

2011 NOVEMBER

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 2nd and 4th Wednesdays of each month. Please call the Senior Center at 508-278-8622 for more information

COMPUTER CLASSES – Computer classes have started. Please Call the Senior Center at 508-278-8622 to enroll and get further details. Classes are geared to individual needs.

Council on Aging meets at 4:00pm on the 2nd Tuesday of each month. The Elderly Connection meets monthly. Call the Senior Center at 508-278-8622 for dates and time.

RIMINDER – The Senior Center will close at noon on November 23rd and will remain closed on Thursday and Friday, November 24 and 25. No meals will be served on those three days.

1ST

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 - Cr. Of Asparagus soup, salmon boat with dill, garlic mashed potatoes, peas and onions and peaches.

2nd

Wednesday

11:30 – Lunch and Learn – Honey baked chicken, seasoned potatoes, Green beans and an orange. Paul Jackson, Director of Energy Services for the SMOCK Energy Conservation Program will be here to give an overview of the Weatherization and Heating Assistance Program. People with heating assistance may want to attend to hear how they can get assistance with furnace cleaning, repair and possibly replacement.

3rd

Thursday

11:30 – 12:30 - Lunch and Learn – Italian braised beef, egg noodles, winter mixed veggies and granola bar. Come join Rachel Brown of Community Legal Aid (CLA) to hear about the services that CLA can provide for you. Ms. Brown specializes in Elder and Medicare law, among other topics. She will share information about CLA's services, including representation in courts and before administrative agencies with regard to a variety of legal matters such as landlord/tenant disputes, divorces when an elder has been the victim of domestic violence, and denial of Medicare benefits. Ms. Brown's work also includes work with the Medicare Advocacy Project. Questions are welcome!

1:00-2:00 pm – Yoga – New yoga classes have started. Please call the Senior Center at 508-278-8622 for further details.

4th

Friday

11:30 am – Today's Lunch – Pork stir fry, brown rice, Brussels sprouts, and fruit cocktail. Call 508-278-7609, 48 hours in advance to reserve your meal. Richard Colahan will entertain on the keyboard.

7th

Monday

11:30 AM – Today's lunch – Beef stroganoff, mashed potatoes, jardinière vegetables, and fresh fruit. Call 508-278-7609, 48 hours in advance to reserve your meal. 3:00-4:00 pm – Computer classes have resumed at the Senior Center. Please call 508-278-8622 for further details and to

reserve your spot.

8th

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 – Herbed chicken, roasted potatoes,
broccoli and fruited ambrosia.

Council on Aging meets at 4pm.

9th

Wednesday

11:30Am – Today's Lunch – Minestrone soup, lasagna, mixed
veggies and baked apple.

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

10th

Thursday

11:30 – Today's Lunch – Pasta primavera with chicken, corn,
pineapple crisp. Enjoy Richard Colahan on the keyboard

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

1:00-2:00pm – Yoga class, all are welcome to join.

2:00-3:00pm - 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!

11th

Friday

Veterans Day – No meals served

14th

Monday

11:30 PM – Today's Lunch – Apricot chicken, O'Brien potatoes,
spinach and streusel cake. Call 508-278-7609, 48 hours in
advance to reserve your meal.

3:00-4:00 pm – Computer classes have resumed at the Senior
Center. Please call 508-278-8622 for further details and to
reserve your spot.

15th

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 – Beef Jardiniere, vegetable couscous,
corn and mandarin oranges.

16th

Wednesday

11:30am - Today's Lunch – Rosemary pork, sweet potatoes,
Brussels sprouts, and applesauce.

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

17th

Thursday

11:30AM –Today's Lunch - Fish cacciatore, seasoned rice,
California blend veggies, and waffle grahams.

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

Richard Colahan will entertain on the keyboard.

1:00-2:00pm – Yoga class, all are welcome to join. Please call
the Senior Center for more information, 508-278-8622.

18th

Friday

11:30 AM - Today's Lunch Beef barley soup, chicken fricasee,
red bliss potatoes, broccoli and fresh fruit.

Richard Colahan will entertain on the keyboard.

21st

Monday

11:30 - Today's Lunch – Potato crunch fish, rice pilaf, mixed
vegetables, and an orange.

Please call 508-278-7609 to reserve your meal

48 hours in advance.

3:00-4:00 pm – Computer classes have resumed at the Senior
Center. Please call 508-278-8622 for further details and to
reserve your spot.

22nd

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, mashed potatoes, stuffing, honey glazed carrots, and pumpkin pie.

Please call 508-278-7609 to reserve your meal

48 hours in advance. Celebrate Thanksgiving with a turkey dinner and some great Holiday Entertainment!

23rd

Wednesday

Senior Center will close at Noon. No meals served.

No Senior Club.

24th

Thursday - Happy Thanksgiving!

No meals served today

25th

Friday

Senior Center is Closed. No meals served.

28th

Monday

11:30 – Today's Lunch - Chicken rice soup, veal bourguignon, red bliss potatoes, winter mix veggies and mixed fruit.

Please call 508-278-7609 to reserve your meal

48 hours in advance.

3:00-4:00 pm – Computer classes have resumed at the Senior Center. Please call 508-278-8622 for further details and to reserve your spot

29th

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 – Yankee chicken pie, carrots green beans and birthday cake.

30th

Wednesday

11:30 – Today's Lunch – Lemon pepper fish, wild rice, spinach,
and pistachio marshmallow pudding.

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