

BUSTING MYTHS & GETTING SAVVY ABOUT SENIOR LIVING

There are many misconceptions about senior living. Join us on Tuesday, July 30 at 5:15 p.m. for a highly informative program designed to shed light on what the senior living lifestyle is really all about, so seniors and their families can make well-educated decisions. Senior living expert, Jodi Tolman from Whitney Place at Sharon, will be at the senior center to talk about the difference between independent, assisted living, memory care, and skilled nursing; when the time is right to make a move; how to find the right community for you; what it costs and how do you pay for it? You will leave with a list of key questions to ask when researching and visiting communities and a VERY different opinion about senior living! Dinner will be served. Call to sign up.

Monday, July 15

Chair Yoga 9:15 a.m.; Veterans Breakfast Club 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, July 16

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.; Memory Café 1:30 a.m.; Talespinners 2 p.m.; Beginner Painting on Canvas Class 3 p.m.; Drum Circle 3 p.m.

Wednesday, July 17

Strength Training Class 8:30 a.m.; Surviving Aging 10 a.m.; TRIAD 1 p.m.; Patriot Place South Marketplace 1 p.m.; Colorist Club 2 p.m.; Movement for Pain Relief class 2:45 p.m.; Marilyn Rodman PAC – Performance by Ashely Jordan 4 p.m.

Thursday, July 18

Depart for Martha's Vineyard 8:30 a.m.; Art with Ally 9 a.m.; Lower Body Stability Class 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Soup & Sandwich 12:30 p.m.; Movie Day – “The Wife” 1 p.m.; Ping Pong 2 p.m.

Friday, July 19

Ping Pong 8:30 a.m.; Senior Fitness 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Preparing for a Move 11 a.m.

TECH 101 – Get the most from your iPhone

Do you have an iPhone? Are you constantly confused by the different functions of your iPhone's camera. Join us on Friday, July 12 at 11 a.m. and learn how to get the most out of your iPhone. This class will cover taking photos and videos, using filters, editing photos, and sending the photos to friends. For the best results, class participants should download the App, Snapseed, before the class.

ANNUAL FISH AND GAME COOKOUT

The Fish and Game Club at 17 Neponset Heights Avenue in Foxboro will once again host their annual cookout. This event is for Foxboro's senior citizens only. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 27 at 1 p.m. Enjoy the water view, eat delicious food and have a fun time with your friends from Foxboro. This event will be held rain or shine. If you are planning to attend, call the senior center by Friday, July 19 to reserve your seat. Parking spaces are extremely limited in the area of the Fish and Game Club. If possible, please park in municipal parking lots and carpool with your friends down to the Club.

PAOLO DIGREGORIO'S PROGRAM ON “EATING & DRINKING IN COLONIAL N.E.”

On Thursday, July 25 at 5 p.m., Paolo DiGregorio will be joining us on The Common for his program “Stew Pie and Rum Punch: Eating and Drinking in Colonial New England.” Food and drink are central parts of human culture and human relationships. For the English colonists, food was an important aspect of creating community in the “wilderness” of North America. Paolo will talk to us about the culture of food and drink in

early New England, and the culinary legacy of the colonial period. This lecture will take place at Foxborough's Farmers' Market on The Common. If it rains, the program will be moved to the senior center. **YOU MUST PRE-REGISTER WITH US SO WE KNOW HOW MANY CHAIRS TO BRING TO THE COMMON**

MARILYN RODMAN PAC SENIOR CENTER SERIES

Each month the Marilyn Rodman Performing Arts Center (Orpheum) will showcase their upcoming show with a selection of performances presented at the senior center. Join us on Wednesday, July 17 at 4 p.m. for a performance by rising country star, Ashley Jordan, the 2017 & 2018 Boston Music Awards "Country Artist of the Year." Call us to sign up.

SURVIVING AGING

Join us on Wednesday, July 17 at 10 a.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.

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, July 19 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.

FOCAL SEGMENTAL GLOMERULOSCLEROSIS (FSGS) IN NEPHROTIC SYNDROME

Nephrotic Syndrome is a group of symptoms associated with damage to the clusters of tiny blood vessels glomeruli of the kidney. FSGS involves scars on some of the kidneys' filters making the filtration process difficult. Join us on Tuesday, July 23 at 4:45 p.m. when Dr. Naseem Ahmed will present a program to teach us about FSGS. Call to sign up.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, July 16 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. 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.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, July 15, 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.

TRIAD

TRIAD will be meeting on Wednesday, July 17 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, July 18 we'll be serving a light lunch of soup and a sandwich at the senior center, for a suggested donation of \$3. Following lunch at 1 p.m., we will be showing the movie "The Wife." Please give us a call to sign up and let us know if you are coming to just lunch or just the movie, or both. Transportation is available.

MEN'S CLUB COOKOUT

Join us for our Men's Club Cookout on Thursday, July 25 at 9 a.m. The cost for the cookout is \$3 per person. Sign up with your payment.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, July 24 at 1 p.m. at Cracker Barrel Restaurant. Sign up is required by Friday, July 19. Van transportation arrangements must be made by Friday, the 19th.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, July 31 at 4:30 p.m. Our menu will include hotdog with roll (oil based), pasta salad with vegetables, coleslaw, mustard and relish, watermelon and lemonade. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: July 17 – Patriot Place South Marketplace, July 24 – Crackerbarrel Restaurant. 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.

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.