

PAOLO DIGREGORIO'S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center Wednesday, June 13 at 4:30 p.m. and the topic of his lecture will be "Mightier than the Sword: a Brief History of American Political Cartoons." Politics and society provide endless fodder for the pens of satirists and pundits. Often times, the most biting and poignant ideas are put forth in the simplest of ways – through the use of an image. Since the 18th century, American political cartoons have enlightened, entertained, divided and united us. We'll be taking a look at the history of the political cartoon in the United States. This program is being offered thanks to Friends of Foxboro Seniors. Call us to sign up.

Monday, June 11

Coffee Connection 8:30 a.m. to 3:30 p.m.; Senator Feeney Coffee 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.

Tuesday, June 12

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.; Blood Pressure by appt. 10 a.m.; Nutrition 11 a.m.; Classic Movie – "A Farewell to Arms" 1 p.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.

Wednesday, June 13

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; SHINE by appt. 10 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; Savvy Caregiver Program 2 p.m.; Paolo DiGregorio History Lecture 4:30 p.m.

Thursday, June 14

Trip to Isles of Shoals 8 a.m.; Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Senior Fitness 11 a.m.; Local History Chat with Jack 1 p.m.

Friday, June 15

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

VICKI IS RETIRING!

After 17 years as our Council on Aging and Human Services Director, Vicki Lowe has decided that it's time to retire and start the next chapter of her life. Vicki's last day in the office will be on Friday, July 13th. Please stop by the senior center to sign our Memory Book for Vicki, wish her well and share some memories!

FATHERS' DAY PARTY

Gentlemen, join us at the senior center on Thursday, June 21 at 1 p.m. for our Fathers' Day celebration. This special event will include a luncheon to be followed by our guest speaker, local historian Jack Authelet. In honor of Fathers' Day, Jack will be presenting a program on "Foxborough's Founding Fathers." If you'd like to attend this special Fathers' Day event, our caterers' deadline is Friday, June 15th so please call to sign up by then.

LOCAL HISTORY CHATS WITH JACK

Foxborough's Town Historian Jack Authelet will be with us at the senior center on Thursdays in June at 1 p.m. to talk about the history of our town and the local area. Come join us to chat with Jack on June 14 and 28 and hear stories of Foxborough's past and learn about some of Foxborough's prominent residents from long ago. This is also your chance to ask Jack any questions about the changes in our town over the years. Call to sign up.

GARY HYLANDER LECTURE SERIES

History Professor Gary Hyland will be at the senior center on Wednesday, June 20 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 talk on the Saturday Night Massacre and the major

political figures involved in this crisis, as well as the portrayal of the Nixons. Call to sign up to talk about this event in US history.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, June 11 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.

CLASSIC MOVIE DAY

Join us for Classic Movie Day at the senior center at 1 p.m. on Tuesday, June 12. The featured film will be "A Farewell to Arms." Frederic Henry (Gary Cooper), an American driving ambulances for the Italian army during WWI, falls for British Red Cross nurse Catherine Barkley (Helen Hayes) to the dismay of jealous commanding officer Major Rinaldi. Rinaldi's effort to separate the two star-crossed lovers fails when the two are re-united to begin their romance anew. We'll supply the popcorn, so call us to sign up. Transportation is available.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, June 12 from 1 to 2 p.m. The Low Vision Support Group meets on the 2nd Tuesday of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

TRIP TO PICKITY PLACE

Join us as we leave from the side parking lot of St. Mary's Church in Foxborough and travel by motorcoach up to Mason, NH on Thursday July 19 at 9 a.m. You will be brought back to a time when life was simple as you explore the diverse gardens of Pickity Place, from their butterfly garden to their kitchen garden. Be sure to visit the 200 year old cottage that was the inspiration for grandmother's house in Elizabeth Orton Jones' "Little Red Riding Hood." While at Pickity Place, you will feast on a five course lunch and have time to browse their gift shop. On the way home, we will make a stop at Bolton Orchards where they are known for their fresh produce and baked goods. The cost is \$76 per person, and includes all gratuities. Payment is due by Friday, June 29. Sign up begins at 8 a.m. on Wednesday, May 30 by calling the senior center at 508-543-1234.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, June 27 at 4:30 p.m. Our menu will include American chop suey, tossed salad and a specialty dessert. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 12 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., June 13 and Thurs. June 21. 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.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, June 20 at 1 p.m. at Jake 'n Joe's restaurant. Sign up is required by Friday, June 15. Van transportation arrangements must be made by Friday, the 15th.

SHOPPING

Our upcoming Wednesday afternoon outings will be: June 13 – Walmart, June 20 – Jake n Joe’s 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.