

## **SIGN-UP ON JUNE 9<sup>TH</sup> FOR NEWPORT RAIL AND SAIL**

Join us on Thursday, August 5th for a unique trip to Newport, RI. Upon arrival you will board the Newport Dinner Train for a 90 minute scenic train ride along Narragansett Bay and a delicious, gourmet lunch with fine dining service. Your luncheon choices include Stuffed Filet of Sole, "Award Winning" Baby Back Ribs, or Chicken Forrestiere. After the luncheon train ride, you will board the luxurious cruise boat, The M/V Majestic, departing from Bowens Wharf for a narrated hour cruise of Newport Harbor. You will see sights such as the Ida Lewis Yacht Club, majestic Fort Adams, the towering Newport Bridge, the enchanting "House on the Rock," Jacqueline Kennedy's summer house, Hammersmith Farm, and much more! Enjoy shopping and walking around Newport's famous "Brick Marketplace" before returning home. Your motorcoach will depart from St. Mary's Church parking lot at 8:30 a.m. You will return back home in Foxboro around 5:30 p.m. The cost for this excursion is \$89 per person (driver's tip *not* included). Payment will be due by Friday, July 9th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, June 9th.

### **Monday, May 24**

Sit & Be Fit 9:30 a.m.

Hearing Clinic 10:00 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

### **Tuesday, May 25**

Beginners Walking Club 8:30 a.m.

Cholesterol Clinic 9:00 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, May 26**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Luncheon Outing @ Horse N' Carriage Restaurant 1:30 p.m. (please note later time)

Zumba 2:30 p.m.

### **Thursday, May 27**

Ceramics 9:00 a.m.

Shingles Presentation 11:00 a.m.

### **Friday, May 28**

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.

Boomchuckers 1:00 p.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](http://www.foxboroughma.gov)

## **SECRETS FOR A LONG LIFE**

At our "90's Birthday Party" this year, the honorees were asked to share their advice on living a long life. These are some of the responses we received:

"I have a happy family I spend a lot of time with." Margaret Wagner

"Enjoy each day. Keep one foot in front of the other." Jo Guenard

"I was always so busy I never had time to notice the passing years. I had too much fun." Priscilla Kennedy

"To stay young; think young." Thelma Stern

"Take each day at a time and try not to worry. Drink plenty of milk and get lots of sleep." Evie Rhind

### **REGULARLY SCHEDULED**

#### **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card with a maximum of 2 cards per player. Our next Bingo afternoon will be on Tuesday, June 1<sup>st</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

#### **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, June 3<sup>rd</sup> at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

#### **JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows will hold office hours at the senior center on the 4<sup>th</sup> Monday of every month at 2:00 p.m. His next visit will be on May 24<sup>th</sup>. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

#### **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.

May 26 Luncheon Outing @ Horse N' Carriage Restaurant (1:30 p.m.-please note later time)

June 2 Dollar Tree Store

June 9 Target

June 16 Walpole Mall

### **SPECIAL EVENTS AND PROGRAMS**

#### **UNCOMMON PICNIC**

All Foxboro seniors are welcome to join us for our "Uncommon Picnic" at St. Mary's Church in the lower hall on Thursday, June 10<sup>th</sup> from 11:00 a.m. to 2:00 p.m. This is our annual celebration to 'kick off' the summer season. Following our picnic lunch, we will enjoy the musical sounds of Paul Gookin and his band. We will have fun entertainment and door prizes too! If you would like to join us for the festivities, you must stop by the senior center to purchase a ticket on or before Friday, June 4<sup>th</sup>. Tickets cost \$2 each. Remember to have your ticket with you on the day of the picnic to receive your lunch. Please bring an item for the Foxboro Food Pantry. They are collecting items for the summer lunch program. A list of the items needed will be available at the senior center.

#### **"COPING WITH GRIEF" BEREAVEMENT SUPPORT GROUP**

Beacon Hospice will offer an 8-week support group, "Coping with Grief," on Wednesday afternoons from 1:00 p.m. to 2:30 p.m. at the Foxborough Senior Center, 75 Central Street, beginning June 2<sup>nd</sup>. This bereavement support group will offer a safe and supportive place for you to share your experience of grief with others and move toward healing and hope in a confidential and supportive setting. These sessions are free of charge and are open to the community. Anyone who has lost a family member, spouse/partner, close friend or another loved one is invited to attend. Pre-registration is required by calling Scott A. Ciosek, M.Div., Bereavement Coordinator at Beacon Hospice at 508-747-7222. Space is limited.

### **CRIBBAGE TOURNAMENT**

The Friday Cribbage Group that meets at the senior center will be having a cribbage tournament on Friday, May 21<sup>st</sup> beginning at 11:00 a.m. The cost to participate in the tournament is \$5 per person. Prizes will be awarded that day to the winners! Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays at 11:00 a.m. to teach you the game or to provide helpful hints to improve your game. Call 508-543-1252 to sign-up for this fun event.

### **MEDICAL INFORMATION AND SERVICES**

#### **S.H.I.N.E. – TUESDAY, JUNE 1, 2010**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, June 1<sup>st</sup> at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

### **SHINGLES PRESENTATION**

What is shingles? Shingles is a disease caused by the same virus that causes the chicken pox virus. In the United States 9 out of 10 adults have had the chicken pox, and chances are that you were one of them. If you have had the chicken pox, the virus can live but remain inactive in your body for many years. If it becomes active again later in life, the chicken pox virus can give you shingles. It may last from 2 to 4 weeks, or longer. For most people the pain from shingles lessens as the rash heals, but for some, shingles can lead to more serious health problems. Come to the senior center on Thursday, May 27<sup>th</sup> at 11:00 a.m. for a workshop presented by Maureen Cardarelli, RN and Board of Health Nurse for Foxboro, and Bonnie Ryvicker, MS, community liaison for the Community VNA. Did you know there is a vaccine for shingles? Maureen and Bonnie will have information on the shingles vaccine. Come learn about this disease and how to prevent it. We will also discuss other vaccines you should consider having to be safe as an adult. Call 508-543-1252 to sign-up for this important informational presentation.

### **CHOLESTEROL SCREENING**

We will be holding a Health Promotion Clinic on Tuesday, May 25<sup>th</sup> from 9:00 a.m. until 12:00 p.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

### **HEARING CLINIC**

Mass Audiology is holding free hearing clinics at the senior center on the 4<sup>th</sup> Monday of each month at 10:00 a.m. Our next clinic will be on May 24<sup>th</sup>. 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.

## **TRAVEL AND ENTERTAINMENT**

### **CHOCOLATE AND WINE TOUR OF NEW HAMPSHIRE**

On Thursday, July 15th we will be going on a chocolate and wine tour in New Hampshire. Visit Swan Chocolates in Merrimack, NH, where you can see the chocolates being made and sample some of the indulgent selection of pure Belgian chocolates. You will then travel to Hart's Turkey Farm Restaurant at their new location in Manchester, NH. Enjoy a delicious turkey dinner with all the fixin's! Finish up the day at the Flaghill Winery in Lee, NH. Established in 1990, this winery has grown from a family operated vineyard to an established winery in the picturesque seacoast region of NH. Flag Hill Winery produces various types of wines including grape, fruit, and dessert wines as well as New Hampshire's first port wine. The wine tasting will include 5-6 different table wines, a wine presentation & discussion. Your motor coach will depart from St. Mary's Church parking lot at 8:30 a.m. and return at approximately 5:30 p.m. The cost for this excursion is \$65 per person (driver's tip *not* included). Payment will be due by Friday, June 18th. Sign-up for this trip by calling the senior center at 508-543-1252.

## **TRANSPORTATION RESOURCES**

### **VAN-GO/CAR-GO**

The Foxborough Council on Aging provides transportation to Foxborough residents on the **Van-Go**, our 14 passenger van or the **Car-Go**, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. To schedule a ride please call the senior center at 508-543-1252. Please provide 24 hour advance notice; however, we will always try to accommodate your needs.

The schedule is as follows:

**Monday – Mornings** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw's in Sharon. \*On Monday holidays this shopping trip is moved to Tuesday afternoon.

**Tuesday – ALL DAY** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

**Wednesday – Mornings** – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

**Thursday - ALL DAY** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

**Friday - Mornings** – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 p.m. on Fridays.

## **HUMAN SERVICES**

Our Human Services staff may be available to assist with special transportation needs. To find out more, call 508-543-1252 and ask to speak with our Human Services Department.

**F.I.S.H.** is a non-profit organization with volunteer drivers who will bring Foxborough seniors to medical appointments within an 11 mile radius. To request transportation call (508) 698-3729 and leave your name, address, phone number, appointment date and time. Please provide 2 days advance notice. You will be called the evening before your appointment to confirm your ride.

**GATRA 'Dial-A-Ride'** transportation is available in Foxboro. This is a shared ride that provides transportation to several surrounding towns for various appointments, errands or social visits. A 24 hour notice is required for transportation and can be scheduled by calling them at 1-800-698-7676. The recommended donation is between \$1.25 -5.00 depending on distance.

**GATRA 'Miles for Health'** program is strictly for medical transportation. They will bring clients to Boston hospitals Monday through Friday. On *Wednesdays* they provide "all other trips" to Burlington, Framingham, Worcester, Wellesley, etc. The recommended donation is \$10.00. A 48 hour advanced notice is required for

this program. Rides can be scheduled by calling 1-800-585-8294. Visit GATRA on their website at [www.gatra.org](http://www.gatra.org)

### **MEDICAL APPOINTMENT TRANSPORTATION THROUGH FOXFIELD TAXI (HESSCO GRANT)**

Thanks to a grant from HESSCO, Foxfield Taxi is available for transportation to Boston for medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Mondays and Wednesdays. The suggested donation is \$25 for the Boston trips. They are also available to travel to Foxboro, Attleboro and Mansfield medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Tuesdays and Thursdays. The suggested donation is \$10 for these trips. This shared ride program is available to you if you are 60 years of age or older and live in Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole Westwood or Wrentham. For more information or to reserve a ride, call Foxfield Transportation at 1-800-585-8294 or 508-543-2828 or 508-553-3000.

### **COMMUNITY PROGRAMS AND INFORMATION**

#### **NORFOLK ANTIQUES NIGHT**

On Friday, June 4<sup>th</sup> from 5:00 p.m. to 8:00 p.m., the Norfolk Senior Center, 28 Medway Branch, Norfolk, MA., will have Bob Grabosky bring his version of PBS's Antiques Road Show to Norfolk. Mr. Grabosky has over 40 years of experience in antiques appraisals. The charge will be \$7 for one item and \$10 for 2 items with a maximum of 2 items. No stamps, non-gold coins, sports trading cards, stuffed chairs, couches, or bureaus, etc. The doors will open at 4:30 p.m. Refreshments will be served. Call 508-528-4430 for more information.

#### **SENIOR SAFETY**

On Thursday, June 10<sup>th</sup> from 8:00 a.m. to 9:30 a.m., a breakfast program and discussion on health risks, hazards at home or on the road, and what you can do to prevent or handle certain situations safely will be presented by Paul George, MD; Karin Hemmingsen, MD; and a Case Management Representative at Sturdy Memorial Hospital in Conference Rooms D & E. For more information and to RSVP, call 508-236-8020.

#### **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, May 24**

MINESTRONE SOUP  
HONEY GLAZED CHICKEN  
ORIENTAL RICE  
DINNER ROLL  
PINEAPPLE

#### **Tuesday, May 25**

MEATLOAF/GRAVY  
BOILED POTATOES  
BROCCOLI  
WHOLE WHEAT BREAD  
PEACHES

#### **Wednesday, May 26**

**HAPPY BIRTHDAY**  
HERB ROASTED PORK  
APPLE GRAVY  
SCALLOPED POTATOES  
PEAS & ONIONS

WHITE BREAD  
BIRTHDAY CAKE

**Thursday, May 27**

BBQ BEEF PATTY  
NOODLES  
TUSCANY BLEND VEGGIES  
FRUIT MUFFIN  
FRESH FRUIT

**Friday, May 28**

MEXICALI CHICKEN  
SPANISH RICE  
MULTIGRAIN ROLL  
PUDDING