

## 2011 OCTOBER

### 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.

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 begins at 1:30pm on the October 12 and will continue on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month.

Please call the Senior Center at 508-278-8622 for more information

COMPUTER CLASSES – Computer classes will resume in October. Please call 508-278-8622 to

enroll and get further details. Classes are geared to individual needs.

Council on Aging meets at 4:00pm on the 2<sup>nd</sup> Tuesday of each month. The Elderly Connection meets monthly.

Call the Senior Center at 508-278-8622 for dates and time.

**IMPORTANT NOTICE: The Uxbridge Senior Center will sponsor a Flu Clinic on Monday October 3, 2011, from 1:00-3:00pm for Uxbridge residents 19 and older only. Because of the limited number of doses available, you must call the Senior Center at 508-278-8622 to reserve your vaccine. NO WALK-INS, PLEASE. Please remember to bring your Medicare and insurance cards with you. If you do not have Medicare Part B, you will be charged \$12.**

**This year the Uxbridge Senior Center will also sponsor a Flu Clinic for Uxbridge children ages 6 months to 18 years of age on Tuesday, October 18, 2011, from 4:00-6:00pm. Once again the number of doses is limited so please call the Senior Center at 508-278-8622 to reserve your vaccine. NO WALK-INS, PLEASE. Please remember to bring your insurance card.**

**Uxbridge residents with no insurance may sign up for this clinic and will be given the vaccine after all the children have been served.**

**3rd**

**Monday**

11:30 AM – Today's Lunch - Salmon boat with Dill, mashed potatoes, peas and pearl onions and peaches.

1:00-3:00pm – Flu clinic for Uxbridge residents only. Please call the Senior Center at 278-8622 to reserve your vaccine, no walk-ins please. There is a limited number of vaccines available. Please remember to bring your Medicare and insurance cards with you. If you do not have Medicare Part B you will be charged \$12 .

**4th**

**Tuesday**

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

11:30 – Today's Lunch - Chicken rice soup, honey glazed pork, red bliss potatoes, corn and pepper salad and granola bar.

Join us to celebrate Tri Valley's 27<sup>th</sup> Anniversary. Les Bartlett will conduct the Trinity Symphonette in concert.

Tri Valley is the agency that provides the Meals on Wheels and congregate meal at the Senior Center.

**5th**

**Wednesday**

11:30 – Today's Lunch – Chicken cacciatore, spinach, and brownie. Call 508-278-7609, 48 hours in advance to reserve your meal.

**6th**

**Thursday**

11:30 am – Today's Lunch – Turkey ala king, garlic mashed potatoes, blended vegetables and fresh fruit.

Call 508-278-7609, 48 hours in advance to reserve your meal. Richard Colahan will entertain on the keyboard.

7th

Friday

World Smile Day

11:30 AM – Lunch and Laugh – Comedian David Shikes will be here to entertain and make you smile. Lunch will be Orange beef, brown rice, mixed vegetables and mandarin oranges.  
Call 508-278-7609, 48 hours in advance to reserve your meal.

10th

Monday – Happy Columbus Day!

Senior Center will be closed, no meals will be served.

11th

Tuesday

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

11:30Am – Today's Lunch – Chicken Cantonese, steamed rice, broccoli and fresh fruit.

4:00pm - Council on Aging meeting

12th

Wednesday

11:30 – Today's Lunch – Clam chowder, potato crunch fish, O'brien potatoes, honey glazed carrots and peaches.

1:30pm – Senior club meets. New members always welcome.  
Please call the Senior Center for further details.

13th

Thursday

11:30am – Today's Lunch – Bratwurst and bun, red bliss potatoes, cabbage and carrots and apple cake. 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 – Ed Roth, Regional Director of Shine, will be with us to discuss Medicare and the changes for 2012. Open Enrollment begins earlier this year, on October 15<sup>th</sup>. This is the one time of the year ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

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!

14th

Friday

11:30 PM – Today's Lunch – Veal Marsala, mashed potatoes, garden peas, pear crisp. Enjoy Richard Colahan on the keyboard.

15th

Saturday

Reminder - Open Enrollment begins for Medicare.

17th

Monday

11:30am - Today's Lunch – Lentil soup, Chicken mornay, wild rice, spinach and baked apples.

18th

Tuesday

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

11:30AM –Today's Lunch – Stuffed shells with sauce  
Brussels sprouts, granola bar.

11:30-12:30 – Visiting Nurses Association will be here to do a Blood Pressure Clinic.

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

4:00-6:00pm – Flu Clinic for Uxbridge Children ages 6 month to 18 years of age. Please call the Senior Center at 508-278-8622 to reserve your vaccine, NO WALK-INS PLEASE. Please remember to bring your insurance card. Uxbridge residents who have no insurance may sign up and will receive the vaccine after the children have been served.

19th

Wednesday

11:30 AM - Today's Lunch – Meatloaf and gravy, garlic mashed potatoes, blended vegetables, fresh fruit.

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20th

Thursday

11:30 - Today's Lunch – Lemon pepper fish, vegetable couscous, carrots and chocolate mousse.

Please call 508-278-7609 to reserve your meal 48 hours in advance. Richard Colahan will entertain on the keyboard.

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!

21st

Friday

11:30 - Today's lunch – Pot roast stew, red bliss potatoes, succotash and mixed fruit. Richard Colahan will entertain on the keyboard. Please call 508-278-7609 to reserve your meal 48 hours in advance.

1:00pm - Barbara Lynch from Tufts Health Plan Medicare Preferred will be here to discuss options that seniors with advantage plans have with Tufts. The Tufts plan is available in the Blackstone Valley and will take all Fallon doctors. Please call the Senior Center at 278-8622 for more information.

24th

Monday

11:30 - Today's Lunch – Beef and bean chili, brown rice, broccoli and bread pudding.

25th

Tuesday

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

11:30 – Today's Lunch – Roast turkey with gravy, mashed potatoes, chuck wagon corn, birthday cake.

12:30-1:30pm – Donna Maron will teach us how to make boxes out of old greeting cards. These little boxes are a unique way to give a little gift. Please bring to class: Greeting cards, ruler, scissors and a pencil.

26th

### Wednesday

11:30AM – Today's Lunch – Pork with apples, vegetable pilaf, green beans and mandarin oranges.

1:30pm – Senior club meets. New members always welcome. Please call the Senior Center for further details.

27th

### Thursday

11:30 – Today's Lunch - Mushroom soup, buttermilk chicken, red bliss potatoes, mixed vegetables and fresh fruit.

Join us to hear Richard Colahan on the keyboard.

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

28th

### Friday

8:00am – Foxwoods Bingo and Lunch pick up begins.

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 bingo.

11:30 AM - Today's Lunch (in house) - Meatball burgundy, egg noodles, blended vegetables, pineapple fruit crisp.

Our friend Richard Colahan will entertain on the keyboard.

31st

### Monday

11:30 – Today's Lunch – Beef and cabbage casserole, spinach, carrots and chocolate pudding.