

PUBLIC SAFETY INFORMATION COOK-OUT

On Wednesday, June 12 at 11:30 a.m., the Norfolk County Sheriff's Office will be sponsoring a cookout at the senior center. They will be cooking and serving hot dogs, hamburgers and cold drinks, and there will also be a K9 demonstration. Sheriff McDermott will discuss the Norfolk County Sheriff's Office public safety programs that are particularly beneficial to the seniors of Foxborough. This is a free event and space is limited. Call to sign up.

Monday, June 3

Chair Yoga 9:15 a.m.; Veterans' Breakfast Club 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11:00 a.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1: p.m.; Mah Jongg Free Play 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, June 4

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.; Bingo 1:30 p.m.; Talespinners 2 p.m.; Silk Painting Class 4 p.m.; Surviving Aging 4:30 p.m.

Wednesday, June 5

Strength Training Class 8:30 a.m.; Mansfield Crossing 1 p.m.; YouTube Program 1:30 p.m.; Colorist Club 2 p.m.; Performance Appreciation Club Meeting 3:30 p.m.; Silk Painting Class 4 p.m.

Thursday, June 6

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg 10:45 a.m.; Gary Hylander – "D-Day at 75" 11 a.m.; Soup/Sandwich and Movie – "Driving Miss Daisy" 1 p.m.

Friday, June 7

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Maximizing the Value of Your Home 11 a.m.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, June 3, at 9:15 a.m. for our Veterans' Breakfast Club. The mission of the breakfast club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten. Additionally, important veterans' issues will be discussed under the leadership of Foxborough's Veterans' Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

DOWNTON ABBEY EXHIBITION

On Thursday, June 27 from 9:15 a.m. to 3 p.m., we will be traveling by school bus as a group to the Castle at Park Plaza in Boston to visit "Downton Abbey, the Exhibition." Experience the History, the Fashion and the House of the popular PBS drama "Downton Abbey." The cost is \$43 per person and must be paid at the time you sign up, by June 12. Lunch is NOT included. If you're interested in using an Audio Guide at the exhibition, please bring an additional \$8 to purchase its use at the Castle at Park Plaza. Space is limited.

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.

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.

DO YOU WANT TO BE A YOUTUBE STAR?!

Join us on Wednesday, June 5 at 1:30 p.m. when Juri Love will be here to present her program on how you can be the next YouTube Star.” Learn more about YouTube and see if you’ve got what it takes! Give us a call to sign up in advance.

SILK PAINTING CLASS

Make a wonderful gift for yourself and that special outfit, or to celebrate a loved one. This 2 part class will involve painting the perfect gift, while channeling your inner artist. The classes are free and will meet on Tuesday, June 4 and Wednesday, June 5 from 4 to 6 p.m. This program is sponsored by Whitney Place. Register with us in advance.

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.

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.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, June 6 we’ll be serving a light lunch of soup and a sandwich at the senior center, for a suggested donation of \$3. Following lunch we will be showing the movie “Driving Miss Daisy.” If you’d like to join us for lunch and the movie or just lunch, please give us a call to sign up. Transportation is available.

MAXIMIZING THE VALUE OF YOUR HOME

Joanne Eckhardt, realtor from Keller Williams Realty, will be at the senior center on Friday, June 7 at 11 a.m. for a discussion on how to maximize the value of your home as you prepare for the next step in your life. Call to sign up and join us for this program.

FAIRWELL TO MAUREEN

After many years as a Public Health Nurse, Maureen Cardarelli, will be leaving the Town of Foxborough. Please come to wish her well on Tuesday, June 11 at noon and enjoy a cake provided by the Foxborough Board of Health. Call to let us know if you’ll be joining us.

CANCER PREVENTION & MANAGEMENT WITH HEALTHY FOODS

Cancer includes a group of more than 100 diseases related to the uncontrolled growth of abnormal cells that are able to invade other tissues. One in every three cancer deaths is preventable and related to obesity, poor nutrition and/or physical activity. Join us for a presentation by Dr. Naseem Ahmed on Tuesday, June 11 at 4:45 to discuss cancer prevention and management. Call to sign up.

PREPARING FOR A MOVE

Are you planning a move at some time in the future? “Relax and get moving” with Humbolt Storage and Moving and join us for this class presented by Moving Consultant, Keli Morford, on Friday, June 14 at 11 a.m.

You will learn everything you need to know about planning and preparing for a move. Call us to sign up in advance.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, June 4 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 at 1 p.m. are on the following: June 5 – Mansfield Crossing, June 12 – 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.; 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.