

## **FARMERS' MARKET COUPON PROGRAM**

Massachusetts Farmers' Market Coupons are now available at the senior center. We have a limited number of booklets which will be distributed on a first come, first served basis. If you're interested in these coupons, stop by the senior center to pick some up before they're gone. Don't miss your chance to get discounts on fresh produce at local farmers' markets. We have a listing of the area farmers' markets and their hours.

### **Monday, July 12**

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, July 13**

Beginners Walking Club 8:30 a.m.  
Blood Pressure Clinic 10:00 a.m.  
SHINE 10:00 a.m.  
Nutrition 11:00 a.m.  
Body, Mind & Spirit 12:30 p.m.  
Discussion Group 1:00 p.m.  
Ice Cream Day-Crescent Ridge 1:00 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, July 14**

Strength Training 8:30 a.m.  
Legal Clinic 9:30 a.m.  
Jack Craig-'Guys and Dolls' 11:00 a.m.  
Bereavement Group 1:00 p.m.  
Wal-Mart 1:00 p.m.  
Zumba 2:30 p.m.

### **Thursday, July 15**

*Chocolate and Wine Tour of NH-departs @8:30 a.m. from St. Mary's Parking Lot*  
Ceramics 9:00 a.m.  
Low Vision Support Group 1:00 p.m.

### **Friday, July 16**

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**

### **GARY HYLANDER HISTORY SERIES**

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 29<sup>th</sup> and Thursday, August 12<sup>th</sup> at 11:00 a.m. at the senior center. This year marks the 65<sup>th</sup> 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.

### **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.

### **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 remaining schedule is as follows:  
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 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**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, July 13<sup>th</sup> 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 2<sup>nd</sup> 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 13<sup>th</sup>, 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 13<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.

### **REGULARLY SCHEDULED**

## **MOVIE DAY**

Sign-up for our next movie day which will be Tuesday, July 27<sup>th</sup> at 9:30 a.m. Our feature presentation will be "Up." Carl Fredricksen (voiced by Ed Asner), a retired balloon salesman, is part rascal, part dreamer who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, Russell, an overeager 8-year-old Wilderness Explorer who has never ventured beyond his backyard, is in the wrong place at the wrong time -- Carl's front porch! Other voices in the Oscar-winning film include the renowned Christopher Plummer and Pixar stalwart John Ratzenberger. This highly acclaimed animated film is one for all ages. Now that summer vacation is here, consider bringing your grandchildren along for the movie and treats! 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.

## **MEN'S COOKOUT**

Join us on Thursday, July 22<sup>nd</sup> at 12:00 p.m. for the first Men's Cookout of the season. Come and enjoy an outdoor cookout lunch (weather permitting) and make-your-own-sundaes while you socialize with each other. 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, July 20<sup>th</sup>.

## **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 July 21<sup>st</sup>. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

## **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 2 Session runs from August 2<sup>nd</sup> through August 29<sup>th</sup>. This is a 4-week session and will cost \$20. Payment is due at sign-up. Call 508-543-1252 with any questions.

## **FREE LEGAL CLINIC**

Mary Roque, Esquire is available at the senior center on the 2<sup>nd</sup> 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 14<sup>th</sup>. 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 12<sup>th</sup>. 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 15<sup>th</sup>. 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.

July 14 Wal-Mart

July 21 Dollar Tree Store

July 28 Luncheon Outing-Yen Ching in Plainville

## **ZUMBA**

We have Zumba classes on Wednesdays from 2:30 p.m. to 3:30 p.m. Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Have you seen "Dancing with the Stars?" You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Classes are \$2 each.

## **BODY, MIND, SPIRIT**

We are offering Body, Mind, Spirit classes on Tuesdays from 12:30 p.m. to 1:30 p.m. One of our favorite YMCA instructors, Joyce Collins, leads this yoga-like combination of exercise and relaxation. Classes are \$2 each.

## **BEGINNERS WALKING CLUB**

We have a Beginners Walking Club led by our YMCA instructor, Joyce Collins, on Tuesday mornings from 8:30 a.m. to 9:30 a.m. After our walk, we will finish with some stretching. Weather permitting, we will walk outside around the town of Foxboro on 45-50 minute walking loops. During weather extremes (high heat and humidity, precipitation or very cold weather) we will walk on the indoor track at the YMCA. The decision to walk inside will be made at the discretion of the Beginners Walking Club leader. When in doubt, call the senior center beginning at 8:00 a.m. to find out where the club will be walking. Wear your sneakers or walking shoes and comfortable clothing. This program is free for Foxboro seniors. Please call 508-543-1252 for more information and to sign-up.

## **AEROBICS**

This one hour class is held on Friday mornings from 9:30 a.m.-10:30 a.m., and includes stretching, aerobics, and hand-held weights. This class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of abilities. There is a \$2 charge for this class.

## **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 12**

BEEF RIGATONI  
ITALIAN BLEND VEGGIES  
WHOLE WHEAT ROLL  
PEARS

**Tuesday, July 13**

TURKEY STEW WITH VEGETABLES  
GARLIC MASHED POTATOES  
DINNER ROLL  
PUDDING

**Wednesday, July 14**

SHEPHARD'S PIE  
MIXED VEGETABLES  
WHOLE WHEAT BREAD  
COOKIE

**Thursday, July 15**

KALE SOUP  
BBQ CHICKEN  
SWEET POTATOES  
MULITGRAIN ROLL  
FRESH ORANGE

**Friday, July 16**

LEMON DILL FISH  
CONFETTI RICE  
SUMMER BLEND VEGGIES  
FRUIT MUFFIN  
PEACHES