

2011 AUGUST

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.

REMINDER – The Uxbridge Senior Center is air conditioned! If your home is not air conditioned and you are getting uncomfortable please come to the Senior Center and cool-off. We are open Monday through Friday from 9am to 4pm.

The Uxbridge Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9am-4pm.

Senior Club, COA and Elderly Connection meetings will resume in September.

1st

Monday

11:30 AM – Today's Lunch: Pork with apples, Vegetable Pilaf, Green Beans and Mandarin Oranges.

2nd

Tuesday

8:30am – Pick-up begins for grocery shopping

at Hannaford's. Call 508-278-8622 to arrange pick-up.

10:00am – Private computer classes- Ben, our young volunteer, will do private computer classes geared to the individuals needs.

Call the Senior Center at 278-8622 to register for a class.

11:30 – Today's Lunch – Buttermilk Chicken, Red Bliss Potatoes, Spinach and Apple Cinnamon Grahams.

3rd

Wednesday

11:30 – Today's Lunch – Burgundy Meatballs, Egg Noodles, Scandinavian Veggies and Pineapple Fruit Crisp

4th

Thursday

11:30 AM – Today's Lunch - Beef and Bean Chili, Brown Rice, Broccoli and Bread Pudding.

Join us with our friend Richard Colahan on the keyboard.

1pm-2pm -New summer hours for Yoga Class! Come and join this class and learn to stretch and relax.

5th

Friday

11:30 AM – Today's Lunch – Potato Crunch Fish, Lemon Potatoes, Mixed Vegetables and Fresh Melon.

Join us with our friend Richard Colahan on the keyboard.

8th

Monday

11:30 AM - Today's Lunch – Herbed Chicken, Couscous, Winter Mixed Vegetable, and Granola Bar.

9th

Tuesday

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

Call 278-8622 to arrange for pick-up.

10:00am – Private computer classes- Ben, our young volunteer, will do private computer classes geared to the individuals needs.

Call the Senior Center at 278-8622 to register for a class.

11:30 AM – Today's Lunch – Italian Braised Beef, Egg Noodles, Broccoli, Fresh Fruit.

10th

Wednesday

11:30 – Today's Lunch – Navy Bean Soup, Salmon Boat with Dill, Garlic Potatoes, Peas and Onions and Mixed Fruit.

11th

Thursday

11:30 AM – Today's Lunch – Pork Stir Fry, Steamed Rice, Brussels Sprouts, and Peaches.

Our friend Richard Colahan will entertain on the keyboard.

12:30pm Pick-up begins for Walmart shopping. Call 278-8622 to arrange for pick-up.

1:00 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!

2:00pm – Yoga class

12th

Friday

11:30 – Today's Lunch – Beef and Cabbage Casserole, Potatoes and Carrots and Pineapple Salad.

Richard Colahan will be here to entertain on the keyboard.

15th

Monday

11:30 AM - Today's Lunch – Lasagna, Roman Blend Veggies, and Baked Apple

16th

Tuesday

8:30am – Pick-up begins for grocery shopping at Hannaford's. Call 278-8622 to arrange for pick-up.

10:00am – Private computer classes- Ben, our young volunteer, will do private computer classes geared to the individuals needs. Call the Senior Center at 278-8622 to register for a class.

11:30am - Today's Lunch – Penne with Chicken and Broccoli, Corn, Tossed Salad and Chocolate Chip Cookie.

17th

Wednesday

11:30AM –Lemon Pepper Fish, Rice Pilaf, Spinach and Fruited

Ambrosia. Call Bev at 278- 7609 to reserve your meal.

18th

Thursday

11:30 AM - Today's Lunch – Beef Stroganoff, Egg Noodles, Jardiniere Vegetables, and Fresh Melon.

Richard Colahan will entertain on the keyboard.

1:00-2:00pm - 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!

19th

Friday

11:30 – Today's Lunch – Honey Chicken, Mashed Sweet Potato, Green Beans and Mandarin Oranges. Our friend Richard Colahan will entertain on the keyboard.

22nd

Monday

11:30 - Today's lunch – Tomato Soup, Fish Sandwich, Wild Rice, Summer Corn and Pineapple Crisp.

23rd

Tuesday

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

Call 278-8622 to arrange for pick-up.

10:00am – Private computer classes- Ben, our young volunteer, will do private computer classes geared to the individuals needs.

Call the Senior Center at 278-8622 to register for a class.

11:30 - Today's Lunch – Rosemary pork, Garlic Mashed Potatoes, Brussels Sprouts, Birthday cake.

24th

Wednesday

11:30 – Today's Lunch – Hot Dog on a Bun, Baked Beans, Coleslaw and Baked Apples.

25th

Thursday

11:30AM – Today's Lunch – Apricot Chicken, Red Bliss Potatoes, California Blend Veggies, and Chocolate Pudding.

Richard Colahan will entertain on the keyboard.

12:30 – Pick-up begins for Walmart shopping. Call to 278-8622 to arrange for pick-up. Space is limited.

1:00-2:00pm – Yoga class with Marilyn Jones. All are welcome.

26th

Friday

11:30 – Today's lunch - Beef Jardinière, Garlic Mashed Potatoes, Honey Glazed Carrots and Fresh Fruit.

Richard Colahan will entertain on the keyboard.

29h

Monday

11:30 AM - Today's Lunch - Swedish Meatballs, Egg Noodles, Green Beans and Mandarin Oranges

30th

Tuesday

8:30am – Pick-up begins for grocery shopping at Hannaford's. Call 278-8622 to arrange for pick-up.

10:00am – Private computer classes- Ben, our young volunteer, will do private computer classes geared to the individuals needs. Call the Senior Center at 278-8622 to register for a class.

11:30 – Today's Lunch – Roast Turkey, Herbed Rice, Peas and Carrots and Fresh Fruit.

31st

Wednesday

11:30 – Today's Lunch – Liver and Onions, Mashed Potatoes, Roman Blend Veggies, and Vanilla Pudding.

