

2011 JUNE

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

DON'T FORGET!

UXBRIDGE SENIOR CENTER GOLF OUTING, JUNE 11.

Annual fundraiser for the Senior Center

REGISTER NOW! Call 278-8622

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

Wednesday

11:30 AM – Today's Lunch: American Cop Suey, Peas

Pineapple crisp

2nd

Thursday

11:30 AM – Today's Lunch: Chicken Fricassee, Vegetable

Couscous, Broccoli and fresh fruit.

Musical Luncheon with Richard Colahan on keyboard!

3:30-4:30 - Join us for yoga class

3rd

Friday

11:30 AM - Today's Lunch: Lemon Pepper Fish, O'Brien

Potatoes, Tuscany vegetables and Pistachio Pudding.

Musical Luncheon with Richard Colahan on keyboard!

6th

Monday

11:30 AM – Today's Lunch: Sweet and Sour Chicken,
White Rice, Broccoli, Chocolate Chip Cookie.
3:00-4:00 pm - LAST Day for Computer Classes. Classes
will resume in September.

7th

Tuesday

8:30 AM Grocery Shopping @ Hannaford's
Call 278-8622 for a ride
11:30 AM – Today's Lunch: Liver and Onions,
Mashed Potatoes, Roman Veggies, Vanilla Pudding.
1:30 PM - Card games today. All are welcome!

8th

Wednesday

11:30 AM - Today's Lunch: Clam Chowder,
Potato Crunch Fish, Mixed Vegetables and
Mandarin Oranges.
1:30pm – Senior Club. All are welcome.

9th

Thursday

11:30 AM – Today's Lunch: Swedish Meatballs,
Egg Noodles, Green Beans and Pineapple.
Musical Luncheon with Richard Colahan on keyboard!
12:30pm – Pick up begins for Walmart shopping
Call 278-8622 to register, 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!
3:30-4:30pm – Yoga class

10th

Friday

11:30 AM - Today's Lunch: Hot Dogs, Baked Beans,
Coleslaw and Baked apple.
Musical Luncheon with Richard Colahan on keyboard!

11th

Saturday

Sixth Annual Uxbridge Senior Center Golf Outing.

Join us at the Crystal Lake Golf Course in Mapleville, RI for a fun day of golf, a great buffet and raffles. Register early by contacting Peter DiBattista at 508-234-5666, or the Senior Center at 278-8622. Sign up for a full sponsorship for \$650, a team of four for \$500 or an individual for \$125.

Attend buffet only for \$25 per person.

Money raised from this event held by the Uxbridge Elderly Connection benefits the Uxbridge Senior Center and all of the Seniors in Uxbridge.

13th

Monday

11:30 AM - Today's Lunch: Veal Bourguignon, Red Bliss Potatoes, Spinach and Lemon Grahams.

14th

Tuesday

8:30am – Pick-up for grocery shopping at Hannaford's

11:30am – 12:30 - Today's Lunch: Yankee Chicken Pie, Carrots, Baked Apples.

Lunch and Learn – Carol Fitzgerald will be here to talk about circular designs called Mandala's. For centuries these beautiful designs have been colored in and used to increase concentration and meditation. Join Carol to relax and color one for yourself. A question and answer session will follow.

1:30pm – Card Games – All are welcome.

4:00 Pm – COA board meeting – this is the yearly mandated reorganization meeting.

15th

Wednesday

11:30AM – Today's Lunch: Meatballs with Onion Gravy and Garlic Mashed Potatoes, California Veggies and a Brownie.

2:00pm – Gail Trubow, a Fallon Healthcare Representative will be here to answer any questions you have about your Medicare and Fallon Health Insurance.

16th

Thursday

11:30 AM - Today's Lunch: Chicken Murphy, Seasoned Potatoes, Brussels Sprouts and Fresh Fruit.

Richard Colohan will entertain on the keyboard.

12:30 – Pick-up begins for Walmart shopping. Call 278-8622 to reserve a seat , first come, first served.

3:30-4:30pm – Yoga class- 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!

17th

Friday

11:30 – Today's Lunch: Salmon Boat, Wild Rice, Peas and Onions and Mandarin Oranges

Richard Colohan will entertain on the keyboard.

20th

Monday

11:30- Today's lunch: Pork and Peach Chutney, Herbed Potatoes, Summer Veggies and Tapioca Pudding

21st

Tuesday

8:30 AM - Grocery Shopping today at Hannafords
11:30 - Today's Lunch: Fish Cacciatore, Rice Pilaf,
Broccoli and Peaches.
1:30pm – Card Games – All are welcome.

22nd

Wednesday

11:30AM – Today's Lunch: Chicken Chow Mein, Brown Rice,
Oriental Vegetables, and Fresh Orange.
1:30pm – Senior Club, all are welcome.
This will be the last Senior Club meeting for the summer.
Senior Club will resume in September.

23rd

Thursday

11:30AM – Today's Lunch – Veg. Lentil Soup, Macaroni and
Cheese, Stewed Tomatoes, Green Beans and Applesauce.
Richard Colohan will entertain on the keyboard.
12:30pm – Pick-up begins for Walmart shopping. Space is
limited. Call 278-8622 to reserve your seat, first come, first served.
3:30-4:30pm – Yoga class with Marilyn Jones. All are welcome.

24th

Friday

8:30 am – Trip to Foxwoods, pick-up begins at 8:30am.
14 seats available so call 278-8622 early to reserve your seat.
First come, First served. Bus will return to Uxbridge at 4:00pm.
Bus is free but bring money for lunch, gaming and shopping.
11:30 – Today's Lunch (in house): Beef Stew, Corn, Pineapple
and Cream Cheese Salad and Cookies.
Richard Colohan will entertain on the keyboard.

27th

Monday

11:30 AM Today's Lunch: Beef and Broccoli, Seasoned Rice,
Carrots Mixed Fruit.

28th

Tuesday

8:30am – Grocery Shopping @ Hannaford's

11:30 – Today's Lunch: Cheese and Spinach Omelet, O'Brien Potatoes, Mixed Vegetables and Birthday Cake.

1:30pm – Card Games – All are welcome.

29th

Wednesday

11:30 – Today's Lunch – Honey Glazed Pork, Red Bliss Potatoes, Scandanavian Veggies, Bread Pudding

30th

Thursday

11:30 – Today's Lunch: BBQ Chicken, Potato Salad, Summer Corn Salad and Watermelon.

Richard Colohan will entertain on the keyboard.

12:30pm – Pick-up begins for Walmart Shopping. Fisrt come, First served, call 278-8622 to reserve your seat.

3:30-4:30pm – Yoga class with Marilyn Jones. All are welcome.

DON'T FORGET! Our annual Golf Tournament on June 11, 2011 at Crystal Lake, Harrisville, RI
Call the Senior Center at 278-8622 to register for this fun filled fundraiser.