

## 2011 SEPTEMBER

### 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. Please call the Senior Center at 508-278-8622 for dates and time.

COMPUTER CLASSES – Computer classes will resume in late September. Please call 508-278-8622 to enroll, and get further details. Classes are geared to individual needs.

### 1st

#### Thursday

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

Richard Colahan will entertain us on the keyboard.

### 2nd

#### Friday

11:30 – Today's Lunch - Hot Dog on a Bun, Coleslaw, baked beans and Peaches. Enjoy your lunch while listening to Richard Colahan on the Keyboard.

**5<sup>th</sup>**

**Monday LABOR DAY**

Have a great holiday! Senior Center will be closed.

No meals will be served today.

**6<sup>th</sup>**

**Tuesday**

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

Call 278-8622 to arrange for pick-up.

11:30 am – Today's Lunch – Veal Bourguignon, Red Bliss

Potatoes, Spinach and Mixed Fruit. Call 508-278-7609, 48 hours in advance to reserve your meal.

**7<sup>th</sup>**

**Wednesday**

11:30 AM – Lunch and Learn – Join Joan St Andre from the Board of Health for a healthy discussion. She will discuss Eating Healthy and Choosing Healthy Foods. Do you know how to recognize bad food? Do you know how to prevent air borne illness? These are some of the topics that she will discuss.

Today's Lunch: - Yankee Meat Pie, Carrots, and Baked Apple.

Call 508-278-7609, 48 hours in advance to reserve your meal.

**8<sup>th</sup>**

**Thursday**

11:30 AM - Today's Lunch – Meatloaf and Gravy, Garlic Mashed Potatoes, California Blended Veggies, and Fresh Fruit.

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!

**9<sup>th</sup>**

**Friday**

11:30Am – Today's Lunch – Chicken Murphy, Seasoned Potatoes, Brussels Sprouts and Granola Bar. Richard Colahan will entertain on the keyboard.

12th

## Monday

11:30 – Today's Lunch – Pot Roast Stew, Mashed Potatoes, Corn Niblets, and Peaches.

1:00pm – Do you hear better with one ear than the other? Do you find it difficult to follow conversations in a crowded room or noisy restaurant? Steve Senna from Mass. Audiology will be here to do hearing tests. Please call 508-278-8622 to make an appointment for your free screening. This will be first come, first served.

13th

## Tuesday

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

11:30 AM – Today's Lunch – Corn Chowder, Pork and Peach Chutney, Herbed Potatoes, Summer Veggies and Cookie.

4:00PM - Council on Aging Meeting.

14th

## Wednesday

11:30 PM – Fish Cacciatore, Rice Pilaf, Broccoli and Pineapple Cream Cheese Salad.

1:00 PM – Senior Club will resume. Call 278-8622 for details. Everyone is welcome.

15th

## Thursday

11:30 PM – Chicken Chow Mein, Brown Rice, Oriental Vegetables, and Fresh Orange. Enjoy music by Richard Colahan on the keyboard.

16th

## Friday

11:30am - Today's Lunch – Macaroni and Cheese, Stewed Tomatoes, Green Beans and Fruited Jello. Our friend Richard Colahan will entertain on the keyboard.

19th

## Monday

11:30AM –Honey BBQ Chicken, Mashed Potatoes, Country Veggies, and Lemon Grahams. Call Bev at 278- 7609 to reserve your meal.

20th

## Tuesday

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

11:30 AM - Today's Lunch – Beef and Broccoli, Seasoned Rice, Carrots and Mandarin Oranges.

.

21st

## Wednesday

11:30 - This special luncheon will feature the Men's Chorus Group under the direction of Conductor Lee Bartlett.

All are welcome!

Today's Lunch – Cheese Omelet, O'Brien Potatoes, Mixed Veggies and Fresh Melon.

Please call Bev at 508-278-7609 to reserve your meal 48 hours in advance.

22nd

## Thursday

11:30 - Today's lunch – Meatballs and Onion gravy, Egg Noodles, Scandinavian Veggies and Pineapple. Richard Colahan will entertain on the keyboard.

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

23rd

## Friday

Bus trip to Salem Cross Inn in Brookfield and apple picking at Brookfield Orchards. Call the Senior Center at 508-278-8622 to reserve a seat and get further details. First come, first serve! The bus is free, however you must pay for your lunch and shopping. Rain date will be September 30<sup>th</sup>.

11:30 - Today's Lunch (in house)– Baked Fish with crumb topping, vegetable couscous, Spinach and Bread Pudding.

26th

Monday

11:30 – Today's Lunch – Spaghetti and Meatballs, Broccoli, and Apple Crisp.

27th

Tuesday

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

11:30AM – Today's Lunch – Apricot Chicken, Mashed Potatoes, Brussels Sprouts, and Birthday Cake.

28th

Wednesday

11:30 – Today's Lunch - Sweet and Sour Pork, Steamed White Rice, Fall Mixed Vegetables and Fresh Fruit.

1:00pm – Susan Flanagan from Blue Cross Blue Shield will be here to discuss Open Enrollment in Medicare, as well as the new changes in the Medicare Program. Senior Club will meet after the program.

29th

Thursday

11:30 AM - Today's Lunch - Italian Braised Beef, Egg Noodles, Roman Veggies, Fruited Ambrosia. Our friend Richard Colahan will entertain on the keyboard.

30th

Friday

11:30 – Today's Lunch – Vegetable Soup, Penne with Chicken and Broccoli, Corn and Mandarin Oranges. Richard Colahan will entertain on the keyboard.