

## **WORLD WAR WOMEN – THE UNSUNG HEROINES OF WWII**

Actor Judith Kalaora will be at the senior center at 4 p.m. on Wednesday, July 18 to perform her program “World War Women.” This presentation embodies the spirit of international women who risked their lives to defeat Fascism in WWII and is a suspenseful reliving of the terrors and triumphs of some of our greatest heroines. From organizing the resistance, to rescuing downed RAF pilots, testing new aircraft and flying dangerous missions, these stories are not for the faint of heart and may very well be the most influential and often forgotten victories of the war. The performance by Judith will remind us that humanity is strongest when working together. This program is sponsored by the Council on Aging & Human Services and the Friends of Foxboro Seniors. Call us to sign up.

### **Monday, July 2**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; NO Book Club today; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop and Shop 1 p.m.

### **Tuesday, July 3**

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, July 4**

Closed for July 4<sup>th</sup> Holiday

### **Thursday, July 5**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Senior Fitness 11 a.m.; Job Lot/Dollar Store (in lieu of July 4 holiday) 1 p.m.

### **Friday, July 6**

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

## **FRIENDS’ BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on Tuesday, July 3 from 1:30 to 3 p.m. and every 1<sup>st</sup> 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, July 5 and continue every Thursday, through Aug. 9 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 8 sessions is \$30 per person and must be paid by Monday, July 2. Call to sign up.

## **FREE DENTAL SCREENING CLINIC FOR SENIORS**

On Saturday, October 18 from 8:45 a.m. to 1 p.m., there will be a free Dental Clinic for seniors who live in Massachusetts and are aged 60 years and older. The clinic will be held at the Harmony Adult Day Health Center, 725A Myles Standish Blvd., Taunton, MA. Dental professionals will diagnose dental problems, check for oral cancer, discuss nutrition choices, speak to you about taking care of teeth, gums and dentures, and offer sign-ups for a low-cost dental program for low-income seniors. To schedule your free appointment please call 774-203-1326.

## **VICKI IS RETIRING – There will be 2 opportunities to wish her well!**

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. On Wednesday, July 11<sup>th</sup>, there will be an open house for Vicki at the senior center from 2 to 4:30 p.m. This is your chance to stop by to wish her well, say good bye and join us for some coffee and light refreshments. You are invited to sign our Memory Book for Vicki. Share some

memories and include your special wishes for Vicki as we say farewell. There will also be a Celebration Luncheon for Vicki on Friday, July 13 at Lakeview Pavilion. Call the senior center to inquire about purchasing a ticket to this luncheon event.

### **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.

### **SENATOR PAUL FEENEY'S COFFEE HOUR**

State Senator Paul Feeney will be at the senior center on Monday, July 9 and every 2<sup>nd</sup> 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.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, July 10 from 1 to 2 p.m. The Low Vision Support Group meets on the 2<sup>nd</sup> 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.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, July 10 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2<sup>nd</sup> 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., July 11 and Thurs., July 19. 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.

### **SHOPPING**

Our upcoming Wednesday afternoon outings will be: July 11 – Walmart, July 18 – Longhorn Steakhouse. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](http://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](http://www.foxboroughma.gov) or call at 508-543-1234.