

TRIP TO CASTLE IN THE CLOUDS

Join us on Thursday, Sept. 13 as we travel up to New Hampshire to visit the Castle in the Clouds. Our motorcoach will be leaving the parking lot of St. Mary's Church, 58 Carpenter St. in Foxboro, at 7:15 a.m. and our day will begin with a tour at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen and millions of dollars to build. Recently named to the National Register of Historic places, the Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the Castle itself commands a panoramic view. You can see for a radius of 75 miles! We will then stop at a regional landmark for you to enjoy lunch at Hart's Turkey Farm. Your meal choices are Roasted Turkey or Roast Sirloin of Beef. The cost is \$82 per person, gratuities included, and payment is due no later than Friday, Aug. 31. Sign up for this trip begins at 8 a.m. on Wednesday, Aug. 8.

Monday, Aug. 6

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop and Shop 1 p.m.

Tuesday, Aug. 7

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Aug. 8

Sign up for trip to the Castle in the Clouds 8 a.m.; Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; SHINE by appt. 10 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; Paolo DiGregorio Lecture 4:30 p.m.

Thursday, Aug. 9

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Senior Fitness 11 a.m.

Friday, Aug. 10

Coffee Connection 8:30 a.m. to noon; Shaw's 9 a.m.; Cribbage 10:15 a.m.

PAOLO DIGREGORIO'S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center on Wednesday, Aug. 8 at 4:30 p.m., and the topic of his lecture will be "The Space Race: The US, the USSR and the Quest to Conquer the Cosmos." During the Cold War, the US and the USSR were locked in a struggle for global dominance. As the two super powers strove to outdo one another, their rivalry soon extended beyond the earth and into space. This lecture explores the history of the Space Race. This program is sponsored by the Friends of Foxborough Seniors. Call us to sign up.

TRIP TO THE NEWPORT VINEYARDS AND TOUR OF BLITHEWOLD ESTATE

We still have seats available for our trip on Thursday, Aug. 16 when we'll leave at 8:30 a.m. from the side parking lot of St. Mary's Church in Foxborough and travel by motorcoach to Bristol, RI where we'll begin the day at the Blithewold Mansion. This beautiful 33 acre estate is located on Narragansett Bay and features beautiful gardens and a 45 room mansion for you to tour. Our next stop in Bristol will be for lunch at the Lobster Pot, with views of the Narragansett. Your meal choices are Scrod, Salmon or Chicken Picatta. After lunch, we'll be off to Newport Vineyards for a tour and tasting. Learn how Newport Vineyards makes their delicious wines and enjoy your wine tasting experience while admiring the vineyards. The cost is \$97 per person and includes gratuities. Payment is due by Friday, Aug. 3. Call us to sign up.

MASS COMMISSION FOR THE BLIND – LOW VISION PROGRAM

Karen Hatcher, Director of the Older Independent Blind Program at the Massachusetts Commission for the Blind, will be at the senior center on Tuesday, Aug. 14 at 1 p.m. Karen's program will focus on: the challenges of aging and vision loss; what to do if you experience vision loss; the Mass. Commission for the Blind (who

they are and what they do), and; tips on interacting with blind people. There will be a question and answer period following the presentation. Don't miss this opportunity to learn more about low vision and blindness, and learn about the services that may be available for you. Call to sign up.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Aug. 7 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

ART CLASSES WITH ALLIE

The next 6-week series of Art Classes with Allie at the senior center will begin on Thursday, Aug 16 and continue every Thursday, through Sept. 20 from 9 to 11 a.m. You must bring your own acrylic paints in primary colors, assorted brushes (flat & round tip), canvas, table top easel, palette, pencil, eraser & ruler. The cost for the 6 sessions is \$30 per person and must be paid by Monday, Aug. 13. Call to sign up.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Aug. 13 and every 2nd Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Aug. 15 at 1 p.m. at the Horse & Carriage Restaurant. Sign up is required by Friday, Aug. 10. Van transportation arrangements must be made by Friday, the 10th.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, Aug. 22 from 9 a.m. to 11 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call us to schedule an appointment.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, August 14 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. SHINE counselors are available on Wed. Aug. 8 and Thurs. Aug. 16. This program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. Call for an appointment.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, Aug. 22 at 4:30 p.m. Our menu will include sausage with peppers and onions, sub roll, coleslaw, Red Bliss potato salad and an ice cream sundae. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Aug. 8 – Walmart, Aug. 15 – Horse and Carriage Restaurant. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

WEEKLY EXERCISES

Chair Yoga, Mondays at 9:15 a.m.; Senior Fitness, Thursdays at 11 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

To view the monthly mealsite menu, log on to the HESSCO website at www.hessco.org If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at www.foxboroughma.gov or call at 508-543-1234.