

PREPARE FOR THE UNEXPECTED

The best way to protect your family is to be ready for the unexpected before it happens. The American Red Cross will be giving a presentation entitled "Preparing for the Unexpected" at the senior center on Thursday, September 2nd at 11:00 a.m. This 45 minute presentation is offered FREE of charge. Come and learn what to do if disaster strikes. Please call us at 508-543-1252 to let us know that you will be coming.

Monday, August 16

Manicures 9:00 a.m.
Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.

Tuesday, August 17

No Beginners Walking Club Today
Movie Day-"Leap Year" 9:30 a.m.
Nutrition 11:00 a.m.
No Body, Mind & Spirit Today
Discussion Group 1:00 p.m.
Tailspinners 2:00 p.m.

Wednesday, August 18

Sign-up for East Hill Farms/Cathedral of the Pines Trip

Strength Training 8:30 a.m.
Christmas Tree Shops 1:00 p.m.
TRIAD 1:00 p.m.
Zumba 2:30 p.m.

Thursday, August 19

Ceramics 9:00 a.m.
Men's Cookout 12:00 p.m.
Low Vision Support Group 1:00 p.m.

Friday, August 20

Stop & Shop 8:30 a.m.
YMCA Exercise 9:30 a.m.
Massage, Reiki & Reflexology 10:00 a.m.
Wii Games 11:00 a.m.
Cribbage 11:00 a.m.
Card Making Class 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

COOL COMEDY

Come to the senior center on Thursday, August 26th at 1:00 p.m. to see Comedian David Shikes who will make us all chuckle with his jokes and short stories. He is a 5-time Boston Marathon runner, an independent book seller and avid reader...he will certainly entertain us. Cool off at the senior center while you enjoy the comedy show along with ice cream floats and goodies. Please call 508-543-1252 to sign-up for this fun afternoon event.

K-9 UNIT DEMONSTRATION AT NEXT MEN'S COOKOUT

On Thursday, August 19th, we will have a special demonstration by Officer John Chamberlin from the Foxborough Police Department and their K-9 unit's new partner "Marley" during the Men's Cookout at the senior center. Come and enjoy a cookout lunch and some socialization at 12:00 p.m. The presentation portion of the program will begin at 12:30 p.m. Women are welcome and encouraged to join us for the presentation. The cost for lunch is \$3. To participate in this cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, August 17th.

SERENADING SENIORS

The Serenading Seniors will resume their regular schedule beginning Wednesday, September 1st. Rehearsals are held at the Senior Center on Wednesdays from 10:00 a.m.-11:15 a.m. It's a friendly, fun group and you DO NOT need to read music to be a member. Currently we have openings for a few new members, both men and women. If you enjoy singing and are interested in joining, please call Barbara Durst at 774-215-5083.

'COOL' CLASSICS

Beat the heat and humidity by coming to the senior center for some 'cool' movie classics. Take advantage of our nice air-conditioned environment while you watch an oldie-but-goodie movie, enjoy some refreshments, and socialize with each other. The movies will be shown on Thursdays at either 11:00 a.m. or 1:00 p.m. Please feel free to bring your lunch along to have either before or after the film. Please give us a call at 508-543-1252 to let us know that you will be coming. The remaining schedule is as follows:

September 9th at 11:00 a.m. "An Affair to Remember"

October 7th at 11:00 a.m. "Room at the Top"

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! Our next trip for this season will be to Crescent Ridge in Sharon on Tuesday, August 24th. This year's ice cream trips will be scheduled on alternating Tuesdays throughout the summer. We leave for ice cream at approximately 1:00 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

TRAVEL AND ENTERTAINMENT

EAST HILL FARM AND CATHEDRAL OF THE PINES

Come along with the group from the senior center to New Hampshire for the day to visit East Hill Farm and the Cathedral of the Pines on Thursday, October 14th. Your day will begin with a stop at the Petersboro Basket Company Outlet Store where you will find a wide selection of baskets and other gifts, including punched tin ware. Next enjoy lunch at East Hill Farm in Troy, NH, where you will be served a hearty, family style luncheon including both pot roast and turkey. Originating in 1834, the Inn is nestled at the base of picturesque Mt. Monadnock on 150 acres. After lunch you will visit Coll's Farm Stand in Jaffrey, NH, where you can select from a variety of fresh fruits and vegetables as well as apple cider and maple syrup. Then you will visit the Cathedral of the Pines. This unique, inspirational landmark seats 200 and is a place of spiritual nourishment for people of all faiths. Formed by tall pines, the cathedral is a living memorial to those who gave their lives for our country. Your motor coach will depart from St. Mary's Church parking lot at 7:30 a.m. and return at approximately 5:30/6:30 p.m. The cost for this excursion is \$58 per person (driver's tip *not* included). Payment will be due by Friday, September 17th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, August 18th.

MEDICAL INFORMATION AND SERVICES

SAVINGS IN MEDICARE PRESCRIPTION DRUG COVERAGE GAP

If you have reached the coverage gap or 'donut hole' in your Medicare prescription drug coverage in 2010, you may qualify for a one-time, tax-free \$250 rebate to help you with your prescription drug costs. This important new benefit, included in the Affordable Care Act, is the first step toward closing the Medicare prescription drug coverage gap. If you qualify and reach the coverage gap, Medicare will **automatically** send you a check. You don't need to fill out any forms or provide any personal information to get the rebate check. Do not provide

your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE to report anyone who does this. To learn more about the \$250 coverage gap rebate, visit www.medicare.gov.

HEARING CLINIC

Mass Audiology is holding free hearing clinics at the senior center on the 4th Monday of each month at 10:00 a.m. Our next clinic will be on August 23rd. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

REGULARLY SCHEDULED

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, August 25th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

LUNCHEON OUTING

Our next luncheon outing will be to the Olive Garden on Wednesday, August 25th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, August 24th.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on August 23rd. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, August 17th at 9:30 a.m. Our feature presentation will be "Leap Year." Anna (Amy Adams) chooses February 29 to propose marriage to her "perfect" boyfriend, Jeremy (Adam Scott), sure he'll accept because of an Irish custom. But after meeting charming innkeeper Declan (Matthew Goode) en route to Dublin, Anna must evaluate her original plans. Anand Tucker directs this charming romantic comedy about finding what one really wants in the most unexpected places. John Lithgow co-stars. As always, plan on bringing your lunch to enjoy after the movie. We will provide popcorn during the movie showing and follow with dessert and coffee. Sign-up by calling 508-543-1252.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on August 18th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

MONDAY MANICURES

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be August 16th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on August 19th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

August 18 Christmas Tree Shops

August 25 Luncheon Outing @ Olive Garden

September 1 Wal-Mart

September 8 Dollar Tree Store

INFORMATION AND SERVICES

SENIOR CENTER PROGRAMS ON CABLE

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Channel 22 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. Watch for "Your Scene, Your Center." "Your Scene" refers to information pertinent to seniors. "Your Center" refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage, or check out our DVD lending library to view our taped programs.

PROJECT LIFESAVER

Foxboro is part of the nationally recognized search and rescue program, Project Lifesaver. This program is for Foxboro residents of any age who tend to wander or may get lost due to conditions such as Alzheimer's, Autism, Downs Syndrome, and other special needs. Norfolk County Sheriff Michael Bellotti is the state coordinator for Project Lifesaver. Project Lifesaver has proven to be extremely effective at finding and returning to safety those people who have become disoriented or lost. If you are interested in signing up a loved one who requires 24 hour care, please call the community social worker, Noreen Sherys, at 508-543-1252. She will do an initial screening and then refer you to the Program Specialist for a complete assessment.

OPERATION REASSURANCE

The Operation Reassurance program is a free service for Foxboro residents. Participants check in each day Monday through Friday via telephone to ensure that they are O.K. This program is wonderful for people who live alone, those confined to their home due to illness, or anyone who wants the comfort of knowing someone will check on them once a day. Call the senior center at 508-543-1252 for more information.

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in Cranberry, Loden Green, or Williamsburg Blue are \$39.95 each, or there is a multi-colored version at a cost of \$44.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marge at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, August 16

TOMATO FLORENTINE SOUP
BAKED CHICKEN
RICE FLORENTINE
DINNER ROLL
FRESH APPLE

Tuesday, August 17

SHEPHERD'S PIE
MIXED VEGGIES
WHOLE WHEAT ROLL
PUDDING

Wednesday, August 18

ROAST TURKEY/GRAVY
CRANBERRY SAUCE
LYONNAISE POTATOES
SQUASH
WHOLE WHEAT BREAD
PEACHES

Thursday, August 19

PORK PATTY
GARLIC BUTTERED PENNE
COUNTRY STYLE BLEND VEGGIES
HAMBURGER BUN
PINEAPPLE

Friday, August 20

MEXICALI CHICKEN W/ VEGETABLES
SPANISH RICE
MULTIGRAIN ROLL
GRAHAM CRACKERS