

## **DOWNTON ABBEY EXHIBITION**

On Thursday, June 27 at 9:15 a.m., we will be leaving from St. Mary's parking lot and traveling by school bus as a group to the Castle at Park Plaza in Boston to visit "Downton Abbey, the Exhibition." Experience the History, the Fashion and the House of the popular PBS drama "Downton Abbey." We should be returning to Foxborough at approximately 3 p.m. The cost is \$43 per person and must be paid at the time you sign up, by June 12. Lunch is NOT included. If you're interested in using an Audio Guide at the exhibition, please bring an additional \$8 to purchase its use at the Castle at Park Plaza. Space is limited.

### **Monday, May 27**

Memorial Day  
Office Closed

### **Tuesday, May 28**

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Ukulele 2 Class 12:30 p.m.; Low Vision Support Group 1:00 p.m.; Stop & Shop (in lieu of Monday holiday) 1 p.m.; Talespinners 2 p.m.

### **Wednesday, May 29**

Strength Training Class 8:30 a.m.; Chorus with the Igo School 10 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 4:30 p.m.

### **Thursday, May 30**

Art with Ally 9 a.m.; Men's Breakfast 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg 10:45 a.m.; Computer Class with Charter School students 2 p.m.

### **Friday, May 31**

Shaw's 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; "Parents Don't Want to be Parented by Their Adult Children" program

## **PARENTS DON'T WANT TO BE PARENTED BY THEIR ADULT CHILDREN**

Join us on Friday, May 31 at 10:30 a.m. and enjoy a heartfelt discussion about changing the dynamic in your relationship with your adult children beyond negative feelings and into a reciprocal relationship with open communications. There will be laughter, maybe tears, and an interactive discussion. The presentation will be given by Brenda Steward, a Certified Dementia Practitioner, and a Certified Senior Living Advisor with 2 Sisters Senior Living Advisors, a free referral and advisory service. Call us to sign up.

## **SURVIVING AGING**

Join us on Tuesday, June 4 at 4:30 p.m. and learn how to prepare for aging and future living arrangements. Bill Cleary from Oasis Senior Advisors will present a program on senior living options and will provide clear and concise steps that should be taken prior to changing your living situation. Call to sign up.

## **DO YOU WANT TO BE A YOUTUBE STAR?!**

Join us on Wednesday, June 5 at 1:30 p.m. when Juri Love will be here to present her program on how you can be the next YouTube star. Learn more about YouTube and see if you've got what it takes! Give us a call to sign up in advance.

## **SILK PAINTING CLASS**

Make a wonderful gift for yourself and that special outfit, or to celebrate a loved one. This 2 part class will involve painting the perfect gift, while channeling your inner artist. The classes are free and will meet on Tuesday, June 4 and Wednesday, June 5 from 4 to 6 p.m. This program is sponsored by Whitney Place. Register with us in advance.

## **PERFORMANCE APPRECIATION CLUB**

We are considering starting a Performance Appreciation Club to attend various shows. Join us on Wednesday, June 5 at 3:30 p.m. when we will meet at the senior center to coordinate plans for the future. Call us to sign up.

## **PUBLIC SAFETY INFORMATION COOK-OUT**

On Wednesday, June 12 at 11:30 a.m., the Norfolk County Sheriff's Office will be sponsoring a cookout at the senior center. They will be cooking and serving hot dogs, hamburgers and cold drinks, and there will also be a K9 demonstration. Sheriff McDermott will discuss the Norfolk County Sheriff's Office public safety programs that are particularly beneficial to the seniors of Foxborough. This is a free event and space is limited. Call to sign up.

## **MAXIMIZING THE VALUE OF YOUR HOME**

Joanne Eckhardt, realtor from Keller Williams Realty, will be at the senior center on Friday, June 7 at 11 a.m. for a discussion on how to maximize the value of your home as you prepare for the next step in your life. Call to sign up and join us for this program.

## **GARY HYLANDER'S PROGRAM "D-DAY AT 75"**

On the 75<sup>th</sup> anniversary of D-Day, Thursday, June 6 at 11 a.m., join us to hear historian Dr. Gary Hylander host an in depth presentation on the D-Day invasion and the impact on World War II. Operation Overlord, the allied invasion of Europe, began on June 6, 1944. The greatest armada the world had ever seen began to assemble in the pre-dawn hours off the coastline in preparation for the final assault upon Hitler's Germany. In his General Order for the day, Eisenhower called the attack a "great crusade" and assured the soldiers about to storm the Normandy beaches that the "hopes and prayers" of the free world "march with you." Call us to sign up.

## **SOUP/SANDWICH AND A MOVIE**

At 12:30 p.m. on Thursday, June 6 we'll be serving a light lunch of soup and a sandwich at the senior center, for a suggested donation of \$3. Following lunch we will be showing the movie "Driving Miss Daisy." If you'd like to join us for lunch and the movie, or just lunch, please give us a call to sign up. Transportation is available.

## **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, May 28 from 1 to 2 p.m. The Low Vision Support Group meets on the 4<sup>th</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.

## **MEN'S CLUB BREAKFAST**

Join us for our next Men's Club Breakfast on Thursday, May 30 at 9 a.m. The cost for breakfast is \$3 per person. Sign up with your payment.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 28 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

## **COFFEE WITH THE TOWN MANAGER**

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, May 29 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 at the senior center on Wednesday, May 29 at 4:30 p.m. Our menu will include roast turkey and gravy, whipped potato, butternut squash, cranberry sauce, strawberry shortcake, roll and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. A SHINE counselor is available on Mondays, June 3, 10, 17 & 24. 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 at 1 p.m. are on the following: May 29 – Job Lot/Dollar Store, June 5 – Mansfield Crossing. 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, Fridays at 9 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.