

Issue 37 | July 2022



G E M



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

26 NEW PROGRAMS

JULY 2022

- 3-5 Social Programs
- 6 Trips
- 7-8 Wellness Programs
- 9 Human Services
- 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



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★ ★ ★ ★ ★
ROB CANFIELD
 SCHOOL COMMITTEE

ELECTION DAY MONDAY, MAY 2

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



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.

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Edward Jones



Brian E Smith, CFP®, AAMS®
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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, July 5 | 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.

BOOK CLUB

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

This program, lead by Boyden Library Director Libby O'Neill is designed for those 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 July 27 | 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.

COA/HS ADVISORY BOARD MEETING

Resumes in Sept | 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

Resumes in Sept | 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.

SING! THE GREATEST SONGS OF THE 1960S

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

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

Returns October 3 | 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.

AMERICA THE BEAUTIFUL

Tuesdays | 10:30am-12:30am | FREE!

Witness the wildlife of North America as you've never seen it before. This new National Geographic streaming series will explore the regions of America in depth.

7/5— Land of Heroes 7/12—Waterland 7/19— Northland
7/26—Wild West 8/2— Heartland 8/9—Brave New World



ONLINE REGISTRATION TUTORIAL

Wednesday, July 6 OR 20 | 2:00pm | 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.

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)

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!!!



SOCIAL PROGRAMS

VETERANS' CLUB

Monday, July 18 | 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.

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.

LEARN TO READ MUSIC

Wednesdays June 29-July 13 | 10:00am-10:45am | FREE!

Have you ever wanted to be able to read music (or brush up on what you already know)? Here's your chance. Jeanne Bonneau will be teaching 3 sessions during which you will learn about note and rest values, names of notes on the staff, music terms and symbols.

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.

HORS D'OEUVRES AND ILLUSIONS

Wednesday, August 24 | Hors D'Oeuvres- 2:45 Performance - 3:30pm | \$4

From the grand stages of New York City's Lincoln Center to the glitter of Hollywood, Lyn Dillies has captivated audiences of all ages with her spellbinding powers of prestidigitation. She has been hailed as the finest female magician in the land as well as one of America's top illusionists receiving the Merlin Award for Female Illusionist of The Year from the International Magician's Society and the prestigious Millbourne Christopher Award from the Society of American Magicians. Lyn's show is filled with eye-defying illusions, audience participation, and the most magical of all, the enchanting personality of Lyn Dillies.

Please join us for Hors D'Oeuvres outside under the tent prior to the performance.

NEW



FOXBOROUGH SENIOR CENTER

NEW

Aloha! Summer's End Luau

August 31st | 4:00pm

\$5

APPETIZERS
Macaroni Salad, Edamame Salad, &
Hawaiian Rolls

ENTREES
(Choose One)
Hawaiian Pulled Pork
OR Teriyaki Salmon

ENJOY THE MUSIC OF THE ISLANDS
WHILE DINING WITH FRIENDS.
GUESTS ARE ENCOURAGED TO DRESS
IN "ALOHA CASUAL" ATTIRE.

NEW

1 ON 1 TECH SUPPORT

Mondays starting July 11 | 10:30am-12:30am | FREE!

During this 1 on 1 individualized tech support appointment you will be able to get answers relating to phones, tablets, or computers. Examples include troubleshooting, setting up a device, and other "how to" questions.

REP JAY BARROWS' OFFICE HOURS

Monday, July 25 | 9am-10am | FREE!

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

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!

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.

NEW

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.

NEW

SEMRECC TOUR

Wednesday, July 27 | 1:45pm | FREE!

The Southeaster Massachusetts Regional Emergency Communications Center opened last years and it is the regional 911 dispatch center. This tour is returning due to popular demand. 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 1:45pm



LUNCHEON OUTINGS

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

MEN'S BBQ

Wednesday, July 28 | 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

July 6– Chicken salad on a roll

July 13– Turkey & cheese on a croissant

July 20– Seafood salad on a roll

July 27– Ham & Cheese on a roll

SENIOR SUPPER

Wednesday, July 27 | 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.

July's Meal– Finger Sandwiches and Pasta Salad

CAPE COD PEN PAL

Friday, August 19 | 12:30pm | FREE!

We have partnered with the Barnstable Adult Community Center (Senior Center) to link seniors from Foxborough and Barnstable through a Pen Pal program. Participants will exchange letters throughout the Fall and in December we will travel as a group to meet our pen pals for lunch in Barnstable. In order to coordinate this program participants must sign up before August 19th

NEW

COMMUTER RAIL AS A GROUP

Wednesday, August 17 | 10:23am | Pricing varies

The Commuter Rail is once again offering daily service from Foxborough to Back Bay and South Station. We will meet at the MBTA Commuter Rail Station at Gillette Stadium around 10:00 and together we will board the train bound for Boston which you will traverse on your own. The last train bound for Foxborough will leave at 3:39 from South Station.

NEW

CLAM CHOWDER DAY

Wednesday, July 13 | 4:30pm | FREE!

Enjoy this New England summer time staple, Clam Chowder with Friends.

NEW

YOU'RE INVITED TO AN



NEW

Ice Cream Party

JULY 6 2022 | 4 :30PM | FREE

SPONSORED BY UNITED HEALTHCARE

HUMAN SERVICES

HUMAN SERVICES offers social services to any Foxborough resident in need. Our goal is to support individuals and families in resolving problems that they may face. Please call 508-543-1234 to make an appointment with one of Social Workers

COMMUNITY RESOURCES

Emergency Management Database Mass Health E-Readers
Prescription Advantage Lifeline Phones Benefit Access
Housing Recertification GATRA Applications Info & Referrals
Home Visits Operation Reassurance Fuel Assistance SNAP

LOW VISION SUPPORT GROUP

Thursday, July 21 | 1:00pm-2:00pm | FREE!
This adult group providing peer support and information is for anyone with vision loss or those who have concerns about their vision.

PERSONAL EMERGENCY RESPONSE SYSTEMS

With a simple push of a button, you can quickly be connected to emergency personnel when needed. We have information on a variety of PERS systems as well as programs which can help these systems become affordable to you.

LOCK BOX SAFETY PROGRAM

Through a cooperative program with the Foxborough Fire & Rescue Department, lock boxes are available to Foxborough residents to be installed on the exterior of your home for use in the event of an emergency. The small, secure lock box will hold a key to your residence that only Foxborough Fire & Rescue emergency personnel can access, allowing emergency access to your home when you are unable to answer the door. For more information please contact Pam McGuire

EMERGENCY MANAGEMENT DATABASE

If you feel at risk in the event of an emergency situation or power outage due to special needs, you can participate in our Emergency Management Database. By filling out our intake form, your special requirements for assistance can be shared with Public Safety officials for the purpose of assisting you and your household in care and comfort during an emergency.

OPERATION REASSURANCE

There may be times when seniors who live on their own feel the need and would take comfort in a morning check-in call. Through Operation Reassurance, older adults speak daily with a staff member to make sure that they are safe and sound.

SOCIAL WORK CHECK UP

SNAP

Is money tight these days? Please consider applying for SNAP. If your gross income is”
\$2265 per month or less, as an individual
\$3052 per month or less, as a couple or a family of 2
\$3839 per month or less, as a family of 3
\$4625 per month or less, as a family of 4
\$5412 per month or less, as a family of 5
SNAP stands for the Supplemental Nutrition Assistance Program and provides individuals and families with extra money to purchase fresh health family foods at supermarkets, convenience stores and some farmers markets. Benefits are based on household income and expenses.

HEATING ASSISTANCE

Last season the yearly gross income limits were:
\$39,105 per year or less, as an individual
\$51,137 per year or less, as a couple or a family of 2
\$63,169 per year or less, as a family of 3
\$75,201 per year or less, as a family of 4
\$87,237 per year or less, as a family of 5
There may be help for folks with slightly higher incomes through the Good Neighbor Energy Fund

HIGH PRESCRIPTION DRUG COSTS

Prescription Advantages is a state assistance program with may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on income only and there is no asset limit.

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

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

Returns in Sept | 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!



3 PLANES OF MOTION

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

OR

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, July 7– August 18 | 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.

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.

RAPID SOS

Wednesday, July 13 | 2:00pm | FREE!

Did you know that if you had to call 911 there is a way to share all of your pertinent medical information immediately? In this program Lindsay Mitchell, SEMRECC Training Section Chief, will teach you about RAPID SOS and how you can benefit from the use of this service.

SENIOR WATER AEROBICS

Fridays, starting July 8 | 11:00am-12:00pm | FREE!

This complete water fitness class will consist of a warm up, aerobic activity, cool down, muscle toning and flexibility segments. Classes may take place in shallow water, deep water or a combination. **This class will take place at the CRRA Pool on Mill Street.** The pool has just completed a major renovation which included accessibility items and a new pool heater. Lifeguards will be on duty. *This class is only open to Foxborough Residents aged 60+.*

UNITED HEALTHCARE OFFICE HOURS

Mondays | 8:30am-10:30m | FREE

Local Foxborough resident, Kevin Goscial, who works for United Healthcare will be available for office hours to help answer general questions regarding Medicare for the senior community. No appointment necessary, drop ins encouraged.



WELLNESS PROGRAMS

BLOOD PRESSURE

Tuesday, July 12 & 26 | 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.

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).

PODIATRY CLINIC

Friday, July 1 | 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.

1 ON 1 NUTRITION CONSULTATION

Friday, July 8 | 10:00am-12:00pm | 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 Friday.



MOVIES

July's Theme— Sport Movies

HOME TEAM (2022)

Thursday, July 7 | 1:00pm | FREE!

Suspended NFL Coach Sean Payton (Kevin James) hopes to reconnect with his son by coaching his hapless youth football team in this comedy based upon a true story .

42 (2013)

Thursday, July 14 | 1:00pm | FREE!

Baseball icon Jackie Robinson (Chadwick Boseman) contends with racism on and off the field when he becomes the first Black Major League Baseball player of the modern era.

WE ARE MARSHALL (2006)

Thursday, July 21 | 1:00pm | FREE!

After a devastating tragedy decimates a college football program, a new coach (Matthew McConaughey) and several players attempt to rebuild the team despite opposition

HUSTLE (2022)

Thursday, July 28 | 1:00pm | FREE!

When a down-on-his-luck basketball scout finds a potential superstar in Spain, he sets out to prove they both have what it takes to make it in the NBA. *This movie is rated R, however we are showing this film due to numerous requests*

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

REFLEXOLOGY

Friday, September 16 | 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.



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 20 | 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



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 |
|---|--|---|---|--|
| | | | | 3 8:45 Senior Fitness 8:30 Podiatry Clinic 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage |
| | 5 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 America the Beautiful 1:00 Bridge Lessons 1:30 Bingo 2:00 Talespinners 3:00 SHINE | 6 8:45 Strength Training 10:00 Walking Club 10:00 Learning to Read Music 10:15 Discovery Club 12:30 Mah Jongg 1:00 Hearing Health 2:00 Online Registration 4:30 Ice Cream Party | 7 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- Home Team 1:30 Outdoor Zumba | 8 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:00 Nutrition 1 on 1 Consultations 10:30 Yoga 10:45 Cribbage 11:00 Water Aerobics |
| 11 8:30 United Healthcare 9:15 Chair Yoga 10:30 Tech Support 11:45 3 Planes of Motion 1:00 Scrabble 1:00 Knitting 2:00 | 12 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 America the Beautiful 1:00 Bridge Lessons 3:00 SHINE | 13 8:45 Strength Training 9:00 Reflexology 10:00 Walking Club 10:00 Learning to Read Music 12:30 Mah Jongg 1:00 Hearing Health 2:00 Rapid SOS 4:30 Clam Chowder | 14 CAPE COD CANAL TRIP 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 1:00 Movie- 42 1:30 Outdoor Zumba | 15 8:45 Senior Fitness 9:00 Early Beginner 9:00 Reflexology Mah Jongg 10:30 Yoga 10:45 Cribbage 11:00 Water Aerobics |
| 18 8:30 United Healthcare 9:15 Chair Yoga 10:30 Tech Support 11:00 Book Club 11:45 3 Planes of Motion 1:00 Knitting 1:00 Scrabble 2:30 Veterans Club | 19 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 America the Beautiful 1:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE | 20 8:45 Strength Training 10:00 Walking Club 10:15 Discovery 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 Online Registration 4:30 National Hot Dog Day | 21 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 1:00 Low Vision 1:00 Movie- We Are Marshall | 22 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage 11:00 Water Aerobics |
| 25 8:30 United Healthcare 9:00 Rep Barrows 9:15 Chair Yoga 10:30 Tech Support 11:45 3 Planes of Motion 1:00 Knitting 1:00 Scrabble | 26 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 America the Beautiful 1:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE | 27 8:45 Strength Training 10:00 Walking Club 10:15 Discovery Club 12:00 Q/A- Town Manager 12:30 Beginner Mah Jongg 12:30 Mah Jongg 1:00 Hearing Health 2:00 SEMRECC Tour 4:00 Senior Supper | 28 9:00 3 Planes of Motion 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 12:00 Men's BBQ 1:00 Movie- Hustle 1:30 Outdoor Zumba | 29 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage 11:00 Water Aerobics |

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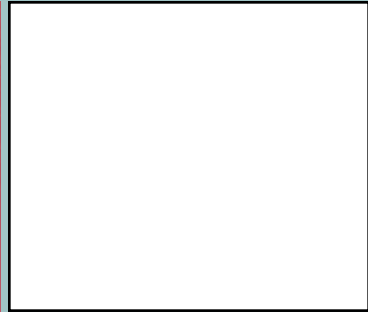
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CONTACT INFORMATION

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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 | Marsha Lewicke |
| Helen Olsen— Vice Chair | Janet O'Neil |
| Ann Alibrandi | Betty Reilly |
| Jeanne Foster | Elaine Repoff |
| Lloyd Gibbs | |

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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