



G E M



WHAT'S NEW IN THE "GEM OF NORFOLK COUNTY"

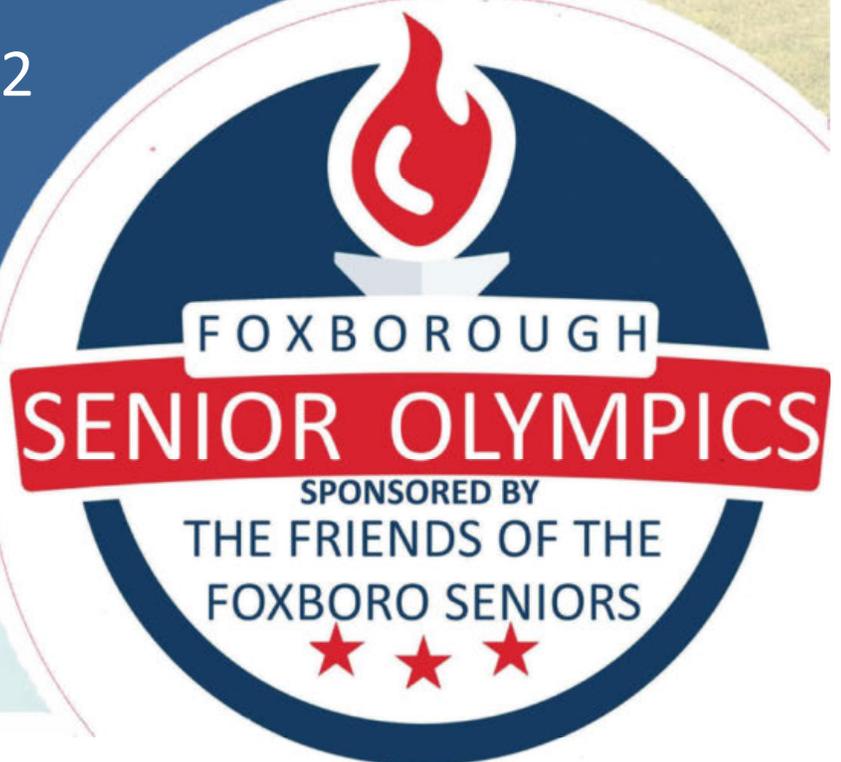


MAY 2022

- 3-5 Social Programs
- 6 Trips
- 7-8 Wellness Programs
- 9 Human Services
- 9 Foxboro Rec
- 10 Calendar

BE THE FIRST TO RECEIVE THE GEM EACH MONTH,
JOIN THE EMAIL LIST BY EMAILING
MCRAIG@FOXBOROUGHMA.GOV

[Foxborough Council on Aging & Human Services](#)
508-543-1234 | 75 Central Street, Foxborough
Mon, Tue, & Thurs: 8:00am-4:00pm
Wed: 8:00am-6:00pm | Fri: 8:00am-12:30pm



Local help with your Medicare questions.

Kevin Gosciak
 Licensed Sales Agent
 Foxboro, MA
 (781) 248-0586, TTY 711
 www.MyUHCagent.com/kevin.gosciak
 kgosciakuha@gmail.com



GROW YOUR BUSINESS BY PLACING AN AD HERE!



CONTACT US!

Contact Karen Fontaine to place an ad today!
 kfontaine@4LPi.com or
 (800) 477-4574 x6350

Re-elect Experienced Leadership

★ ★ ★ ★ ★
ROB CANFIELD
 SCHOOL COMMITTEE

ELECTION DAY MONDAY, MAY 2

E ★ L ★ E ★ C ★ T
 Brent
Ruter
 SCHOOL COMMITTEE



HOMETOWN PUMPING



Pumping, Inspection, Service & Repairs

All new clients get \$25.00 off their first pump!

Pumping removes the buildup of sludge and scum, which slows down bacterial action in the tank. Your tank may need pumping each year depending on the size of your tank and the amount of waste you run through the system.

See our website to learn when inspections are required and more about Title V

Available 24/7 in case of septic emergencies

(508) 216-6278 | www.hometownpumping.com



We don't just work in your community, we live in your community.

Edward Jones



Brian E Smith, CFP®, AAMS®
 Financial Advisor
 30 Mechanic Street Suite 1
 Foxboro, MA 02035
 508-543-8885

> edwardjones.com

MKT-5894M-A



SOCIAL PROGRAMS

ART WITH ALLY

Thursdays | 10:30am-12:30pm | \$5 Per Class

Bring your creative side, and your brushes for this fun activity. Art with Ally runs on a monthly basis. Payment is due at the time of registration.

BINGO

Tuesday, May 3 | 1:30pm-3:00pm | FREE!

Come join this traditional game of chance, this event is coordinated by the Friends of the Foxboro Seniors

CRIBBAGE

Fridays | 10:45am-12:15pm | FREE!

Come play this fun and exciting card game while making new friends. We will be limiting the amount of Cribbage players, please register before playing.

MAH JONGG FREE PLAY

Wednesdays | 12:30pm | FREE!

This fun and exciting tile game, is perfect for those who are looking to sharpen their skills while making new friends.

BOOK CLUB

Monday, May 2 | 11:00am-12:00pm | FREE!

This program is designed for seniors who simply enjoy reading or listening to books on tape. For May we will welcome new Boyden Library Director Libby O'Neill .

EARLY BEGINNER MAH JONGG

Fridays | 9:00am | FREE!

This beginner Mah Jongg free play group is for players who have recently just started learning and may want to take each game a little slower than those who have played for

MAH JONGG FREE PLAY

Wednesdays | 12:30pm-3:00pm | FREE!

This beginner Mah Jongg free play group is for players who have recently just started learning and may want to take each game a little slower than those who have played for many years.

Q/A WITH THE TOWN MANAGER

Wednesdays, May 25 | 12:30pm-3:00pm | FREE!

Come join the Foxborough Town Manager, William Keegan for conversation. The Town Manager will provide updates on town proceedings and if time allows, a question and answer session.

COFFEE & DONUTS

Daily | 8:30ish-11:30 | FREE!

Our popular, coffee and donuts has returned! Once again you will be able to get a cup of coffee and/or a donut.

COA/HS ADVISORY BOARD MEETING

Thursday, May 26 | 3:00pm | FREE!

The COA/HS Advisory Board is a group of senior representatives appointed by the Board of Selectmen to advise the daily operations of the Senior Center.

FRIENDS OF THE FOXBORO SENIORS— MCGINTY ROOM

Saturday, May 21 | 9:30 Refreshments 10:00am Start | FREE!

The Friends of the Foxboro Seniors is a Foxborough based nonprofit whose mission is to support the needs of Foxborough's seniors. If you are interested in joining the friends please consider using the donation form in this Gem.

MAKING MUSIC

Monday, May 2 | 1:00pm-2:15pm | FREE!

Calling all musicians and singers: Bring your ukulele, guitar, voice, or other acoustic instrument and join us for a new "Making Music" program. All skills are encouraged and welcome to participate in this monthly FREE sing and play along experience. We will explore fun and familiar songs.

REP JAY BARROWS' OFFICE HOURS

Monday, May 23 | 9am-10am | FREE!

Join Representative Jay Barrows for a group discussion as well as question and answer session.

SEMRECC TOUR

Tuesday, May 17 | 1:15pm | FREE!

The Southeastern Massachusetts Regional Emergency Communications open last year and it is the 911 regional dispatch center. Seniors are invited to tour SEMRECC with the Town Manager, Bill Keegan and the SEMRECC Director Rob Verdone. Space will be extremely limited, as we will be traveling in the VanGo to the facility. If you are interested in attending this tour, please register early. The van will leave at 1:15.

VAN GO DISCOVERY CLUB

10:15am-4:30(ish)pm | \$7 per person

The Discovery Club will provide an opportunity to venture out and explore a new (or familiar) location. Registrants will travel using the Van Go for an, independent, self guided exploration for 3-4 hours.

Please park at the Booth Playground (80 South St)

May 4— Falmouth Center

May 18— Castle Island

June 8— Battleship Cove (Free for Veterans)

June 22— Plymouth (Wine Tasting Optional)

June 29— Cape Cod Canal (Sandwich Side)

July 6— Castle Island

July 20— Tranquil Lake

August 3— Providence

August 17— Old Sturbridge Village

August 31— Wickford Village

MORE DATES COMING

SOCIAL PROGRAMS

TALESPINNERS

Tuesdays | 2:00pm-3:00pm | FREE!

Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share.

KNITTING

Mondays | 1:00pm | FREE!

This class is for beginners as well as those who would like to brush up on their skills or work on a project. Please bring your knitting needles and yarn.

FOXBOROUGH FIRE DEPARTMENT BBQ

Wednesday, June 29 | 12:00pm | FREE!

Our very popular BBQ collaboration with the Foxborough Fire Department is back for 2022! The Firefighters will be grilling up Burgers and Hot Dogs for seniors to enjoy. Registration is required.

MACKINAC Q/A AND DOCS MEETING

Wednesday, May 18 | 2:00pm | FREE!

As our trip to Mackinac approaches, participants are invited to have their questions answered by the trip operator, Tours of Distinction. Additionally, all travel documents will be provided. This meeting is not required but your attendance is strongly encouraged.

INDEPENDENT LIFESTYLE DESIGN

Wednesday, May 25 | 2:30pm | FREE!

This program by Interior Designer Meaghan McNally will offer a room by room guide on how to make our homes safe, healthy, and accessible through Universal Design, lighting and indoor air quality.

OUR GREAT NATIONAL PARKS

Tuesdays, May 10– June 7 | 2:45pm | FREE!

Virtually travel around the world in this brand new, stunning docuseries. Narrated by former President Barack Obama, this series shines the spotlight on some of the planet's most spectacular national parks.

DIANA OF LOVE

Wednesday, June 22 | 3:30pm | FREE!

Compassion. Duty. Hope. Beauty. Four words that epitomize The People's Princess. A selfless individual, Diana's goodwill warmed the hearts of the forsaken. Even in her darkest hours, an energetic light surrounded her, illuminating hope and humanity. The Royal who relentlessly advocated for the down-trodden, Diana's ubiquitous desire to be loved was unrequited. In Diana of LOVE, History at Play LLC enlivens Lady Diana, sharing her innermost secrets and struggles. May her words inspire and guide humanity. Even those who bring the most grace to our lives need to be nurtured.

This event WILL fill up please reserve your spot early.

FOXBOROUGH SENIOR CENTER PRESENTS

"Senior" Prom

Luncheon & Dancing

June 16, 2022 | 12:30pm-4:00pm
Lakeview Pavilion
45 Lakeview Rd, Foxborough

\$15

*Pan Seared Boneless Chicken
OR
Herb Crusted Cod*

Register at the Foxborough Senior Center
Sponsored by the Partners in Patriotism

MEET THE NEW LIBRARY DIRECTOR

Wednesday, May 11 | 4:00pm | FREE!

In early April the Town of Foxborough welcomed Elisabeth "Libby" O'Neill as the new Director of the Boyden Library. Libby has been the Director for the Towns of Norfolk and Marion and is excited to lead the Boyden Library into the future. If you haven't already met Libby at the Library please come to the Senior Center and enjoy some light refreshments.

PLEASE TAKE NOTE: BECAUSE WE ARE OPEN FOR OUR OPEN HOUSE ON SATURDAY, MAY 21ST. WE WILL BE CLOSED ON MAY 27 AND MAY 30 IN OBSERVANCE OF MEMORIAL DAY



SOCIAL PROGRAMS

CARD MAKING

Thursday, May 12 | 2:00pm | FREE!

Are you a crafty person? Are you interested in learning a new skill? Helen Rice will, once again, be hosting her famous card making class. All supplies are included, and at the end of the class you will have a beautiful home made card for a future event!

THEATER WORKSHOP

Wednesdays | 11:15am-12:15pm | FREE!

Learn character portrayal by reading scripts (mostly comedy). This fun workshop led by Evie Rayburg and Jeanne Bonneau will require no memorization, costumes or production.

BRIDGE LESSONS

Tuesdays | 1:00pm | FREE!

Bridge is a card game that is played all over the world, in person and online. This program, instructed by Sunil Trivedi, will introduce new, interested, players to the card game.

SHREDDING

Friday, May 6 | 9:00am-12:00pm | FREE!

It is time for Spring Cleaning! Do you have any old, sensitive documents that you need to dispose of properly. This Shredding Event, sponsored by District Attorney Michael W. Morrissey, will allow for shredding of any documents you no longer need.

NEW

MEDAL OF HONOR

Thursdays, April 14– June 2 | 11:45am-12:45pm | FREE!

This 8 part docudrama series recreates the inspiring true stories of those honoring service members whose courage merited the awarding of the Medal of Honor.

5/5– Hersey Miyamura 5/12– Vito Bertoldo
5/19– Joseph Vittori 5/26 Richard Etchberger
6/2–Ty M. Carter

NEW

MUSIC– WITH CLASS, ‘SONGS OF SPRING’

Wednesday, May 4 | 1:30pm | FREE!

Jack Craig is back! Sing your way right through the Spring season from ‘It Might As Well Be Spring’ through ‘April Showers’ and on to ‘Tip Toe Through the Tulips’. Whether it’s blue skies, robins, rainbows, or the occasional Spring love song– every song in this program celebrates the wonders of Spring.

TABLE TOP GARDEN CLUB

Tuesdays | 9:45am | FREE!

Our Table Top Garden Club, under the direction of Marsha Lewicke, will start to meet again, once a week. All are welcome, no previous gardening experience is necessary.



LUNCHEON OUTINGS

Wednesday, April | Jake N Joes | 1:00pm

MEN’S BBQ

Wednesday, May 25 | 12:00am | Cost: \$3

We are headed back outside for our fun Men’s BBQ. Guys are encouraged to come hungry for a great BBQ! Please register at the front desk.

SENIOR SANDWICHES: GRAB & GO OR IN PERSON

Thursdays | 10am-1pm | \$3 Suggested Donation to HESSCO

All meals are served with a side, a bag of chips and water

May 5– Chicken salad on a roll

May 12– Turkey & cheese on a croissant

May 19– Seafood salad on a roll

May 26– Ham & Cheese on a roll

SENIOR SUPPER

Wed., May 18 | 4:00pm– **Food at 4:30pm** | Cost: \$4

Our NEW Senior program will focus on a unique high quality, catered meal. We hope you’ll join us for an evening out with friends. This program will start at 4:00pm and food will be served around 4:30pm

May’s Meal– Meat Lasagna and Caesar Salad

VETERANS’ CLUB

Monday, May 2 & 16 | 2:30pm | FREE!

The mission of the Veterans’ Club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten.

NEW

“FROM THESE HONORED DEAD”: COMMEMORATION AND REMEMBRANCE

Wednesday, May 25 | 4:00pm | FREE!

To many of us, Memorial day marks the unofficial beginning of summer. The meaning of the holiday however is much deeper and more somber, a day to remember those who gave their lives in service to our union. Yet, the holiday is not the only way in which those lost have been commemorated. Across the nation, in big cities and small towns, are countless monuments and memorials to celebrate the men and women who served and sacrificed. This talk by noted historian Paolo DiGregorio will discuss some of those memorials, looking mainly at those found in New England.



2nd Annual Foxborough Senior Olympics



Name _____ AGE AS OF 6/13/22 _____ DOB _____/_____/_____

Address _____ Town _____

Telephone # _____ Gender (circle) M F T-Shirt Size (circle) S M L XL XXL

Emergency Contact _____ Emergency Contact Phone # _____

REGISTRATION COST: \$5 Per Person

Registration includes entrance to Opening/Closing Ceremonies, T-Shirt, and unlimited events

PLEASE CHECK EACH EVENT YOU PLAN ON ATTENDING.

Monday June 13	<i>Opening Ceremony 1:00PM at the Foxborough Senior Center</i>	_____ 1/2 Mile Walk	2:00 PM	Foxborough Senior Center
---------------------------	---	---------------------	---------	--------------------------

Tuesday June 14	_____ Bowling	10:00 AM	Norwood Sports Center
	_____ Cornhole, Men	1:30 PM	Foxborough Senior Center
	_____ Cornhole, Women	2:45 PM	Foxborough Senior Center

Wednesday June 15	_____ Darts	12:30 PM	Foxborough Senior Center
	_____ Basketball Free Throw	2:00 PM	Booth Recreation Field

THURSDAY JUNE 16- "SENIOR" PROM AT LAKEVIEW (separate \$15 registration)

Friday June 17	_____ 2 Mile Walk	9:00 AM	Gillette Stadium
	_____ Standing Long Jump	9:45 AM	Gillette Stadium
	_____ Softball Throw	9:45 AM	Gillette Stadium

Tuesday June 21	_____ Scrabble Tournament	1:00 PM	Foxborough Senior Center
	_____ 1 Mile Walk	3:30 PM	Foxborough Senior Center

Thursday June 23	<i>Closing Ceremony & Medal Presentations</i>	<i>12:30 PM at the Foxborough Senior Center</i>
-----------------------------	--	--

I am in good physical condition and have no disability, illness or other condition, whether it be physical or emotional, that could prevent me from exercising and practicing without injuring myself or impairing my health. I have consulted a physician concerning an exercise program that will not risk injury to myself or cause impairment to my health. I understand that practice of these techniques stated above involves inherent risk of injury to persons, and/or property, and I further understand that I can refuse at anytime to participate in activities that I deem not safe for me.

SIGNATURE _____ DATE _____

Bronze, Silver, and Gold Medals are awarded in all events, in each 10 year age category.

Please return (or mail) this form and \$5 to the Foxborough Senior Center

WELLNESS PROGRAMS

CHAIR YOGA

Mondays | 9:15am-10:15am | Cost \$3 or punch card
Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using the chair for support. (Punch Card Eligible) New Instructor– Michelle Lawlor

SENIOR FITNESS

Fridays | 8:45am-9:45am | Cost \$3 or punch card
This class uses stretching, aerobics, and hand-held weights to focus on exercising the body from the neck to ankles. Senior Fitness is designed for all levels of abilities. (Punch Card Eligible)

STRENGTH TRAINING

Wednesdays | 8:45am-9:45am | Cost \$3 or punch card
Each week this program features stretching routines and exercises that focus on the core, legs, arms, and shoulders. (Punch Card Eligible)

TAI CHI

Tuesdays | 8:30am– 9:30 am | Cost \$3 or punch card
Start your day with the peaceful meditation and movement of Tai Chi led by instructor Elijah Swain. Elijah is a 9th Degree black belt and owns the Tai Jing Academy. Thank you to the Friends of the Foxboro Seniors for helping to fund this program! (Punch Card Eligible)

ZUMBA GOLD

Tuesdays | 9:45am-10:45am | Cost \$3 or punch card
Zumba is a fitness program inspired by Latin Dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. (Punch Card Eligible)

OUTDOOR ZUMBA

Thursdays Starting 4/28 | 1:30pm | Cost \$3 or punch card
Enjoy everyone's favorite Zumba class, outdoors!

10 CLASS PUNCH CARD	\$27.50	(AVG. \$2.75 PER CLASS)
20 CLASS PUNCH CARD	\$40.00	(AVG. \$2.00 PER CLASS)
40 CLASS PUNCH CARD	\$70.00	(AVG. \$1.75 PER CLASS)

ARE YOU OLYMPIC READY?

Wednesday, May 4 | 4:00pm | FREE!
As our 2022 Senior Olympics quickly approaches, come learn about each individual activity and watch 2019's Olympic Wrap Up Video. There will also be time for a Q/A session before you turn in your Olympic Registration Form.

BLOOD PRESSURE

Tuesday, May 10 & 24 | 9:00am | FREE!
Free blood pressure check by the Foxborough Fire Department Deputy Chief and Public Health Nurse, Thomas Kenvin. Call 508-543-1234 to make an appointment.

NUTRITION CLASS

Tuesdays (Resumes 5/17) | 11:00am | FREE!
Each week the nutrition class shares new healthy recipes, participates in food sampling, exchanges ideas, and talks about good nutrition.

STABILIZATION FOR SENIORS 2

Thursdays, April 7—May 19 | 9:00am | Cost: \$42

Mondays, April 4– May 26 (skipping 4/18) | 11:45am | Cost: \$42
Join us for our new 6-week program. This program is a continuation and a follow up for Stabilization for Seniors 1. This program is designed to work the smaller stabilizer muscles of the body. Stabilizers start at the feet and end at the base of the skull. Great for balance, stability, and overall joint health. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.

MEN'S FITNESS

Thursdays, May 26– June 30 | 10:35am | \$42

This 6-week program is designed to help senior males move and feel better. We'll combine fitness with corrective exercise to alleviate joint pain and promote better mobility. All ages and fitness levels welcome. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.

DONATION FORM

FRIENDS OF THE FOXBORO SENIORS

Today's Date _____ Yearly Membership runs from July 1st-June 30th Name _____

Address _____ Phone (____) _____ Email _____

Membership Donation for \$10 pp. If you would like to make an additional contribution \$ _____

Memorial Donation \$ _____ In Memory of _____

Make your check payable to the "Friends of the Foxboro

Seniors", PO Box 116, Foxborough Ma 02035.

WELLNESS PROGRAMS

YOGA

Fridays, May 6– June 15 | 10:30am-11:45am | \$53

YOGA is the UNION between body, mind, and spirit. Everyone is welcome just as they are on their own personal journey towards greater non-judgmental self awareness. There are no fitness prerequisites to be able to develop a very meaningful and effective yoga practice, however participants should be comfortable on the ground for an extended period of time with a yoga mat. No class 5, 27, 7/1 & 7/8

SHINE

Tuesdays | 3:00pm | FREE!

Our SHINE(Serving Health Information Needs of Everyone) counselor provided through HESSCO can help you navigate all your changes in insurance, prescription coverage, and Medicare. Appointments are required and made on a first come, first serve basis.

WALKING CLUB

Wednesdays | 10:00am | FREE!

This small group is always accepting new members. Get out and enjoy our beautiful New England weather Each week the walking club meets at the Foxborough Senior Center then chooses a location to walk (most locations are just a short drive away).

1 ON 1 NUTRITION CONSULTATION

Monday, May 9 | 2:00pm-4:00pm | FREE!

Join HESSCO's Registered Dietitian, Kelsey McEntee, for a 30 minute 1 on 1 nutrition consultations. Come prepared with your questions about your health concerns. Kelsey will be visiting the Foxborough COA/HS monthly on the 2nd Monday.

REFLEXOLOGY

Friday, May 20 | 9:00am-11:45am | \$41

Reflexology is based on stimulating specific points on the feet that correspond to other areas and organs of the body. Used to restore the body's natural equilibrium by improving circulation and reducing tension. This relaxing and rejuvenating experience will involve aromatherapy infused reflexology.



MOVIES

May's Theme— Musicals

TICK, TICK... BOOM! (2021)

Thursday, May 5 | 1:00pm | FREE!

On the brink of turning 30, a promising theater composer (Andrew Garfield) navigates love, friendship and the pressure to create something great before time runs out

LES MISERABLES (2012)

Thursday, May 12 | 1:00pm | FREE!

The musical version of Victor Hugo's epic tale of love and sacrifice, first produced for the stage in 1985, now receives the big-screen treatment with Hugh Jackman, Russell Crowe, and Anne Hathaway.

HAIRSPRAY (2007)

Thursday, May 26 | 1:00pm | FREE!

After landing a spot on a popular dance show, a gutsy and talented teenager rallies against racial segregation and sizeism in 1960's Baltimore.

NEW

HEARING HEALTH

Wednesdays | 1:00pm | FREE!

This program will provide hearing testing, ear wax removal, hearing aid cleaning and service by appointment. Repairs of hearing aids and new purchases are also available. To make an appointment please call the Senior Center.

NEW

LINE DANCING

Tuesdays, April 12– May 10 (skipping Apr 26) | 12:00pm | FREE!

It's time to get moving, so let's do some line dancing! Our line dancing instructors, Jeanne Bonneau and Faye Sullivan are here to help lead the class through uncomplicated steps. Classes are fun and beginners are always welcome.

NEW



Foxboro Recreation offers a wide array of activities, including many adult programs. If you would like to register for any of the following programs (or any other Foxboro Rec programs) please contact Foxboro Recreation at 508-543-7255

YOUR FIRST 5K— Thurs days 4/28-6/30 | 6:30pm-7:30pm | \$75

ADULT YOGA IN THE CHAPEL— Wednesdays | 6:30pm-7:45pm | \$12 (drop in)

LADIES LIGHT HIKE— Thurs 5/5-6/9 or Sat 5/7-6/18 | 9:45am-11:00am | \$30

LET'S PAINT— May 12 | 5:30pm-6:30pm | \$25

DOG TRAINING CLASS— Wednesdays in May | 6:00pm-8:45pm | \$125

CHECK
US
OUT



DEMONSTRATIONS

- | | |
|----------------|-------------------|
| Chorus | Zumba Gold |
| Chair Yoga | Mens Fitness |
| Meditation | Garden Club |
| Yoga | Strength Training |
| Art w/ Ally | Reflexology |
| Hearing Health | & More |

OPEN HOUSE

Saturday
May 21, 2022
9am - 1pm
75 Central Street
508-543-1234

FOXBOROUGH SENIOR CENTER

Welcomes you to learn about our programs and services for seniors and adults of all ages. Join us for a morning filled with program demonstrations and a choral performance. As well as information on Trips, Transportation and Human Services. Light Refreshments will be served.

Like us on Facebook
[facebook.com/FoxboroughCoaHS](https://www.facebook.com/FoxboroughCoaHS)

Check out our homepage
<https://foxboroughma.gov/departments/coahs>

Have you always wanted to try a new program at the Foxborough Senior Center? Do you have a friend or relative that could benefit from the programs/services offered? Please come to the Open House on Saturday May 21st!

TRANSPORTATION

The Foxborough Senior Center operates a car and van transportation service to assist Seniors and Human Service Clients. Rides are always free and can be scheduled by calling the Foxborough Senior Center Monday-Friday, 8:00am -11:00am at 508-543-1234 X 65120. Rides can be scheduled up to two weeks in advance. All ride requests must be made by 11:00am the prior day. Monday rides must be booked by Friday at 11:00am

When booking please have:

1. Pick up address & phone number.
2. Destination address and phone number.
3. The time you need to be at your destination.
4. The purpose of the trip.
5. Approximate return time.

APPOINTMENTS, AND AROUND TOWN

The Car and Van are available most days and times to transport Foxborough residents to their desired location.

MODIFIED SHOPPING TRIPS

- Monday Afternoons - Stop and Shop
Thursday Afternoons -
Job Lot- May 12
Walmart- May 5 & 9

POLICIES

Shopping: When using the Van or Car, please buy no more than you can carry. **Same Day Cancellation:** Please speak with a staff member. Do not leave a message. **Typical Cancellation:** Please leave a message with staff.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15 Chair Yoga 11:00 Book club 11:45 Stabilization 2 1:00 Scrabble 1:00 Knitting 1:00 Making Music 2:30 Veterans Club	3 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 12:00 Line Dancing 1:00 Bridge Lessons 1:30 Bingo 2:00 Talespinners 3:00 SHINE	4 8:45 Strength Training 10:15 Discovery Club 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 1:00 Hearing Health 12:30 Mah Jongg 1:30 Jack Craig Songs of Spring 4:00 Are you Olympic Ready?	5 9:00 Stabilization 2 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 10:30 Meet the Sheriff 11:45 Medal of Honor 1:00 Movie-Tick Tick Boom 1:30 Outdoor Zumba WALMART	6 8:45 Senior Fitness 9:00 Shredding 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage
9 9:15 Chair Yoga 11:45 Stabilization 2 1:00 Scrabble 1:00 Knitting 2:00 Nutrition 1 on 1 Consultations STOP & SHOP	10 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 1:00 Bridge Lessons 2:00 Talespinners 2:45 National Parks 3:00 SHINE	11 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Mah Jongg 1:00 Hearing Health 4:00 Meet the new Library Director	12 9:00 Stabilization 2 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 1:00 Movie— Les Mis 1:30 Outdoor Zumba 2:00 Card Making JOB LOT	13 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 9:00 Reflexology 10:30 Yoga 10:45 Cribbage
16 9:15 Chair Yoga 11:00 Book club 11:45 Stabilization 2 1:00 Scrabble 1:00 Knitting 1:00 Making Music 2:30 Veterans Club STOP & SHOP	17 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 1:00 Bridge Lessons 1:15 SEMRECC Tour 2:00 Talespinners 2:45 National Parks 3:00 SHINE	18 8:45 Strength Training 10:00 Walking Club 10:15 Discovery Club 10:00 Chorus 11:15 Theater Workshop 12:30 Mah Jongg 1:00 Hearing Health 2:00 Mackinac Q/A & Docs 4:00 Senior Supper	19 9:00 Stabilization 2 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 1:00 Low Vision 1:30 Outdoor Zumba 3:00 COA/HS Adv Comm Meeting WALMART	20 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 9:00 Reflexology 10:30 Yoga 10:45 Cribbage
23 9:00 Rep Barrows 9:15 Chair Yoga 11:45 Stabilization 2 1:00 Scrabble 1:00 Knitting 2:00 Mackinac Mondays: Meet & Greet STOP & SHOP	24 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 1:00 Bridge Lessons 2:00 Talespinners 2:45 National Parks 3:00 SHINE	25 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:00 Men's BBQ 12:30 Town Manager 12:30 Mah Jongg 1:00 Lunch— House of Fortune 1:00 Hearing Health 2:30 Independent Design 4:00 Paolo Memorial Day Presentation	26 BLITHEWOLD TRIP 9:00 Steve Next Session 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 1:00 Movie— Hairspray 1:30 Outdoor Zumba	27 CLOSED FOR MEMORIAL DAY
30 MEMORIAL DAY PARADE KICKS OFF FROM CHURCH OF EMMANUEL AT 10AM. PARADE CONTINUES TO THE COMMON WITH CEREMONY TO FOLLOW	31 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 1:00 Bridge Lessons 2:00 Talespinners 2:45 National Parks 3:00 SHINE STOP & SHOP			





ESTATE PLANNING
 PROBATE ADMINISTRATION | REAL ESTATE
*Call Attorney Lauren J. Caisse
 today at 508-339-1711*

**LAW OFFICES OF
 PATRICIA L. NAGLE, P.C.**
 272 Chauncy Street, Unit 1
 Mansfield, MA 02048
www.pnaglelaw.com







Faith & Family HOSPICE

Faith & Family Hospice is a caring, family-owned hospice with an uncompromising dedication that is focused on comfort and quality of life for patients and their families.

**FOR MORE INFORMATION
CALL 508.485.4555
HOSPICEFAMILY.COM**

**ADVERTISE
HERE** to reach the senior market

Call (800) 477-4574

Vivian Nelson



**FOXBORO
CLEAN OUTS**

**WE SOLVE PROBLEMS
ALWAYS NEAT ALWAYS PROFESSIONAL, AND READY TO SERVE YOU**

SERVICES

Clean Outs: Residential Clean Outs: Basement, Attic, Garage, Yard
Commercial Clean Outs: Home Organizers, Real Estate Agents, Contractors, Property Managers
Bulk Removal: We can remove that old coach, fridge, or any other piece of furniture from your home right away!
3 Yard Waste Bags: Want a hands on approach? Order one of our waste bags and fill it up, then we will take it out of your hands.
Hired Labor: Need a hand? We have skilled laborers to help you out.

To book your clean out now or get more information, call us at 1-508-922-0320 or book us online at www.foxborocleanouts.com
We don't just work in your community, we live in your community.

Seniors Real Estate Specialist

**RE/MAX
REAL ESTATE CENTER**

30 Mechanic St, Foxboro

- MEMBER OF FOXBORO SENIOR CENTER
- FOXBORO RESIDENT FOR OVER 45 YEARS

Helping FOXBORO and surrounding areas with their real estate needs for over 40 years.

Call me today for your complimentary market analysis of your home. **508 944 4074!**
vivremax7@gmail.com

radius
financial group inc
THE VIVEIROS TEAM
davidviveiros.com | 508.930.2172
NMLS #22407

**NEUROLOGY CENTER
OF NEW ENGLAND, PC**

9 Payson Road, Ste. 100, Foxboro, MA 02035
Ph: 781-551-5812 Fax: 508-698-8671 MyNeuroDr.com

A Comprehensive Neurological Care Center

- Neurology Specialists
- EEG Testing for Epilepsy
- Neurology Clinical Research
- Physical Therapy
- On-site Laboratory
- On-site Pharmacy
- EMG Testing for Muscular Disorders

NOW FEATURING OUR NEW INFUSION CENTER
Offering infusion care close to home, we are accepting patients and referrals from all medical specialists!

Cara deBeauport, NP • Stacey Murray, NP • Anthony Rodrigues, MD
Salvatore Napoli, MD • Preeti Gupta, MD • Elizabeth Budman, MD
Andrew Taylor, MD • Donna Bradley, DPT
Dianna Sullivan, DPT • Oliva Parsons, DPT

Bay Colony Group, Inc.

Professional Civil Engineers & Land Surveyors

ESTABLISHED 1962
4 School Street, Foxborough
(508) 543-3939

Pond Home

GRACIOUS RETIREMENT LIVING

Since 1899 offering a unique option in long term care-Residential Care.

Schedule your visit today by calling
508-384-3531
or emailing
inquiry@pondhome.org
289 EAST STREET • WRENTHAM

Rock Hill Cemetery

... A Sanctuary of Natural Beauty
Foxborough, MA
508-543-8560

Call us for pre-planning assistance
rockhillcemetery.com

PROVIDING HELP AND GUIDANCE FOR ALL YOUR REAL ESTATE NEEDS.
We Go Above & Beyond For You!

SM **SUE MARSHALL
REALTY TEAM**

508-641-5814
SUEMARSHALL@SUE-MARSHALL.COM

K The Law Office of Kathleen A. Keaveney, LLC
781-894-6100
KATHY@KEAVENEYLAW.COM

radius
financial group inc
617-835-6021
DROGOWSKI@RADIUSGRP.COM
Licensed in MA & RI NMLS ID MC1846
Dj Rogowski NMLS ID MLO9532

kwELITE
KELLERWILLIAMS REALTY

**THIS SPACE IS
AVAILABLE**

SENIOR CENTER INFORMATION

CONTACT INFORMATION

Phone: (508) 543-1234 Fax: (508) 543-1264

STAFF

Marc Craig, Human Services Director mrcraig@foxboroughma.gov	ext 65117
Kristen Pellerin, Department Administrator kpellerin@foxboroughma.gov	ext 65111
Pamela McGuire MSW, Community Social Worker pmcguire@foxboroughma.gov	ext 65112
Karen Bongo, Driver/ Transportation Coordinator kbongo@foxboroughma.gov	ext 65113
Michael Pitts, Driver MPitts@foxboroughma.gov	ext 65113
Garry MacDonald, Driver gmacdonald@foxboroughma.gov	ext 65113
Tracy Rozak, Office Coordinator trozak@foxboroughma.gov	ext 65114
Chris Shewry, Program Coordinator cshewry@foxboroughma.gov	ext 65115
Kate Fennyery, Community Caseworker kfennyery@foxboroughma.gov	ext 65116

HOURS

Mon, Tue & Thurs: 8:00am-4:00pm

Wed 8:00am-6:00pm | Fri: 8:00am-12:30pm

COA/HS ADVISORY BOARD

COA/HS Advisory Board meet on the 4th Thursday of the Month

Milli Greene— Chair	Lloyd Gibbs
Helen Olsen— Vice Chair	Marsha Lewicke
Ann Alibrandi	Janet O'Neil
Jeanne Bonneau	Betty Reilly
Jeanne Foster	

FRIENDS OF FOXBORO SENIORS

Friends of the Foxboro Seniors meet on the 3rd Saturday of the month.

C. Paul Dumas— President	Patricia Kelley
Pat Murphy— Vice President	Vera Maccone
Connie McLaughlin— Treasurer	Joan Stafford
Linda McCoy— Secretary	
Kathleen Bisazza	



Follow us on Facebook! Search
"Foxborough Council On Aging & Human Services"

MISSION STATEMENT

The Foxborough Council on Aging and Human Services in partnership with the community will provide the highest quality of services and programs available to meet the ongoing needs of all Foxborough residents.

The Doolittle Home

16 BIRD STREET
FOXBOROUGH, MA 02035

You Are Invited to explore our culture of

compassionate care... A respite stay offers individuals the opportunity to visit with old and new friends while thriving in the social environment of the Doolittle Home.

Fine-dining meals exquisitely prepared and served restaurant-style in a welcoming atmosphere ~ Wellness programs to enhance individual's abilities ~ Social activities to renew one's spirit of connectedness and belonging ~ A variety of fully furnished accommodations with the comfortable feel of a bed & breakfast!

Call us today to inquire about residency and
the amenities we offer! **(508) 543-2131**

