

GARY HYLANDER HISTORY SERIES COMING

Watch American History come to life as our favorite history professor, Dr. Gary Hylander in partnership with Sage Educational Services, presents a mini-series of lectures for us entitled "Wars End: VE Day and VJ Day," on Thursday, July 29th and Thursday, August 12th at 11:00 a.m. at the senior center. This year marks the 65th anniversary of the end of World War II, the most cataclysmic event in the history of the world. Join us for a 2-part series as we discuss the politics, personalities and military campaigns that brought an end to the Second World War in Europe and Asia. The first presentation will focus on D-Day and the fall of Berlin. The second presentation will review the "island-hopping" campaigns across the Pacific and Truman's decision to use the atomic bomb on Hiroshima and Nagasaki. Our lecturer, Gary Hylander, Ph.D., is a professor of History at Stonehill College. Dr. Hylander is a frequent lecturer at library forums, historical societies, senior centers, and professional organizations. This free mini-series is being paid for in part by the Friends of Foxboro Seniors and will be held at the senior center. Please call 508-543-1252 to sign-up for this series.

Monday, July 5

4th of July Observed

Senior Center Closed

Tuesday, July 6

No Beginners Walking Club Today

No Body, Mind & Spirit Today

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Shaw's 1:00 p.m. (in lieu of Monday)

BINGO 2:00 p.m.

Talespinners 2:00 p.m.

Wednesday, July 7

Strength Training 8:30 a.m.

Jack Craig- 'The Sound of Music' 11:00 a.m.

Bereavement Group 1:00 p.m.

Christmas Tree Shops 1:00 p.m.

Congressman Barney Frank Coffee Hour 1:30 p.m.

Zumba 2:30 p.m.

Thursday, July 8

Ceramics 9:00 a.m.

Medication Safety Update 1:00 p.m.

Friday, July 2

\$89 Payment Due for Newport Rail & Sail Trip

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

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 24th 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 14th 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.

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 7th 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 6th.

COFFEE WITH CONGRESSMAN BARNEY FRANK

Come to the senior center on Wednesday, July 7th 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 7th – 'The Sound of Music' by Rodgers and Hammerstein

July 14th – 'Guys and Dolls' by Frank Loesser

July 21st – 'Camelot' by Lerner and Loewe

July 28th – 'Kiss Me Kate' by Cole Porter

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

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 13th. 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

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, July 13th 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.

S.H.I.N.E. – TUESDAY, JULY 13th, 2010 (please note date change)

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 13th 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 8th 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

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 July 14th. 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.

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 July 12th. 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 July 15th. 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.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st 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. Our next Bingo afternoon will be on Tuesday, July 6th 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.

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.

July 7 Christmas Tree Shops

July 14 Wal-Mart

July 21 Dollar Tree Store

July 28 Luncheon Outing-Yen Ching in Plainville

OPEN COMPUTER LAB

Our computer lab is open for your use each day during regular senior center hours except when the computer and digital camera classes are scheduled. We have internet capability and printers for your use as well. There is a 15¢ per page cost for printing. Use the computers to keep your mind active while having fun at the following “brain exercise” websites: www.fitbrains.com; www.happyneutron.com; www.aarp.org/games. You can call ahead to 508-543-1252 to make sure that the computers are available.

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, July 5

4th of July Observed

No Meal Served

Tuesday, July 6

GREEK MEATBALLS
BUTTERED NOODLES
JARDINIÈRE VEGGIE BLEND
MULTGRAIN ROLL
STRAWBERRY ROLL

Wednesday, July 7

ROAST PORK
APPLE GRAVY
RED BLISS POTATOES
DICED CARROTS
FRUIT MUFFIN
APPLESAUCE

Thursday, July 8

MEATLOAF
MUSHROOM GRAVY
MASHED POTATOES
GREEN BEANS
WW BREAD
FRESH APPLE

Friday, July 9

CHICKEN ALA KING

FLUFFY RICE

PEAS

DINNER ROLL

MANDARIN ORANGES