

CHARLIECARDS FOR SENIORS

The CharlieCard is the payment method for the MBTA. On Tuesday, July 2 from 5 to 6:30 p.m., the Foxborough Senior Center will be partnering with the MBTA to offer Senior CharlieCards for people 65+. These cards allow you to have a reduced fare (approximately 50%) on the subway, bus, commuter rail and ferry. You must bring a valid government issued ID. Your photo will be taken, then your card will arrive in the mail in 4 to 6 weeks. Call us to sign up.

Monday, June 17

Veterans Club Breakfast 9:15 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Mah Jongg Free Play 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, June 18

Stretch and Balance Class 8:30 a.m.; NO Zumba Gold today; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.; Learn About the Perkins Library 4 p.m.

Wednesday, June 19

Strength Training Class 8:30 a.m.; Luncheon Outing – Olive Garden 1 p.m.; TRIAD 1 p.m.; Colorist Club 2 p.m.; Marilyn Rodman PAC Series “Pippin” 4 p.m.

Thursday, June 20

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg 10:45 a.m.; Soup & Sandwich 12:30 p.m.; Movie Day – “Green Book” 1 p.m.

Friday, June 21

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; “When Memory Care is Needed” 11 a.m.

BEGINNER PAINTING ON CANVAS

You may have never painted before, but are you curious about learning? Join a small group of like-minded people in an informal class at the senior center on Tuesdays, July 2 through August 6 from 3 to 5 p.m. and leave this course with a beautiful painting on canvas to hang in your home. You'll learn a painting process from start to finish; you'll have all materials supplied at no cost, and; you'll receive all the help and encouragement you need in a relaxed atmosphere. This one-time session will only take place during this summer. Call us to sign up.

LEARN ABOUT THE PERKINS LIBRARY

Join us on Tuesday, June 18 at 4 p.m., for an informational program to “Learn About the Perkins Library.” The Perkins Library, located on the campus of the Perkins School for the Blind, works in collaboration with the Library of Congress to provide free resources to individuals of any age who experience difficulties reading due to vision loss or other conditions. This program will explain the free accessible materials and resources, such as audio books and magazines, large print and brail titles, accessible movies and games, teleconference lectures and more. Call us to sign up.

PREPARING FOR A MOVE

Are you planning a move at some time in the future? “Relax and get moving” with Humbolt Storage and Moving and join us for this class presented by Moving Consultant, Keli Morford, on Friday, June 14 at 11 a.m. You will learn everything you need to know about planning and preparing for a move. Call us to sign up in advance.

MARILYN RODMAN PAC SENIOR CENTER SERIES

Each month the Marilyn Rodman Performing Arts Center (Orpheum) will showcase their upcoming show with a selection of performances presented at the senior center. Join us on Wednesday, June 19 at 4 p.m. for performances from the musical "Pippin." Call us to sign up.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, June 17, at 9:15 a.m. for our Veterans' Breakfast Club. The mission of the breakfast club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten. Additionally, important veterans' issues will be discussed under the leadership of Foxborough's Veterans' Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, June 18 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is "open" on the 3rd Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire at the senior center.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, June 20 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 "Green Book." 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.

MEN'S CLUB BREAKFAST

Join us for our next Men's Club Breakfast on Thursday, June 27 at 9 a.m. The cost for breakfast is \$3 per person. Sign up with your payment.

WHEN IS MEMORY CARE NEEDED?

Sixteen million people are unpaid caregivers for a loved one with dementia. What options are there, and how do you know when it's time to consider them? On Friday, June 21 at 11 a.m., the senior center will be offering the program "When Is Memory Care Needed?" by Brenda Steward, a Certified Dementia Practitioner, and a Certified Senior Living Advisor with 2Sisters Senior Living Advisors, a free referral and advisory service. Call us to sign up for this presentation.

ANEMIA IN PATIENTS WITH CHRONIC RENAL FAILURE

A hormone called erythropoietin (EPO) stimulates the bone marrow to produce red blood cells, which can then carry oxygen through the body. In chronic renal failure, damaged kidneys cannot make enough EPO. As a result, the bone marrow makes fewer red blood cells and can result in anemia in patients. Call us to sign up and come listen to this informative session by Dr. Naseem Ahmed on Tuesday, June 25 at 4:45 p.m.

PROFESSIONAL FOOT CARE

On Tuesday, July 9, a Professional Foot Care program will be offered at the senior center. This program is run by a registered nurse, and the services will include assessment, nail clipping/filing, corn and callus reduction, and foot massage. The cost for each 30 minute appointment is \$35 and must be paid at the time the appointment is made.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, June 19 at 1 p.m. at Olive Garden Restaurant. Sign up is required by Friday, June 14. Van transportation arrangements must be made by Friday, the 14th.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, June 26 at 4:30 p.m. Our menu will include pasta with meatballs, tossed salad, brownie, scali bread 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 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: June 19 – Lunch at Olive Garden, June 26 – Job Lot/Dollar Store. 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, 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 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.