

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 caterer's deadline is Friday, June 15th so please call to sign up by then.

Monday, June 4

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Book Club Movie 11:30 a.m.; Scrabble 12:30 p.m.; 20 Year Senior Center Anniversary Program 1 p.m.; Stop and Shop 1 p.m.; No Knitting Class Today

Tuesday, June 5

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.; Ahern Intergenerational Book Club Discussion and Lunch 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

Wednesday, June 6

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Chorus 20 year Anniversary Celebration 11:30 a.m.; Target 1 p.m.; Colorist Club 2 p.m.; Savvy Caregiver Program 2 p.m.; Gary Hylander Lecture 4:30 p.m.

Thursday, June 7

Coffee Connection and Final Display of Time Capsule Items 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Aging Mastery Graduation 11 a.m.; Local History Chat with Jack Authelet 1 p.m.

Friday, June 8

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

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. 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.

GARY HYLANDER LECTURE SERIES

History Professor Gary Hylander will be at the senior center on Wednesday, June 6 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.

TRIP TO PICKITY PLACE

Join us as we leave from the side parking lot of St. Mary's Church in Foxborough and travel by motorcoach up to Mason, NH on Thursday July 19 at 9 a.m. You will be brought back to a time when life was simple as you explore the diverse gardens of Pickity Place, from their butterfly garden to their kitchen garden. Be sure to visit the 200 year old cottage that was the inspiration for grandmother's house in Elizabeth Orton Jones' "Little Red Riding Hood." While at Pickity Place, you will feast on a five course lunch and have time to browse their gift shop. On the way home, we will make a stop at Bolton Orchards where they are known for their fresh produce and baked goods. The cost is \$76 per person, and includes all gratuities. Payment is due by Friday, June 29. Call us to sign up.

PAOLO DIGREGORIO'S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center Wednesday, June 13 at 4:30 p.m. and the topic of his lecture will be "Mightier than the Sword: a Brief History of American Political Cartoons." Politics and society provide endless fodder for the pens of satirists and pundits. Often times, the most biting and poignant ideas are put forth in the simplest of ways – through the use of an image. Since the 18th century, American political cartoons have enlightened, entertained, divided and united up. We'll be taking a look at the history of the political cartoon in the United States. This program is being offered thanks to the Friends of Foxboro Seniors. Call us to sign up.

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.

CLASSIC MOVIE DAY

Join us for Classic Movie Day at the senior center at 1 p.m. on Tuesday, June 12. The featured film will be "A Farewell to Arms." Frederic Henry (Gary Cooper), an American driving ambulances for the Italian army during WWI, falls for British Red Cross nurse Catherine Barkley (Helen Hayes) to the dismay of jealous commanding officer Major Rinaldi. Rinaldi's effort to separate the two star-crossed lovers fails when the two are re-united to begin their romance anew. We'll supply the popcorn, so call us to sign up. Transportation is available.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 12 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., 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, June 20 at 1 p.m. at Jake 'n Joe's restaurant. Sign up is required by Friday, June 15. Van transportation arrangements must be made by Friday, the 18th.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, June 5 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

SHOPPING

Our upcoming Wednesday afternoon outings will be: June 6 – Target, June 13 - Walmart. 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.