

## **FISH AND GAME COOKOUT**

Once again, the Fish and Game Club located at 17 Neponset Heights Avenue, Foxboro, will be holding their annual cookout for Foxboro seniors. This fun event is FREE, and will be held on Saturday, July 24<sup>th</sup> at 1:00 p.m. Enjoy the water, eat delicious food, and have a fun time with your friends from Foxboro. The event will be held rain or shine. The meal will include chicken, baked potato, green beans, salad, and beverages. The Fish and Game Club would appreciate knowing you're coming, so please call the senior center at 508-543-1252 by Wednesday, July 14<sup>th</sup> if you plan to attend. This event is for Foxboro residents. You must provide your own transportation to this event. Carpooling would be helpful due to limited parking spaces.

### **Monday, June 28**

Sit & Be Fit 9:30 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, June 29**

Beginners Walking Club 8:30 a.m.

Nutrition-Cardiac Health Presentation 11:00 a.m.

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

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, June 30**

Strength Training 8:30 a.m.

Painting with Bob McLeod 10:00 a.m.

Luncheon Outing-L.A. Roberts 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, July 1**

*No Book Club Today*

Ceramics 9:00 a.m.

Healthy Summer Salads Presentation 10:30 a.m.

Bereavement Group 1:00 p.m.

### **Friday, July 2**

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](http://www.foxboroughma.gov)

## **SPECIAL EVENTS AND PROGRAMS**

### **FREE LUNCH!**

Apparently there is such a thing as a free lunch! Chickie Flynn's Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our first luncheon will be on Wednesday, July 7<sup>th</sup> at 11:30 a.m. at Chickie Flynn's located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Cheesecake or Ice Cream, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be

collected for your waiters and waitresses. Transportation will be on your own and space is limited for the luncheon. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, July 6<sup>th</sup>.

### **COFFEE WITH CONGRESSMAN BARNEY FRANK**

Come to the senior center on Wednesday, July 7<sup>th</sup> at 1:30 p.m. for a coffee hour with Congressman Barney Frank. Take advantage of this opportunity to meet him, ask questions and gather information on the issues that matter to you. Call 508-543-1252 to let us know you will be coming.

### **SING-A-LONG WITH JACK CRAIG'S SUMMER MUSIC SERIES**

Sing along with Jack at the senior center as he shares the music and anecdotes of great Broadway Blockbusters on Wednesdays in July at 11:00 a.m. Experience some of Broadway's greatest shows by singing your way right through the synopsis of four Broadway musicals. Each program has information on the creation of the show, and your chance to sing all the songs from that production. These are perfect programs for those who truly love Broadway musicals, and wouldn't be satisfied with just one or two songs from a show! This program is co-sponsored by the Friends of Foxboro Seniors and the COA. The schedule is as follows:

July 7<sup>th</sup> – 'The Sound of Music' by Rodgers and Hammerstein

July 14<sup>th</sup> – 'Guys and Dolls' by Frank Loesser

July 21<sup>st</sup> – 'Camelot' by Lerner and Loewe

July 28<sup>th</sup> – 'Kiss Me Kate' by Cole Porter

Call 508-543-1252 to sign-up for this series.

### **ARTHRITIS FOUNDATION EXERCISE CLASS**

If you like the "Sit and Be Fit" exercise class offered at the senior center on Mondays, consider trying the Arthritis Foundation exercise class on Wednesdays at 10:30 a.m. at the YMCA Invensys/Foxboro Branch for 6 weeks beginning the week of June 28<sup>th</sup>. This class will be offered in partnership with the Council on Aging. Classes will be \$5 each, but you must pay sign-up and pay for the full session, per the YMCA's policy. This is a 6-week session and will cost \$30. Payment is due at sign-up, and you can sign-up at the senior center. Call 508-543-1252 with any questions.

### **HEALTHY SUMMER SALADS**

Come to the senior center in July for some interesting and informative programs on health and nutrition. On Thursday, July 1<sup>st</sup> at 10:30 a.m., Kristin Pufahl, Registered Dietician from Jewish Family and Children Services, will present a program on healthy summer salads and whole grains. Call 508-543-1252 to let us know you will be coming.

### **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, July 13<sup>th</sup>. 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.

### **MEDICAL INFORMATION AND SERVICES**

#### **S.H.I.N.E. – TUESDAY, JULY 6, 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, July 6<sup>th</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.

### **MEDICATION SAFETY UPDATE**

On Thursday, July 8<sup>th</sup> at 1:00 p.m. at the senior center, the VNA Care Network will offer a program entitled “Medication Safety Update: Get the Facts.” Program topics will include tips for managing your medications safely, preventing drug interactions, information on herbal remedies and much more. This program is FREE for seniors age 60 and over thanks to grant funding from HESSCO Elder Services and the Massachusetts Executive Office of Elder Affairs. Please call 508-543-1252 to sign-up for this program.

### **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, July 6<sup>th</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.

#### **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, June 30<sup>th</sup> 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.

#### **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 June 28<sup>th</sup>. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

#### **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 28<sup>th</sup> through August 1<sup>st</sup>. This is a 5-week session and will cost \$25. Payment is due at sign-up. Call 508-543-1252 with any questions.

#### **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 30 Luncheon Outing @ L.A. Roberts

July 7 Christmas Tree Shops

July 14 Wal-Mart

July 21 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.

### **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.

#### **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 28**

PASTA & MEAT SAUCE  
GREEN BEANS  
SNOWFLAKE ROLL  
PEARS

#### **Tuesday, June 29**

VEGETARIAN CHILI  
DIRTY RICE  
MULTIGRAIN ROLL  
FRESH FRUIT

**Wednesday, June 30**

***HAPPY BIRTHDAY***

BREADED CHIX PATTY  
HOT GERMAN POTATO SALAD  
GENOA BLEND VEGGIES  
HAMBURGER BUN  
BIRTHDAY CAKE

**Thursday, July 1**

REDUCED SODIUM HOT DOGS  
VEGGIE BAKED BEANS  
HOT DOG ROLL  
ROMAN BLEND VEGGIES  
PINEAPPLE

**Friday, July 2**

PIER 17 FISH  
TARTAR SAUCE  
PARLSEY MASHED POTATOES  
ESCALLOPED TOMATO  
WHOLE WHEAT BREAD  
PUDDING