

## **A BIG “THANK YOU” TO THE FOXBORO FISH AND GAME ASSOCIATION**

The Foxboro Seniors would like to send a big thank you to the Foxboro Fish and Game Association for their most generous hospitality at the annual cookout on Saturday, July 24<sup>th</sup>. Everyone had such a great time. The seniors appreciated the delicious food and beverages which were provided to them. More than 150 participants enjoyed this wonderful day. You can view a CD of pictures from the day in our computer lab at the senior center. Thanks again to the Foxboro Fish and Game Association for hosting such a fun event for our seniors year after year!!

### **Monday, August 9**

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, August 10**

Beginners Walking Club 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

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

Ice Cream Days-Flint Farm 1:00 p.m.

Discussion Group 1:00 p.m.

Tailspinners 2:00 p.m.

### **Wednesday, August 11**

Strength Training 8:30 a.m.

Walpole Mall 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, August 12**

Ceramics 9:00 a.m.

Gary Hylander “Wars End Series” 11:00 a.m.

‘Cool’ Classics “Johnny Belinda” 1:00 p.m.

### **Friday, August 13**

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)

## **COMPUTER LAB NOTICE**

The computer lab at the senior center will be unavailable to the public beginning Monday, August 9<sup>th</sup> through Friday, August 13<sup>th</sup>.

## **SPECIAL EVENTS AND PROGRAMS**

### **COOL COMEDY**

Come to the senior center on Thursday, August 26<sup>th</sup> at 1:00 p.m. to see Comedian David Shikes who will make us all chuckle with his jokes and short stories. He is a 5-time Boston Marathon runner, an independent book

seller and avid reader...he will certainly entertain us. Cool off at the senior center while you enjoy the comedy show along with ice cream floats and goodies. Please call 508-543-1252 to sign-up for this fun afternoon event.

### **K-9 UNIT DEMONSTRATION AT NEXT MEN'S COOKOUT**

On Thursday, August 19<sup>th</sup>, we will have a special demonstration by Officer John Chamberlin from the Foxborough Police Department and their K-9 unit's new partner "Marley" during the Men's Cookout at the senior center. Come and enjoy a cookout lunch and some socialization at 12:00 p.m. The presentation portion of the program will begin at 12:30 p.m. Women are welcome and encouraged to join us for the presentation. 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, August 17<sup>th</sup>.

### **SERENADING SENIORS**

The Serenading Seniors will resume their regular schedule beginning Wednesday, September 1<sup>st</sup>. Rehearsals are held at the Senior Center on Wednesdays from 10:00 a.m.-11:15 a.m. It's a friendly, fun group and you DO NOT need to read music to be a member. Currently we have openings for a few new members, both men and women. If you enjoy singing and are interested in joining, please call Barbara Durst at 774-215-5083.

### **'COOL' CLASSICS**

Beat the heat and humidity by coming to the senior center for some 'cool' movie classics. Take advantage of our nice air-conditioned environment while you watch an oldie-but-goodie movie, enjoy some refreshments, and socialize with each other. The movies will be shown on Thursdays at either 11:00 a.m. or 1:00 p.m. Please feel free to bring your lunch along to have either before or after the film. Please give us a call at 508-543-1252 to let us know that you will be coming. The remaining schedule is as follows:

**August 12<sup>th</sup> at 1:00 p.m. "Johnny Belinda"**

**September 9<sup>th</sup> at 11:00 a.m. "An Affair to Remember"**

### **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.

### **REGULARLY SCHEDULED**

#### **MOVIE DAY**

Sign-up for our next movie day which will be Tuesday, August 17<sup>th</sup> at 9:30 a.m. Our feature presentation will be "Leap Year." Anna (Amy Adams) chooses February 29 to propose marriage to her "perfect" boyfriend, Jeremy (Adam Scott), sure he'll accept because of an Irish custom. But after meeting charming innkeeper Declan (Matthew Goode) en route to Dublin, Anna must evaluate her original plans. Anand Tucker directs this charming romantic comedy about finding what one really wants in the most unexpected places. John Lithgow co-stars. 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.

#### **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 August 18<sup>th</sup>. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

## **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 August 16<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 August 19<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.

August 11 Walpole Mall

August 18 Christmas Tree Shops

August 25 Luncheon Outing @ Olive Garden

September 1 Wal-Mart

## **Wii GAMES**

We have virtual games (bowling, tennis, etc.) using our Wii system on Fridays at the senior center from 11:00 a.m. until 1:00 p.m. Come join the Wii generation and join the fun!

## **NUTRITION**

Come to our nutrition class at the senior center. We meet every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

## **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:45 a.m. to 11:45 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches classes in Qi Gong and Yoga. Classes are \$5 per session. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable, flat shoes. Please call the senior center at 508-543-1252 to sign-up.

## **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. The class is open to both men and women so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

## **SIT & BE FIT**

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Sue Ribeiro, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights, and other movement activities that help promote balance, coordination, flexibility,

and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30-10:30 a.m. The cost is \$2 per class.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, August 10<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.

## **TRAVEL AND ENTERTAINMENT**

### **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.

### **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, August 9**

SAUSAGE, PEPPERS AND ONIONS  
BUTTERED NOODLES  
CHUCK WAGON CORN  
WHOLE WHEAT BREAD  
MANDARIN ORANGES

#### **Tuesday, August 10**

VEGETARIAN CHILI  
DIRTY RICE  
MULTIGRAIN ROLL  
BROWNIE

#### **Wednesday, August 11**

APRICOT GLAZED CHICKEN  
OVEN ROAST POTATOES  
GENOA STYLE VEGGIES  
SCALI BREAD  
PEARS

#### **Thursday, August 12**

PIER 17 FISH  
GARLIC MASHED POTATOES  
PEAS  
WHOLE WHEAT BREAD  
PUDDING

**Friday, August 13**

CREOLE PORK CHOP  
PARSLEY WHIPPED POTATOES  
CAULIFLOWER SUPREME  
FRUIT MUFFIN  
FRESH FRUIT