

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 first trip for this season will be to Flint Farm in Mansfield on Tuesday, June 22nd. 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.

Monday, June 7

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Podiatrist 12:00 p.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.

Tuesday, June 8

Beginners Walking Club 8:30 a.m.
Blood Pressure 10:00 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, June 9

Sign-up for Newport Rail & Sail

Strength Training 8:30 a.m.
Legal Clinic (by appointment) 9:30 a.m.
Target 1:00 p.m.
Bereavement Group (Coping with Grief) 1:00 p.m.
Zumba 2:30 p.m.

Thursday, June 10

Ceramics 9:00 a.m.
Uncommon Picnic 11:00 a.m.

Friday, June 11

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

FRIENDS ANNUAL MEMBERSHIP DRIVE

The Friends of Foxboro Seniors' annual membership drive for the 7/1/10 – 6/30/11 year is currently taking place. The annual dues are \$7.00. Friends of Foxboro Seniors, Inc. is a non-profit organization founded in 1981 to raise supplemental funds for the Council on Aging to provide programs, activities and other services to Foxboro's seniors.

ADOPT-A-GARDEN

If you enjoy gardening, we are looking for a few people who would like to “adopt” a manageable segment of the gardens around the senior center. Your responsibilities would include watering, deheading flowers, and weeding in your section. Please call 508-543-1252 if you are interested in this project.

SPECIAL EVENTS AND PROGRAMS

CONFESSIONS OF A LATE NIGHT RADIO HOST: THE MEDIA, THE MESSAGE AND THE MORALITY

Come to the senior center on Thursday, June 17th at 11:00 a.m. to hear Jordan Rich talk about his notable career and what he has learned over the years as a national talk show host of WBZ weekend News Radio. Jordan Rich was born and raised in Boston and has been a fixture on radio and TV for nearly thirty years. He will discuss media trends, the responsibility that broadcasters have to their audiences, and the role that listeners play in relationship to the media. Jordan’s immense popularity is due to his ability to connect with his late night family of listeners from around the country in a positive and supportive manner, adding a gentle dose of humor and fun. This program is offered in partnership with Sage Educational Services and is sponsored by funds from the Pfizer grant. Please call 508-543-1252 to sign-up for this entertaining program.

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 10th 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 the “New Orleans Connection.” 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 4th. 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.

NEPONSET VALLEY ALZHEIMER PARTNERSHIP

On Thursday, June 24th from 10:00 a.m. to 11:00 a.m., The Neponset Valley Alzheimer Partnership will be holding an educational meeting on driving safety at the Southeast Rehab, 184 Lincoln St., North Easton. Dr. Robert Stern, noted researcher and educator of the BU School of Medicine Research Center, will be the speaker. If you are a Foxboro resident, funding is available if care for your loved one is needed in order for you to attend this program. Please call the senior center at 508-543-1252 if you have questions or need more information.

MEDICAL INFORMATION AND SERVICES

PODIATRIST-SUMMER SCHEDULE

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, June 7th. Dr. Willinsky will **not** come during **July and August**, but will resume his hours at the senior center on September 13th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, June 8th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

TRAVEL AND ENTERTAINMENT

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.

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.

REGULARLY SCHEDULED

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, June 15th at 9:30 a.m. Our feature presentation will be "It's Complicated." Ten years after their divorce, Jane (Meryl Streep) and Jake (Alec Baldwin) Adler unite for their son's college graduation and unexpectedly end up sleeping together. But Jake is married, and Jane is embarking on a new romance with her architect, Adam (Steve Martin). Now, she has to sort out her life -- just when she thought she had it all figured out. Nancy Meyers writes and directs this Golden Globe-nominated comedy. 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.

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 June 17th. 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.

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 June 16th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

FREE LEGAL CLINIC

Mary Roque, Esquire is available at the senior center on the 2nd Wednesday of each month from 9:30 a.m. to 11:30 a.m. to provide a FREE legal clinic. Her next visit will be on June 9th. Attorney Roque owns and manages a law practice which concentrates in elder law issues, and she conducts volunteer legal clinics at other area Councils on Aging. She will consult with individuals for up to 15 minutes about their legal questions and concerns. If further consultation is necessary, follow-up will be provided through Noreen Sherys, Community Social Worker, who can assist with referrals to community legal resources. Please call 508-543-1252 for your appointment.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, per the YMCA's policy. The 2010 Summer 1 Session runs from June 28th through August 1st. This is a 5-week session and will cost \$25. Payment is due at sign-up. Call 508-543-1252 with any questions.

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 June 14th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

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.

June 9 Target

June 16 Walpole Mall

June 23 Emerald Square Mall

June 30 Luncheon Outing @ L.A. Roberts

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.

TALE SPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Tale Spinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have an opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

KNITTING BEA

Join us for an afternoon of knitting at the senior center. Bea Barr teaches a knitting class on Monday afternoons at 1:00 p.m. These classes are for beginners, as well as for those who would like to brush up on their skills, or

just work on a project. Everyone learns from each other in this class. If you have knitting needles please bring them in with you, and we'll supply the yarn. Please join us for this free class.

CERAMICS CLASS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m.-11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided, and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

DISCUSSION GROUP

Everyone is invited to attend a weekly discussion group at the senior center. This small and friendly group will discuss anything from current events to politics and is self-run. Anyone interested in joining in intellectual and entertaining discussions is invited to meet each Tuesday at 1:00 p.m.

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, June 7

VEAL PARMESAN
RIGATONI & TOMATO SAUCE
ITALIAN BLEND VEGGIES
SCALI BLEND
PEARS

Tuesday, June 8

CREAM OF BROCCOLI SOUP
SAVORY BAKED CHICKEN
PARSLEY MASHED POTATOES
MULTIGRAIN ROLL
FRESH FRUIT

Wednesday, June 9

STUFFED SHELLS W/TOMATO SAUCE
TUSCANY BLEND VEGGIES
HONEY WHEAT ROLL
PUDDING

Thursday, June 10

ROAST TURKEY W/GRAVY
CRANBERRY SAUCE
MASHED POTATOES
WINTER SQUASH
WHOLE WHEAT BREAD
CUPCAKE

Friday, June 11

BEEF & CABBAGE CASSEROLE
FLUFFY RICE
FRUIT MUFFIN
APPLESAUCE