

PAOLO DIGREGORIO'S PROGRAM ON "EATING & DRINKING IN COLONIAL N.E."

On Thursday, July 25 at 5 p.m., Paolo DiGregorio will be joining us on The Common for his program "Stew Pie and Rum Punch: Eating and Drinking in Colonial New England." Food and drink are central parts of human culture and human relationships. For the English colonists, food was an important aspect of creating community in the "wilderness" of North America. Paolo will talk to us about the culture of food and drink in early New England, and the culinary legacy of the colonial period. This lecture will take place at Foxborough's Farmers' Market on The Common. If it rains, the program will be moved to the senior center. **YOU MUST PRE-REGISTER WITH US SO WE KNOW HOW MANY CHAIRS TO BRING TO THE COMMON**

Monday, July 8

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, July 9

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.; Talespinners 2 p.m.; Beginner Painting on Canvas Class 3 p.m.; Healthy Food Choices for Weight Management 4:45 p.m.

Wednesday, July 10

Strength Training Class 8:30 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; Movement for Pain Relief class 2:45 p.m.

Thursday, July 11

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Cornhole Play 2 p.m.; Ping Pong 2 p.m.

Friday, July 12

Ping Pong 8:30 a.m.; Senior Fitness 9 a.m.; Shaw's 9 a.m.; Cribbage 10:15 a.m.; Tech 101-iPhone Photography 11 a.m.

HEALTHY FOOD CHOICES FOR WEIGHT MANAGEMENT

Obesity is a risk factor for a variety of health conditions, including type 2 diabetes, hypertension, heart disease, stroke, certain cancers, nonalcoholic fatty liver disease, sleep apnea, arthritis and depression. This presentation on Tuesday, July 9 at 4:45 p.m., by Dr. Naseem Ahmend, will teach you how protein rich food, less carbohydrate and low fat intake could be helpful to manage a healthy weight. Call us to sign up.

MOVEMENT FOR PAIN RELIEF

Starting Wednesday, July 10 and continuing every Wednesday at 2:45 p.m., the senior center will be hosting a "Movement for Pain Relief" class. This class will be taught by Kate Degan, Clinical Manager of Bay State Physical Therapy and will be focused on moving all the joints of the body to improve flexibility, mobility, endurance, functional strength, and balance. Modifications will be made for those that need it to promote movement for all. Call if you'd like to join us.

ANNUAL FISH AND GAME COOKOUT

The Fish and Game Club at 17 Neponset Heights Avenue in Foxboro will once again host their annual cookout. This event is for Foxboro's senior citizens only. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 27 at 1 p.m. Enjoy the water view, eat delicious food and have a fun time with your friends from Foxboro. This event will be held rain or shine. If you are planning to attend, call the senior center by Friday, July 19 to reserve your seat. Parking spaces are extremely limited in the area of the Fish and Game Club. If possible, please park in municipal parking lots and carpool with your friends down to the Club.

PING PONG

We're playing Ping Pong at the senior center every Thursday at 2 p.m., and every Friday morning at 8:30 a.m. starting on July 11 & 12. Join us to play some ping pong and have a great time with friends! Give us a call to sign up.

TECH 101 – Get the most from your iPhone

Do you have an iPhone? Are you constantly confused by the different functions of your iPhone's camera. Join us on Friday, July 12 at 11 a.m. and learn how to get the most out of your iPhone. This class will cover taking photos and videos, using filters, editing photos, and sending the photos to friends. For the best results, class participants should download the App, Snapseed, before the class.

DRUM CIRCLE

Scientific studies show that the effects of group drumming are more powerful than medications in alleviating anxiety, depression, as well as relieving pain, arthritis and boosting the immune system. Join Cape Cod African Drumming here at the senior center on Tuesday, July 16 from 3 to 4 p.m. for an exciting and unique experience. This program is free, but space is limited, so please call to sign up.

SURVIVING AGING

Join us on Wednesday, July 17 at 10 a.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.

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, July 17 at 4 p.m. for a performance by rising country star, Ashley Jordan, the 2017 & 2018 Boston Music Awards "Country Artist of the Year." 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, July 19 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.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, July 15, 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.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, July 18 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 "The Wife." 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 COOKOUT

Join us for our next Men's Club Cookout on Thursday, July 25 at 9 a.m. The cost for the cookout is \$3 per person. Sign up with your payment.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, July 24 at 1 p.m. at Cracker Barrel Restaurant. Sign up is required by Friday, July 19. Van transportation arrangements must be made by Friday, the 19th.

COME PLAY CORNHOLE

Cornhole is a lawn game in which players take turns throwing bean bags at a raised platform with a hole in the far end. Seniors are invited to spend time playing Cornhole here at the senior center on Thursdays, July 11 and 25, and monthly every 2nd and 4th Thursday from 2 p.m. to 3:30. Join us for some fun and do some socializing with new friends. (If the weather cooperates, Cornhole may even be played outdoors.) Call us to sign up.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: July 10 – Walmart, July 17 – Patriot Place South Marketplace. 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.