

GARY HYLANDER'S PROGRAM "D-DAY AT 75"

On the 75th anniversary of D-Day, Thursday, June 6 at 11 a.m., join us to hear historian Dr. Gary Hylander host an in depth presentation on the D-Day invasion and the impact on World War II. Operation Overlord, the allied invasion of Europe, began on June 6, 1944. The greatest armada the world had ever seen began to assemble in the pre-dawn hours off the coastline in preparation for the final assault upon Hitler's Germany. In his General Order for the day, Eisenhower called the attack a "great crusade" and assured the soldiers about to storm the Normandy beaches that the "hopes and prayers" of the free world "march with you." Call us to sign up.

Monday, May 20

Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; Knitting 1 p.m.; Mah Jongg Free Play 1 p.m.; Stop and Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, May 21

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.; Ukulele 2 Class 12:30 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.; Senior Olympics Medals & Closing Ceremony 5 p.m.

Wednesday, May 22

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Hearing Health by appt. 10 a.m.; 90's Birthday Party by invitation 11:30 a.m.; Patriot Place – South Marketplace 1 p.m.; Colorist Club 2 p.m.; CPR Training 3 p.m.

Thursday, May 23

Depart for Best of Maine Lobster Trip 8:30 a.m.; Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg 10:45 a.m.; Computer Class with Charter School students 2 p.m.; Cornhole 2 p.m.; COA/HS Advisory Board Mtg. 3 p.m.

Friday, May 24

Shaw's 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

TRIP TO MARTHA'S VINEYARD

We still have some openings on our July 18th trip to Martha's Vineyard. We'll be leaving from the side parking lot of St. Mary's Church at 8:30 a.m. for a trip to Falmouth where we'll board the ferry, the Island Queen. After a 45 minute ride across Nantucket Sound we'll arrive in Martha's Vineyard. On arrival, a native guide will provide a tour onboard his bus across the Island. We'll visit Edgartown, where you'll have time to enjoy the many sights, restaurants and fine shops in this very quaint and interesting village. The sightseeing bus will bring us to the ferry for the return trip to Falmouth. After a dinner stop (on your own) we'll return to Foxboro at approximately 7 p.m. The cost is \$81 per person for Foxboro residents, and \$86 for non-residents. Payment is due at the time of registration and reservations must be made by July 4th.

PERFORMANCE APPRECIATION CLUB

We are considering starting a Performance Appreciation Club to attend various shows. Join us on Wednesday, June 5 at 3:30 p.m. when we will meet at the senior center to coordinate plans for the future. Call us to sign up.

SURVIVING AGING

Join us on Tuesday, June 4 at 4:30 p.m. and learn how to prepare for aging and future living arrangements. Bill Cleary from Oasis Senior Advisors will present a program on senior living options and will provide clear and concise steps that should be taken prior to changing your living situation. Call to sign up.

CPR CLASS

Don't miss this opportunity to take a class in CPR. This class will teach participants how to recognize and alleviate airway obstructions, the proper use of an AED, and the signs, symptoms and corrective action for a stroke or heart attack. The class will be held on Wednesday, May 22 at 3 p.m. and the cost is \$25 per person.

Call us to register.

AYURVEDIC DAILY ROUTINE

Join us for a one-day workshop, "Ayurvedic Daily Routine," on Friday, May 17 at 10:30 a.m. This is a follow-up course to "Intro to Ayurveda." The cost is \$8 and is due at the time you sign up.

PARENTS DON'T WANT TO BE PARENTED BY THEIR ADULT CHILDREN

Join us on Friday, May 31 at 10:30 a.m. and enjoy a heartfelt discussion about changing the dynamic in your relationship with your adult children beyond negative feelings and into a reciprocal relationship with open communications. There will be laughter, maybe tears, and an interactive discussion. The presentation will be given by Brenda Steward, a Certified Dementia Practitioner, and a Certified Senior Living Advisor with 2Sisters Senior Living Advisors, a free referral and advisory service. Call us to sign up.

REVERSE THE AGING PROCESS

The next 6-week session of "Reverse the Aging Process" will begin on Thursday, May 23 from 9 to 10 a.m. and continue every Thursday through June 27. This 6-week program is designed to help individuals regain their balance. Participants will work on their balance, their *sense* of balance, and proprioception. Space is limited. The cost for the program is \$36 and is payable at the time you sign up.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 28 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, May 28 from 1 to 2 p.m. The Low Vision Support Group meets on the 4th 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.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, May 21 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 at the senior center.

HEARING HEALTH

On Wednesday, May 22 from 10 to 11:30 a.m., and continuing every 4th Wednesday of each month, there will be a Hearing Health program offered at the senior center. This program is free and will provide hearing testing, ear wax removal, hearing aid cleaning and service by appointment. Call in advance to schedule a 15 minute appointment.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, May 29 at 4:30 p.m. Our menu will include roast turkey and gravy, whipped potato, butternut squash, cranberry sauce, strawberry shortcake, roll and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

MEN'S CLUB BREAKFAST

Join us for our next Men's Club Breakfast on Thursday, May 30 at 9 a.m. The cost for breakfast is \$3 per person. Sign up with your payment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: May 22 – Patriot Place South Marketplace, May 29 – 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, 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.