

2011 APRIL

Uxbridge Senior Center Programs & Events & Lunch Menu

36 South Main Street

Marsha Petrillo – Director – 278-8622

Susan White – Administrative Assistant – 278-8622

Peter Weager – Van Driver

Meg Walsh – Outreach Coordinator – 278-8638

Beverly Clark – Tri Valley Nutrition Site Manager – 278-7609

Lunch pick up begins at 10:30 am each day.

Call Bev to reserve your lunch 48 hours in advance @ 278-7609

Call the Center for transportation to and from lunch and for medical rides at 278-8622.

1st

Friday

11:30 AM – Today's Lunch: Macaroni & Cheese

Join us for this musical luncheon with our friend, Richard Colohan, on keyboard today!

Reminder! Computer classes have moved to Mondays 3-4 PM

12:45 PM FREE! AARP Tax Preparation Help. Call 278-8622 to make an appointment. Ask us if you qualify for the Circuit Breaker Tax Credit.

4th

Monday

11:30 AM – Today's Lunch: Beef & Broccoli

11:30 Am – Join us today for a Popular Seminar entitled "Health Plan Options for People with Medicare" offered by Blue Cross Blue Shield of MA, the presentation includes an explanation of Medicare, including the Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand. A question and answer session will follow.

All are welcome regardless of your insurance coverage.

Call us @ 278-8622 48 hours prior to order your lunch!

NEW DAY! 3-4 PM Computer Classes – Our

Instructors will help you see a whole new world

Through the eyes of the Internet. Want to learn

How to e-mail friends & family, or where monarch

Butterflies migrate? Come to the Uxbridge Senior

Center for computer classes each Monday. Classes

are offered free of charge. We are now wireless!

Bring your own laptop and receive personal

instruction on your computer! Call 278-8622

to enroll in this free educational program.

5th

Tuesday

2:00 PM NEW TIME for Grocery Shopping @ Hannaford's

Call 278-8622 for a ride

11:30 AM – Today's Lunch: Honey glazed pork

1:30 PM – Card games – Dealer's Choice - All are welcome!

6th

Wednesday

11:30 AM - Today's Lunch: Meatballs with Onion Gravy

7th

Thursday

11:30 AM – Today's Lunch: Apricot Chicken

8th

Friday

11:30 AM – Today's Lunch: Crumb Topped Fish

Join us with our friend, Richard Colohan, on keyboard!

Call Bev at 278-7609 for your meal reservation.

Free! AARP Tax Preparation today. Call us at 278-8622 to

See if you qualify for the \$970 Circuit Breaker Tax Credit.

Reminder! Computer Classes have moved to Mondays @ 3PM!

Hope to see you there!

11th

Monday

11:30 AM - Today's Lunch: Penne w/chicken & broccoli

11:30 AM – ***Join Us for a Very Special Lunch n Learn with***

Michelle Ellicks, Community Outreach Coordinator from the

Massachusetts Registry of Motor Vehicles for a program entitled, “Be a Road Scholar.” Ms.

Ellicks will discuss issues facing senior drivers, the Commonwealth's rules of the road, recent changes that have taken place at the RMV, as well as the warning signs of unsafe driving. She

will also share the requirements to apply for a handicap placard or plate as well as a

Massachusetts identification card; the most recent research concerning mature drivers and

alternative forms of transportation. Learn what's available in your community. Portions of the

program have been featured on WCVB-TV's “Chronicle” as well as in the Boston Globe, Patriot

Ledger, and Springfield Union News. In July 2000, the program received the Outstanding Public

Service Safety Award by the American Association of Motor Vehicle Administrators.

Call 278-8622 - 48 hours in advance to register for this program

and 278-7609 to order your meal.

NEW DAY: Computer Classes 3-4 pm today. Bring a friend!
Our instructors will help you see a whole new world through
The eyes of the Internet! Learn more about your health, new
health care legislation, and much more.

12th

Tuesday

8:30 AM Grocery Shopping @ Hannaford's

Call 278-8622 for a ride

11:30 AM – Today's Lunch: Italian Braised Beef

1:30 PM Card games today. All are welcome!

4:00 PM COA Board Meeting

13th

Wednesday

11:30 AM - Today's Lunch: Hot Dog, baked beans, coleslaw

Call 278-7609 for meal reservations.

1:30 PM – Senior Club Today! Bingo to follow

Meeting. Senior Club is open to interested individuals

55 yrs+-. Call Shirley at 508-266-0659 to

learn more about this fun-filled group.

14th

Thursday

11:30 Today's Lunch: Spaghetti & Meatballs

Musical Luncheon with Richard Colahan on keyboard!

12:30 PM New Time! WalMart Shopping today.

Pick up for WalMart begins @ 12:30 after lunch.

Call us to register @ 278-8622. First come First served.

2:30 PM PageTurners with Jane Granatino, Library Director

If you like to talk about books, good and bad, join us. Share

some of your favorite reads, talk about what makes a classic

and discover new authors this book discussion is for You!

New members are always welcome, just stop by!

3:30-4:30 PM Yoga Classes Today – Marilyn Jones,

Certified Yoga Instructor, will guide you through an

Hour of stretching and strengthening while sitting in

A chair. This is a great choice for those who are stiff

with arthritis, limited physical strength and stamina,

or those building up to a different level of exercise.

Our classes are offered free of charge. Donations are

Accepted. No registration necessary. Join Us!

15th

Friday

11:30 AM Today's Lunch: Cheese & Spinach Omelet

Join us for lunch with our friend, Richard Colohan on his keyboard!

12:45 PM Last Day for FREE! AARP Tax Preparation Help.

Ask us if you qualify for the Circuit Breaker Tax Credit.

18th

Monday

Patriots Day

Senior Center Closed

No Computer Classes today!

No meals served. Have a happy holiday!

19th

Tuesday

8:30 AM - Grocery Shopping today at Hannafords!

11:30AM – Today's Lunch: Pasta Primavera w/chicken

11:30-12:30 Free Blood Pressure & Vital Signs today. Sponsored by the Greater Milford VNA & your local Board of Health.

All residents are welcome – first come - first served.

1:30 PM – Card Games Today – Dealer's Choice

All are welcome to join in at any time. Bring a Friend!

20th

Wednesday

11:30 AM - Today's Lunch: Orange Beef w/brown rice

21st

Thursday

11:30 – Today's Lunch: Ham dinner

3:30-4:30 Yoga

22nd

Friday

11:30- Today's lunch: Salmon Boat

25th

Monday

11:30 Today's Lunch: Turkey ala King

3-4PM Computer Classes today.
All are welcome. Classes are small and
Geared to your personal needs. Join Us!

26th

Tuesday

8:30 AM Grocery Shopping today at Hannafords!
11:30AM – Today's Lunch: Veal Marsala
1:30 PM – Card Games Today – Dealer's Choice
All are welcome to join in at any time. Bring a
Friend!

27th

Wednesday

11:30 AM - Today's Lunch: Buttermilk Chicken
1:30 PM Senior Club – Bingo to follow
business meeting. Senior club is open to
individuals 55++ and dues is only \$10 per
year. Call Shirley at 508-266-0659 to learn
how you can join this fun club.

28th

Thursday

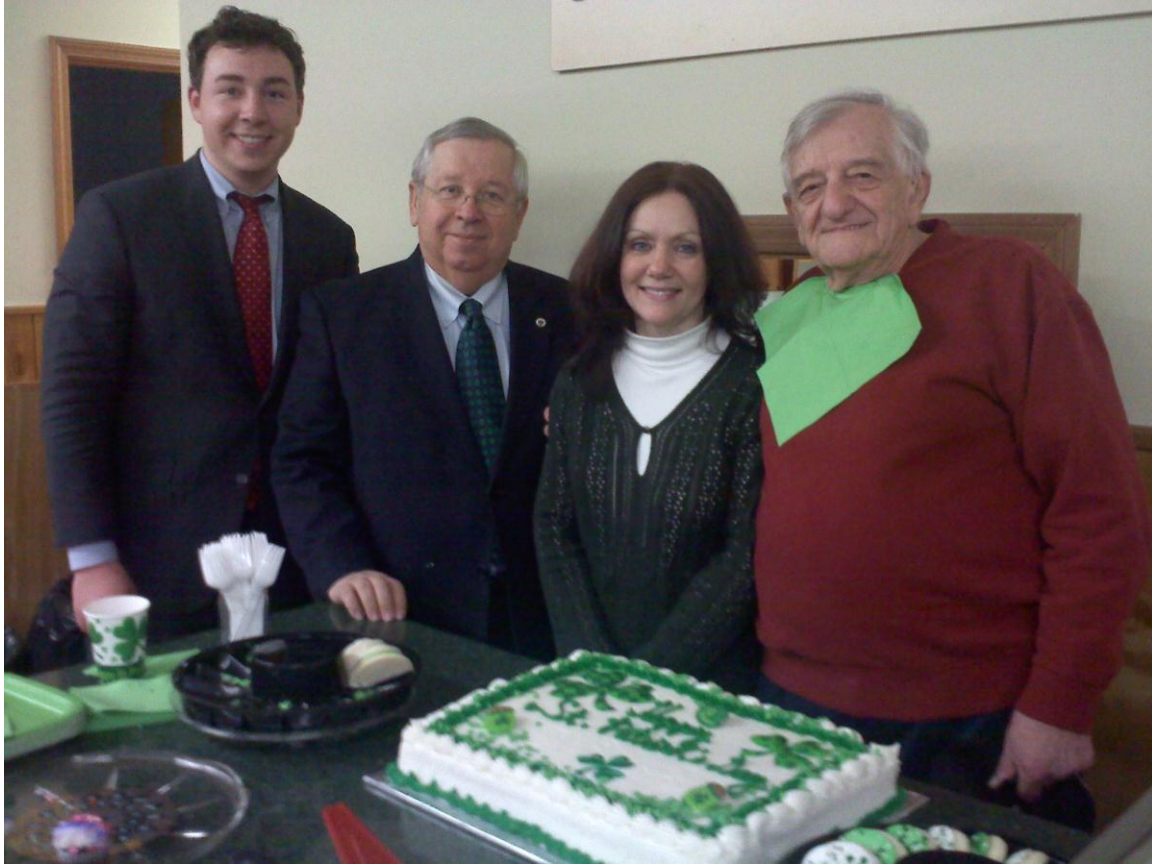
11:30 – Today's Lunch: Potato Crunch Fish
3:30-4:30 Yoga

29th

Friday

11:30 AM Today's Lunch (in house): Shepherd's Pie
Special Luncheon Trip to the Old Mill in
Westminister. Pick up begins @ 10:30 am
Trip is limited – first come first served. If you are
Interested in joining us for this special trip, please
Call 278-8622 today to register. Hope to see you!

SEE 2 PICS ON NEXT PG FOR YOUR CONSIDERATION↓



The Uxbridge Senior Center and the Uxbridge Library Trustees held a special program entitled “ Celebrating Ireland” embracing Irish history and culture in Story and Song on March 3rd at the Senior Center. Pictured here are State Rep., Ryan Fattman, Senator Richard T. Moore, Jane Granatino, Uxbridge Library Director and Joseph DeMare, Uxbridge resident and friend of the Uxbridge Senior Center. We are indebted to the Uxbridge Library Trustees, Senator Moore, Rep. Fattman and Rep. Kuros for their generous donations to help fund this well-attended community event. Special thanks to Mike Richardson, Hannaford Store Manager, for the delicious St. Patrick’s Day cake!



Connie Meletti, Uxbridge resident and long-time friend of the Senior Center, expresses her love of Irish culture by dressing the part at a recent, fun-filled St. Patrick's Day luncheon.