

## **SIGN-UP ON AUGUST 18<sup>TH</sup> FOR EAST HILL FARM AND CATHEDRAL OF THE PINES**

Come along with the group from the senior center to New Hampshire for the day to visit East Hill Farm and the Cathedral of the Pines on Thursday, October 14<sup>th</sup>. Your day will begin with a stop at the Petersboro Basket Company Outlet Store where you will find a wide selection of baskets and other gifts, including punched tin ware. Next enjoy lunch at East Hill Farm in Troy, NH, where you will be served a hearty, family style luncheon including both pot roast and turkey. Originating in 1834, the Inn is nestled at the base of picturesque Mt. Monadnock on 150 acres. After lunch you will visit Coll's Farm Stand in Jaffrey, NH, where you can select from a variety of fresh fruits and vegetables as well as apple cider and maple syrup. Then you will visit the Cathedral of the Pines. This unique, inspirational landmark seats 200 and is a place of spiritual nourishment for people of all faiths. Formed by tall pines, the cathedral is a living memorial to those who gave their lives for our country. Your motor coach will depart from St. Mary's Church parking lot at 7:30 a.m. and return at approximately 5:30/6:30 p.m. The cost for this excursion is \$58 per person (driver's tip *not* included). Payment will be due by Friday, September 17th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, August 18th.

### **Monday, July 19**

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 20**

Beginners Walking Club 8:30 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, July 21**

Strength Training 8:30 a.m.  
Jack Craig- 'Camelot' 11:00 a.m.  
Bereavement Group 1:00 p.m.  
Dollar Tree Store 1:00 p.m.  
TRIAD 1:00 p.m.  
Zumba 2:30 p.m.

### **Thursday, July 22**

Ceramics 9:00 a.m.  
Men's Cookout 12:00 p.m.

### **Friday, July 23**

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 will present 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.

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

Sing along with Jack at the senior center as he 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 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 Flint Farm in Mansfield on Tuesday, August 10<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**

#### **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 July 26<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.

### **REGULARLY SCHEDULED**

#### **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 July 26<sup>th</sup>. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

### **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.

### **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 21 Dollar Tree Store

July 28 Luncheon Outing-Yen Ching in Plainville

August 4 Target

August 11 Walpole Mall

### **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.

## **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 19**

PORK PATTY SANDWICH  
HOT GERMAN SLAW  
SCALLOPED POTATOES  
HAMBURGER ROLL  
PUDDING

**Tuesday, July 20**

MINESTRONE SOUP  
BONELESS ORANGE TARRAGON CHICKEN  
FLORENTINE RICE  
WHOLE WHEAT ROLL  
FRESH APPLE

**Wednesday, July 21**

MACARONI & CHEESE  
ESCALLOPED TOMATOES  
DINNER ROLL  
MIXED FRUIT

**Thursday, July 22**

ROAST TURKEY/GRAVY  
MASHED POTATOES  
WHOLE ROLL  
CUPCAKE

**Friday, July 23**

BEEF & BROCCOLI  
DIRTY RICE  
MULTIGRAIN ROLL  
PEARS