

JACK AUTHELET – WORLD WAR II STORIES AND BOOK SIGNING

On Thursday, Aug. 2 at 1 p.m., Town Historian Jack Authelet will be at the senior center to talk about his new book “Foxborough World War II” Expanded Second Edition. He will tell us about the many new sections included in the book, such as Families at War, the Dawn of the Nuclear Age, and how Foxborough became a Purple Heart Town. Jack will also share how some of the stories developed, and the unusual circumstances leading up to the interviews for the book that are often as fascinating as the stories themselves. He will also have books available to purchase for \$25 that he will be glad to sign. If you’d like to join us, call to sign up.

Monday, July 23

Coffee Connection 8:30 a.m. to 3:30 p.m.; Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop and Shop 1 p.m.; Alzheimer’s Caregiver Support Group 2:15 p.m.

Tuesday, July 24

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.; Talespinners 2 p.m.

Wednesday, July 25

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper Club 4:30 p.m.

Thursday, July 26

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Senior Fitness 11 a.m.; Men’s Cookout 12 noon

Friday, July 27

Coffee Connection 8:30 a.m. to noon; Shaws 9 a.m.; Cribbage 10:15 a.m.

FARMERS’ MARKET COUPONS

A limited number of Farmers’ Market Coupons will be available for Foxborough senior citizens beginning on Monday, July 23 at the senior center. Each participant will receive \$25 worth of coupons to spend at local farmers’ markets. **In order to qualify to receive these coupons, you must be at least 60 years of age, be a resident of Foxborough and have an income level at or below \$22,459 for an individual and \$30,451 for a couple.** Due to the limited number of coupon books that will be available, you must come in person to the senior center to sign the self-declaration agreement that you meet the eligibility requirements. Coupon books will be awarded on a first-come, first-serve basis.

ANNUAL FISH AND GAME COOKOUT

The Fish and Game Club at 17 Neponset Heights Avenue in Foxboro will once again host their annual cookout. This event is for Foxboro’s senior citizens only. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 28 at 1 p.m. Enjoy the water view, eat delicious food and have a fun time with your friends from Foxboro. The event will be held rain or shine. This year’s meal is being fully catered and will include chicken, side dishes and beverages. The Fish and Game Club would appreciate knowing if you are planning on joining us, so please call us to sign up by Friday, July 20 to reserve your seat. You must provide your own transportation to the cookout. Due to public safety requirements, parking spaces are extremely limited in the area of the Fish and Game Club. If possible, please park in the public municipal parking lots and then carpool with your friends down to the Fish and Game Club.

TRIP TO NEWPORT VINEYARDS AND BITHEWOLD ESTATE TOUR

On Thursday, Aug. 16 at 8:30 a.m. we’ll be leaving 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.

GARY HYLANDER LECTURE SERIES

History Professor Gary Hyland will be at the senior center on Wednesday, August 1 at 4:30 p.m. for a lecture on Thomas Mallon's novel "Watergate." Does the novel capture our memory of this historic event, and how does Mallon work vital information into his novel? Gary will speak on the Saturday Night Massacre and the major political figures involved in this crisis, as well as the portrayal of the Nixons. Call to us to sign up for this program.

MEN'S CLUB COOKOUT

Join us for our first Men's Club Cookout of the season on Thursday, July 26 at noon. The cost for lunch is \$3 per person. There will not be a speaker this afternoon, but this will be an opportunity for everyone to socialize and catch up with friends over a good meal. The caterer's deadline is Friday, July 20, so please call to sign up no later than noon on July 20. Payment is due by that time.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, July 25 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you'd like to discuss.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, July 25 at 4:30 p.m. Our BBQ menu will include Hot Dogs and Rolls, Pasta Salad with Veggies, Coleslaw, Watermelon and Lemonade. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, July 23 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

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.

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.

SHOPPING

Our upcoming Wednesday afternoon outings will be: July 25 – Job Lot/Dollar Store, Aug. 1 – Target. 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.