

DRUM CIRCLE

Scientific studies show that the effects of group drumming are more powerful than medications in alleviating anxiety, depression, as well as relieving pain, arthritis and boosting the immune system. Join Cape Cod African Drumming here at the senior center on Tuesday, July 16 from 3 to 4 p.m. for an exciting and unique experience. This program is free, but space is limited, so please call to sign up.

Monday, June 24

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.; 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 24

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.; Anemia & Chronic Renal Failure Program 4:45 p.m.

Wednesday, June 26

Strength Training Class 8:30 a.m.; Hearing Health by appt. 10 a.m.; Coffee with the Town Manager 12 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper 4:30 p.m.

Thursday, June 27

Art with Ally 9 a.m.; Men's Breakfast 9 a.m.; Downton Abbey Exhibit Trip Departs 9:15 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg 10:45 a.m.; Soup & Sandwich 12:30 p.m.; Movie Day – "Mary Poppins Returns" 1 p.m.; Cornhole 2 p.m.; COA/HS Advisory Board Meeting 3 p.m.

Friday, June 28

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

BEGINNER PAINTING ON CANVAS

You may have never painted before, but are you curious about learning? Join a small group of like-minded people in an informal class at the senior center on Tuesdays, July 2 through August 6 from 3 to 5 p.m. and leave this course with a beautiful painting on canvas to hang in your home. You'll learn a painting process from start to finish; you'll have all materials supplied at no cost, and; you'll receive all the help and encouragement you need in a relaxed atmosphere. This one-time session will only take place during this summer. Call us to sign up.

MOVEMENT FOR PAIN RELIEF

Starting Wednesday, July 10 and continuing every Wednesday at 2:45 p.m., the senior center will be hosting a "Movement for Pain Relief" class. This class will be taught by Kate Degan, Clinical Manager of Bay State Physical Therapy and will be focused on moving all the joints of the body to improve flexibility, mobility, endurance, functional strength, and balance. Modifications will be made for those that need it to promote movement for all. Call if you'd like to join us.

CHARLIECARDS FOR SENIORS

The CharlieCard is the payment method for the MBTA. On Tuesday, July 2 from 5 to 6:30 p.m., the Foxborough Senior Center will be partnering with the MBTA to offer Senior CharlieCards for people 65+. These cards allow you to have a reduced fare (approximately 50%) on the subway, bus, commuter rail and ferry. You must bring a valid government issued ID. Your photo will be taken, then your card will arrive in the mail in 4 to 6 weeks. Call us to sign up.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, June 27 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 "Mary Poppins Returns." 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.

PING PONG

Starting on July 11, we'll be playing Ping Pong at the senior center. Come join us every Thursday at 2 p.m., and every Friday morning at 8:30 a.m. for some ping pong and lots of fun! Give us a call to sign up.

HEALTHY FOOD CHOICES FOR WEIGHT MANAGEMENT

Obesity is a risk factor for a variety of health conditions, including type 2 diabetes, hypertension, heart disease, stroke, certain cancers, nonalcoholic fatty liver disease, sleep apnea, arthritis and depression. This presentation on Thursday, July 9 at 4:45 p.m., by Dr. Naseem Ahmend, will teach you how protein rich food, less carbohydrate and low fat intake could be helpful to manage a healthy weight. Call us to sign up.

MEN'S CLUB BREAKFAST

Join us for our next Men's Club Breakfast on Thursday, June 27 at 9 a.m. The cost for breakfast is \$3 per person. Sign up with your payment.

WHEN IS MEMORY CARE NEEDED?

Sixteen million people are unpaid caregivers for a loved one with dementia. What options are there, and how do you know when it's time to consider them? On Friday, June 21 at 11 a.m., the senior center will be offering the program "When Is Memory Care Needed?" by Brenda Steward, a Certified Dementia Practitioner, and a Certified Senior Living Advisor with 2 Sisters Senior Living Advisors, a free referral and advisory service. Call us to sign up for this presentation.

ANEMIA IN PATIENTS WITH CHRONIC RENAL FAILURE

A hormone called erythropoietin (EPO) stimulates the bone marrow to produce red blood cells, which can then carry oxygen through the body. In chronic renal failure, damaged kidneys cannot make enough EPO. As a result, the bone marrow makes fewer red blood cells and can result in anemia in patients. Call us to sign up and come listen to this informative session by Dr. Naseem Ahmed on Tuesday, June 25 at 4:45 p.m.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, June 25 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

COME PLAY CORNHOLE

Cornhole is a lawn game in which players take turns throwing bean bags at a raised platform with a hole in the far end. Seniors are invited to spend time playing Cornhole here at the senior center on Thursdays, June 13 and 27, and monthly every 2nd and 4th Thursday from 2 p.m. to 3:30. Join us for some fun and do some socializing with new friends. (If the weather cooperates, Cornhole may even be played outdoors.) Call us to sign up.

HEARING HEALTH

On Wednesday, June 26 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.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, June 26 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you'd like to discuss.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, June 26 at 4:30 p.m. Our menu will include pasta with meatballs, tossed salad, brownie, scali bread and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, June 24 at 9 a.m. Call to sign up and take advantage of this chance to get to meet our state representative and have your concerns heard.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, July 2 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 26 – Job Lot/Dollar Store, July 3 - Target. 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.