

TRIAD “SUMMER TRIP”

Join us on Thursday, Aug. 2 at 10 a.m. for a free special summer TRIAD trip. Norfolk County Sheriff Michael Bellotti would like to invite Foxboro seniors to visit the Youth Leadership Academy located in Braintree. This academy features a ropes course that helps young people develop good decision making and leadership skills. Seniors are invited to observe this process, and seniors will also be given a tour of the Norfolk County Sheriff’s Public Safety Complex in Braintree. Lunch (pizza) and transportation to and from the senior center will be provided by the Sheriff’s office. We will leave the senior center at 10 a.m. and will arrive back at 1:30 p.m. There are a limited number of openings available and you must call us to sign up.

Monday, July 30

Coffee Connection 8:30 a.m. to 3:30 p.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.

Tuesday, July 31

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.; NO Manicures; Nutrition 11 a.m.; Talespinners 2 p.m.

Wednesday, Aug. 1

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Target 1 p.m.; Colorist Club 2 p.m.; Gary Hylander Lecture 4:30 p.m.

Thursday, Aug. 2

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; TRIAD trip to Youth Leadership Academy 10 a.m.; Senior Fitness 11 a.m.; Jack Authelet’s Program on his book “Foxborough: World War II” 1 p.m.

Friday, Aug. 3

Coffee Connection 8:30 a.m. to noon; Walmart 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.

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 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.

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.

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.

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.

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.

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: Aug. 1 – Target, Aug. 8 - Walmart. 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.