



G E M



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

26 NEW PROGRAMS

JUNE 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.

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 kgosciakuha@gmail.com



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**ROB
 CANFIELD**
 SCHOOL COMMITTEE

ELECTION DAY MONDAY, MAY 2

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 Brent
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 SCHOOL COMMITTEE

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Edward Jones



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 Financial Advisor
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 508-543-8885

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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, June 7 | 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, June 6 | 11:00am-12:00pm | FREE!

This program, lead by Boyden Library Director Libby O'Neill is designed for who love to read and discuss books.

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 many years.

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

Cancelled for June | 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, June 23 | 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, June 18 | 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.

SAVING PRIVATE RYAN

Monday June 6 | 1:00 | FREE!

In honor of D-Day, we will be showing the 1998 Steven Spielberg film Saving Private Ryan. According to WWII Veterans, this movie was the most accurate portrayal of the events of June 6, 1944.

NEW

SING! THE GREATEST SONGS OF THE 1960S

NEW

Wednesdays, June 22, July 20, & Aug 10 | 10:30am | FREE!

6/22 : 1960-1962 | 7/20 : 1963-1965 | 8/10 : 1966-1968

The 1960's was a time of social, political, and cultural change in America and music provided a constant soundtrack to those changes. Take a step back to a time filled with long hair, bell-bottoms, tie dye T-shirts, new musical styles and performers. Each program in this three part series contains around thirty songs to sing, with Jack Craig providing anecdotal information that recalls an amazing decade of American song-writing.

MAKING MUSIC

Monday, June 6 | 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.

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)

June 8— Battleship Cove (Free for Veterans)

June 22— Plymouth (Wine Tasting Optional)

July 20— Heritage Museum & Gardens

August 3— Providence

September 7— Colt State Park

September 21— Falmouth Center

October 5— Legacy Place

October 19— Surprise Trip!!!

Some dates have been removed as they have reached capacity.

NEW

SOCIAL PROGRAMS

VETERANS' CLUB

Monday, June 6 | 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.

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

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.

WHERE TO NEXT??

Wednesday, June 15 | 10:00 | FREE!

Travel is back!! We are planning for a Fall 2022 overnight trip. This presentation will be your first opportunity to hear about where we are heading and how to register

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.

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.

MEET THE REC DIRECTOR

Wednesday, June 1 | 11:45am | FREE!

Renée Tocci has recently become the Director of Recreation for the Town of Foxborough. Come enjoy some pizza while hearing about all the great opportunities the Recreation Department has to offer.

MUSICAL BINGO

Wednesday, June 8 | 3:15pm | FREE!

Can you name the song and the artist? Join BrightView Senior Living and test your knowledge.

DIANA OF LOVE

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.

FOXBOROUGH SENIOR CENTER PRESENTS

"Senior" Prom

Luncheon & Dancing **NEW**

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



AVOCADO TOAST DAY

Wednesday, June 1 | 4:00pm | FREE!

Channel your inner Millennial while enjoying a treat and celebrating National Avocado Toast Day. This simple snack is a great source of plant-based fiber and protein. Our Avocado Toast will be toasted artisan bread, topped with smashed avocado, sesame seeds, minced garlic, onion and bacon bits.



VICTORIAN PAPER CRAFT

Wednesday, June 1 | 10:00am | FREE!

Are you looking to add a beautiful handmade creation to your home décor? Come join this class to create a unique handcrafted Victorian design. We will use high quality cardstock, doilies, lace and other embellishments to create a lovely cone shaped vessel. All materials are provided.



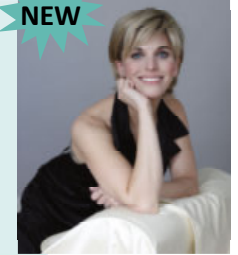
FOXBOROUGH FIRE DEPARTMENT BBQ

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.



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



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!

ONLINE REGISTRATION TUTORIAL

Wednesday, June 8 | 10:00am | FREE!

Do you want early access to all of our programs? This tutorial will teach you how to use our online registration tool, which will give you priority access to all our services.

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.

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.

6/2–Ty M. Carter

NATIONAL HOT DOG DAY

Wednesday, July 20 | 4:30pm | \$1

Have you ever tried a Pearl All Beef Frank? You haven't? Well... your life is about to change. Celebrate National Hot Dog Day at the Senior Center while enjoying a 1/4 lb Pearl Hot Dog with friends.

REP JAY BARROWS' OFFICE HOURS

Monday, June 27 | 9am-10am | FREE!

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

FOXBOROUGH

HISTORY, MYSTERY AND PROMISE

Wednesday, June 8 | 11:15am | FREE!

Town Historian, Jack Authelet will be joining us to share some historic events of great importance, the mystery of promises never kept and future treasures to pass forward.



ALONG BLUE HILL AVENUE

Wednesday, June 15 | 4:30pm | FREE!

By the turn of the 20th century, Mattapan began to see development of new streets laid out off of Blue Hill Ave and Norfolk St was slowly becoming a solid, respectable hub. This presentation by local author/ historian, Anthony Sammarco, will provide a deep dive into the history of Blue Hill Ave and the many transformations of the area over the last 150 years.



LUNCHEON OUTINGS

Wednesday, June 22nd | Conrad's | 1:00pm

MEN'S BBQ

Wednesday, June 22 | 12:00pm | 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

June 2– Chicken salad on a roll

June 9– Turkey & cheese on a croissant

June 16– Seafood salad on a roll

June 23– Ham & Cheese on a roll

June 30– Chicken salad on a roll

SENIOR SUPPER

Wednesday, June 29 | 4:00pm– Food at 4:30pm | Cost: \$5

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.

June's Meal– Pulled Pork Sandwiches & Baked Beans

WICKED

Thursday July 21st | 11:15 | \$64

The untold, true, story of the Witches of Oz. Broadway's biggest blockbuster is coming to Boston! We will be traveling together as a group (via a school bus) to the Boston Opera House for the "Broadway in Boston Series" for the 1pm show.

Our popular Senior Olympics is BACK! This exciting and engaging event is a great way to have fun and meet new friends while competing for a gold medal. If you aren't sure if you want to sign up, come to the Olympic Q/A on 6/9 @ 3:15

AUTHOR TALK... HOW A MYSTERY IS WRITTEN

Wednesday, June 8 | 2:00pm | FREE!

Join author, Debi Graham-Leard and learn the in-depth process of writing fiction. Debi will explain the steps taken



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)

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)

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!

VETERANS’ BENEFITS SEMINAR

Wednesday, June 1 | 2:00pm | FREE!
All Foxborough veterans, spouses, and widows are invited to learn about eligible veterans’ benefits from the Foxborough Director of Veteran Services, Ally Rodriguez.

BLOOD PRESSURE

Tuesday, June 14 & 28 | 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 | 11:00am | FREE!
Each week the nutrition class shares new healthy recipes, participates in food sampling, exchanges ideas, and talks about good nutrition.

DARTS/ CORNHOLE

Monday, June 6 & 13 | 10:30 am | FREE!
Practice time for the Olympics. We will have the Dart and Cornhole boards out for you to try.

NEW

3 PLANES OF MOTION

Thursdays, May 26—June 30 | 9:00am | Cost: \$42

Mondays, June 26– Aug 8 | 11:45am | Cost: \$42
Join us for our new 6-week program that is designed to redesign the way our bodies move. We should move in three planes of motion. Unfortunately, we don’t and this causes instability, imbalances, and pain. This can be corrected! This program is facilitated by Steve Avellino EFT, 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.

A GUIDE TO GAMBLING IN THE GOLDEN YEARS

Wednesday, June 8 | 4:00pm | FREE!
This engaging presentation delves into why older adults gamble and how to keep gambling health and fun. This program, sponsored by the Mass Council on Gaming and Health, will share strategies to reduce risky gambling behaviors and where to go for help if needed.

NEW

NEW

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– July 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 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).

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.

PODIATRY CLINIC

Friday, June 3 | 8:30am-11:30am | \$30 by appt
Join Dr. Kelly McLaughlin for Podiatric Foot Care and Screening. Dr. McLaughlin will be offering 15 minute appointments for \$30 on the 1st Friday of every month.



MOVIES

June's Theme– Olympics

UNBROKEN (2014)

Thursday, June 2 | 1:00pm | FREE!
After a near-fatal plane crash in WWII Olympian Louis Zaperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

EDDIE THE EAGLE (2016)

Thursday, June 9 | 1:00pm | FREE!
The hysterical true life story of Britain's most famous ski jumper Eddie "The Eagle" Edwards (Taron Egerton) and his coach (Hugh Jackman).

COOL RUNNINGS (1993)

Thursday, June 30 | 1:00pm | FREE!
When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach (John Candy) to start the first Jamaican Bobsled Team.

CHOOSING A NURSING HOME



Wednesday, June 22 | 2:00pm | FREE!
Learn what questions to ask and what to look for during the process of this very important decision. Choose with confidence the best care for your loved one. This presentation, conducted by 2Sisters-Senior Living Advisors, will help you understand appropriate staffing ratios, performance data, nursing home deficiencies and what is covered under MassHealth.

1 ON 1 NUTRITION CONSULTATION

Monday, June 13 | 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, June 17 | 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

Foxboro Farmers Market
ON THE COMMON
2022 Season
THURSDAYS
4:00PM-7:00PM
JUNE 2ND- SEPT 8TH
WWW.FOXBOROREC.COM



TRIPS & TOURS

CAPE COD CANAL CRUISE & DANIEL WEBSTER INN

Thursday, July 14 | Cost: Cost: Residents \$94- Non Residents \$99

Join us on Cape Cod Canal's only historic sightseeing cruise. You will see the Canal, Mass Maritime, the Sagamore, Board and Railroad Bridge, and more from a unique perspective. Afterwards we will head to lunch at the Dan'l Webster Inn in Sandwich

Includes: Transportation, Cruise, & Lunch



SALEM CROSS INN & QUABBIN RESERVOIR

Thursday, August 11 Cost: Cost: Residents \$122- Non Residents \$127

Enjoy the beautiful landscapes as we travel to Salem Cross Inn in West Brookfield, Ma. A 1 hour tour of the Quabbin Reservoir will explain the intriguing history of how and why the reservoir was built during the Great Depression. After the tour you'll enjoy a prime rib lunch at the Salem Cross Inn, then you'll spend time at the Brookfield Orchards for shopping

Includes: Transportation, Quabbin Tour & Fireplace Feast



CAPE ANN

Thursday, September 8 Cost: Cost: Residents \$94- Non Residents \$99

Explore the seaside town of Rockport this picturesque oceanfront New England Town is home to many shops and art galleries. You'll also spend time in Gloucester and stop for lunch at Village Restaurant. Afterwards enjoy a 2 hour guided tour of Essex, Rockport and Gloucester.



NEWPORT PLAYHOUSE- SOCIAL SECURITY

Thursday, September 29 | Cost: Cost: Residents \$120- Non Residents \$125

Enjoy the show, "Social Security" and meal at the Newport Playhouse & Cabaret Restaurant. This favorite trip location includes a plated lunch, a wonderful play and then a fun filled cabaret.

Includes: Transportation, Lunch, & Show

TURKEY TRAIN

Thursday, October 13 | Cost: Cost: Residents \$120- Non Residents \$125

Here is the perfect way to appreciate New England's beautiful fall foliage, the Lake Winnepesaukee Turkey Train. You will enjoy a 2 hour train ride through the countryside and a full Turkey Dinner with all the fixens. You'll also spend time shopping in small towns across the region.

Includes: Transportation, Lunch, & Train Ride Registration: Resident- 6/1 Non resident-6/15



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- June 9, & 23
Walmart- June 2, 16, & 30

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
		1 8:45 Strength Training 10:00 Walking Club 10:00 Victorian Paper Craft 11:45 Meet the Rec Director 1:00 Hearing Health 12:30 Mah Jongg 2:00 Vet's Benefits Seminar 4:00 Avocado Toast Day	2 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 12:30 Beginner Ukulele 1:00 Movie- Unbroken 1:30 Outdoor Zumba	3 8:45 Senior Fitness 8:30 Podiatry Clinic 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage
6 9:15 Chair Yoga 10:20 Darts/Cornhole 11:00 Book Club 11:45 Stabilization 1:00 Knitting 2:00 Nutrition 1 on 1 Consultations 1:00 Saving Private Ryan 1:00 Making Music 1:00 Scrabble 2:30 Veterans Club	7 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Line Dancing 1:00 Bridge Lessons 1:30 Bingo 2:00 Talespinners 2:45 National Parks 3:00 SHINE	8 8:45 Strength Training 10:00 Walking Club 10:00 Online Reg. Tutorial 10:15 Discovery Club 11:15 Jack Authlet 12:30 Mah Jongg 1:00 Hearing Health 2:00 Author Talk 3:15 Music Bingo 4:00 Guide to Gambling	9 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 12:30 Beginner Ukulele 1:00 Movie- Eddie the Eagle 1:30 Outdoor Zumba 3:15 Olympic Q/A	10 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage
13 9:15 Chair Yoga 10:20 Darts/Cornhole 1:00 Scrabble 1:00 Knitting- Cancelled 1:00 Opening Ceremonies 2:00 Half Mile Walk 2:00 Nutrition 1 on 1 Consultations	14 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 10:00 Bowling 1:00 Bridge Lessons 1:30 Cornhole Men 2:45 Cornhole Women 3:00 SHINE	15 8:45 Strength Training 9:00 Reflexology 10:00 Walking Club 10:00 Where to Next?? 12:30 Mah Jongg 12:30 Darts 1:00 Hearing Health 2:00 Basketball Free Throw 4:30 Along Blue Hill Ave	16 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 1:00 Low Vision 1:30 Outdoor Zumba 12:30 SENIOR PROM	17 9:00 2 Mile Walk 9:45 Standing Long Jump 9:45 Softball Throw
20 The Senior Center is closed in observance of the Juneteenth Federal Holiday.	21 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 1:00 Scrabble Trnmnt 1:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE 3:30 1 Mile Walk	22 8:45 Strength Training 10:00 Walking Club 10:15 Discover Club 10:30 Songs of the 1960s 12:30 Beginner Mah Jongg 12:30 Mah Jongg 12:00 Men's BBQ 1:00 Hearing Health 1:00 Lunch -Conrad's 2:00 Nursing Home 3:30 Diana of Love	23 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 12:30 Closing Ceremonies 3:00 COA/HS Adv. Board	24 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage
27 9:00 Rep Barrows 9:15 Chair Yoga 11:30 Inter. Ukulele 11:45 3 Planes of Motion 1:00 Knitting 1:00 Scrabble 2:00 Nutrition 1 on 1 Consultations	28 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 3:00 SHINE	29 8:45 Strength Training 10:00 Walking Club 10:15 Discovery Club 12:00 FFD BBQ 12:30 Beginner Mah Jongg 12:30 Mah Jongg 1:00 Hearing Health 4:00 Senior Supper	30 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 1:00 Movie- Cool Runnings 1:30 Outdoor Zumba	

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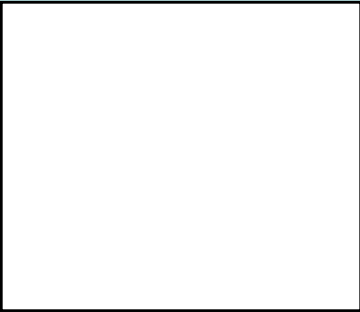
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HOURS

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	



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