another program in his series of “America by the Book” on Wednesday, May 23, at 4:30 p.m. Gary’s lecture topic on May 23 will be on “The Red Badge of Courage.” Loosely based on the Battle of Chancellorsville, Stephen Crane offers the reader a memorable version of the Battle of Chancellorsville. He tells the story through the eyes of Henry Fleming, a young Union soldier. Consider how Crane depicts the Union and Confederate armies, the moral element of war and the intensity of combat. What is the point of the novel’s title? This series is sponsored by the Friends of Foxboro Seniors. Join us to learn more of this Civil War battle. Call to sign up.

Monday, May 21

Coffee Connection 8:30 a.m. to 3:30 p.m.; Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Options Counselor 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.

Tuesday, May 22

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.; Movie Day –“La La Land” 1 p.m.; Talespinners 2 p.m.

Wednesday, May 23

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Luncheon Outing at Olive Garden 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; Colorist Club 2 p.m.; Savvy Caregiver Program 2 p.m.; Gary Hylander Lecture 4:30 p.m.

Thursday, May 24

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Aging Mastery Program 11 a.m.; COA/HS Advisory Board Meeting 3 p.m.

Friday, May 25

Coffee Connection 8:30 a.m. to noon; Shaw’s 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

MEN’S CLUB BREAKFAST WITH PAIGE AND NICK

Join us for our next Men’s Club Breakfast on Thursday, May 31 at 9 a.m. Our guest speakers will be Town Planner Paige Duncan and Building Commissioner Nick Riccio. They will be here to talk about projects going on in town. The cost for breakfast is \$3 per person. Our breakfast caterer’s deadline is Friday, May 25. Sign up no later than noon on May 25 and payment is due by that time. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, May 30 at 4:30 p.m. Our menu will include chicken cranberry salad on a croissant, three bean salad, pasta salad and dessert. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

LOCAL HISTORY CHATS WITH JACK

Foxborough’s Town Historian Jack Authelet will be with us at the senior center on Thursdays in June at 1 p.m. to talk about the history of our town and the local area. On June 7 he will be here to help us celebrate the 20th anniversary of the senior center. Jack will be the guest speaker for our Fathers’ Day program on the 21st when he will talk about Foxborough’s Founding Fathers. Come join us to chat with Jack on June 14 and 28 and hear stories of Foxborough’s past and learn about some of Foxborough’s prominent residents from long ago. This is also your chance to ask Jack any questions about the changes in our town over the years. Call to sign up.

SENIOR CENTER ANNIVERSARY WEEK

Join us on Monday, June 4 at 1 p.m. for a celebration! Twenty years ago, on June 4, 1998, the new Foxborough Senior Center located at 75 Central Street opened its doors to the public for the first time. For years, a meeting

place for seniors was moved around to various classroom locations in various schools in town. It was an exciting moment when funding for a new senior center was approved at town meeting, and not long after that, Foxborough's senior citizens celebrated the opening of their brand new building. In honor of the new senior center and thinking ahead to future generations of Foxborough seniors, a time capsule with photos and mementos of those earlier years was buried at the center to be opened in 20 years. That time is now! We're celebrating the 20 year anniversary of the Foxborough Senior Center and we can finally unearth the time capsule on June 4th at 1 p.m. to see what's inside. Call us to sign up and come share this moment with us. Items from the capsule will be on display at the senior center from June 4th through the 7th.

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, June 12 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.

ART CLASSES WITH ALLIE

The next 6-week series of Art Classes with Allie at the senior center will begin on Thursday, May 17 and continue every Thursday, through June 28 from 9 to 11 a.m. You must bring your own paint supplies and brushes. The cost for the 6 sessions is \$30 per person and must be paid by Monday, May 14. Call to sign up.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, May 21 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MOVIE DAY

Join us for Movie Day at the senior center at 1 p.m. on Tuesday, May 22. The featured film will be "La La Land." Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts, they are faced with decisions that begin to fray the fabric of their love affair and the dreams they worked so hard to maintain in each other begin to rip them apart. We'll supply the popcorn, so call us to sign up. Transportation is available.

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., June 13 and Thurs. June 21. 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.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, May 23 at 1 p.m. at The Olive Garden restaurant. Sign up is required by Friday, May 18. Van transportation arrangements must be made by Friday, the 18th.

SHOPPING

Our upcoming Wednesday afternoon outings will be: May 23 – Luncheon outing at Olive Garden, May 30 – 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.; Gym Fitness at the Foxboro Charter School, Wednesdays at 1:45 p.m.; Senior Fitness, Fridays at 9 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.