

## **TRIP TO THE BIG E**

Join us for a trip to The Big E, the largest fair in the northeast. On Thursday, Sept. 19 we'll be traveling by motorcoach and leaving at 8:30 a.m. from the side parking lot of St. Mary's Church, 58 Carpenter Street in Foxborough. The Big E is an autumn tradition every September, and at its 175 acre site you can enjoy free entertainment, major exhibits, Circus Spectacular, Storowton Village, animals, rides, shopping and foods from around the world during our most colorful season. The Big E is the only fair in the country with multiple states participating, so take a stroll along the Avenue of States and immerse yourself in the sights, sounds and tastes that are quintessential New England. The cost is \$60 per person for Foxborough residents and \$65 for non-residents. Sign up at the senior center with your payment no later than September 5<sup>th</sup>. If you have any questions, call us at 508-543-1234.

### **Monday, July 22**

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.

### **Tuesday, July 23**

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.; Low Vision Support Group 1:00 a.m.; Talespinners 2 p.m.; Beginner Painting on Canvas Class 3 p.m.; Focal Segmental Glomerulosclerosis in Nephrotic Syndrome 4:45 p.m.

### **Wednesday, July 24**

Strength Training Class 8:30 a.m.; Hearing Clinic by appt. 10 a.m.; Luncheon Outing to Crackerbarrel 1 p.m.; Colorist Club 1 p.m.; Movement for Pain Relief class 2:45 p.m.; Blood Pressure Self-Monitoring Program 3 p.m.

### **Thursday, July 25**

Art with Ally 9 a.m.; Lower Body Stability Class 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Men's Cookout 11 a.m.; Ping Pong 2 p.m.; Cornhole 2 p.m.; Paolo DiGregorio History Lecture on The Common 5 p.m.

### **Friday, July 26**

Ping Pong 8:30 a.m.; Senior Fitness 9 a.m.; Shaw's 9 a.m.; Cribbage 10:15 a.m.

## **BLOOD PRESSURE SELF MONITORING PROGRAM**

Come join Kelly DeSantis, Hockomock YMCA Program Coordinator, on Wednesday, July 24 at 3 p.m. or Tuesday, July 30 at 12 p.m., and learn how to reduce your blood pressure by monitoring at home! The YMCA is offering free blood pressure screenings and an information session about their evidence based program that may help to reduce your blood pressure over a short period of time. This is accomplished through both group and individual meetings. They will have refreshments and a raffle to win a brand new blood pressure cuff (valued at \$40). Call us to sign up for this program.

## **INTRODUCTION TO REIKI**

A brief history of Reiki Energy Medicine will be held at the senior center on Tuesday, Aug. 6 at 4 p.m. Our Reiki program presenter will also give us some insight into her background and experience. A question and answer period will be followed by mini-Reiki (5 minute) sessions to interested parties. If this program draws enough interest, the Foxborough Senior Center will consider offering regular Reiki appointments in the future. Registration is required for this event, so join us!

## **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.

### **MARILYN RODMAN PAC SENIOR CENTER SERIES**

Each month the Marilyn Rodman Performing Arts Center (Orpheum) showcases their upcoming show with a selection of performances presented at the senior center. Through a partnership with the Marilyn Rodman PAC and LRC Stage Productions, we are offering an opportunity on Friday, Aug. 2 from 11:30 a.m. to noon to hear a couple of songs and purchase advanced tickets for the upcoming Mary Poppins Jr. Musical. Call to sign up.

### **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." 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.

### **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.

### **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. 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.

### **REP. JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows' next visit to the senior center will be on Monday, July 22 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.

### **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 19<sup>th</sup>.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, July 23 from 1 to 2 p.m. The Low Vision Support Group meets on the 4<sup>th</sup> 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.

### **HEARING HEALTH**

On Wednesday, July 24 from 10 to 11:30 a.m., and continuing every 4<sup>th</sup> 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, 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.

### **PING PONG**

We're playing Ping Pong at the senior center every Thursday at 2 p.m., and every Friday morning at 8:30 a.m. Join us to play some ping pong and have a great time with friends! Give us a call to sign up.

### **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: July 24 – Crackerbarrel Restaurant, July 31 – Job Lot/Dollar Store. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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.

### **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](http://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](http://www.foxboroughma.gov) or call at 508-543-1234.