

2011 DECEMBER

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.

1ST

Thursday

11:30 AM – Today's Lunch and Learn - Meatloaf, gravy, mashed potatoes, California veggies and fresh fruit.

Colleen Massey from Mass Medline will be with us to talk about Medicare and the Prescription Advantage Program. It will be televised on the cable station

1:00 – 2:00pm – Yoga - New yoga classes have started.

Call the Senior Center for further details.

2nd

Friday

11:30 – Today's Lunch – Chicken Murphy, seasoned potatoes, Brussels sprouts and granola bar.

Richard Colahan will entertain on the keyboard.

3rd

Saturday

Uxbridge 1st Night Parade

Visit us at the Senior Center for refreshments and entertainment by the Piano Man, Gary Landgren.

5th

Monday

11:30 – 12:30 – Today's Lunch – Fish, Rice Pilaf, broccoli and pineapple/cream cheese salad.

3:00-4:00pm – Computer classes - Please call 508-278-8622 for further details and to reserve your spot.

6th

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 – Rosemary pork, O'Brien potatoes spinach and fresh fruit.

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

7th

Wednesday

11:30 AM – Today's lunch – Cream of tomato soup, Macaroni and cheese, green beans and mandarin oranges

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

8th

Thursday

11:30AM – Today's Lunch – BBQ chicken, red bliss potatoes, country mix veggies and tapioca pudding.

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!

9th

Friday

8:30am – Mall Christmas Shopping. Please call 508-278-8622 to make reservations, first come first serve because bus space is limited.

Snow date will be Friday the 16th.

11:30Am – Today's Lunch – Beef stew, corn niblets, and pineapple crisp.

Richard Colahan will entertain on the keyboard.

12th

Monday

11:30 – Today's Lunch – Meatballs with onion gravy, mashed potatoes, Brussels sprouts and mixed fruit.

3:00-4:00pm – Computer classes - Please call 508-278-8622 for further details and to reserve your spot.

13th

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 – Vegetable soup, cheese/spinach omelet, O'Brien potatoes, mixed veggies and cinnamon crumb cake.

4:00pm – Council on Aging meeting

14th

Wednesday

11:30 PM – Today's Lunch – Chicken chow mein, brown rice, oriental vegetables and fresh orange.

1:30pm – Senior club meets.

15th

Thursday

11:30am – Today's lunch – Salmon boat with dill sauce, garlic mashed potatoes, green beans and bread pudding.

Richard Colahan will entertain on the keyboard.

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

16th

Friday

11:30am - Today's Lunch – Beef and broccoli, steamed rice, carrots, and pineapple.

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

19th

Monday

11:30AM –Today's Lunch – Italian braised beef, egg noodles, Roman veggies, and fruited ambrosia.

3:00-4:00pm – Computer classes - Please call 508-278-8622 for further details and to reserve your spot.

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 – Chicken supreme, roasted potatoes, succotash, and mandarin oranges. The Whitin Band will perform during lunch. Snow date is Nov. 16th.

11:30am – Blood pressure clinic with the VNA.

21st

Wednesday

11:30 - Today's Lunch – Spaghetti and meatballs, broccoli, and baked apple.

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

2:00pm – Fallon Healthcare will be here to discuss their insurance plan.

22nd

Thursday

11:30 - Today's lunch – Holiday Meal - Pork Roast, apple stuffing, mashed potatoes, peas and pearl onions and chocolate mousse.

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

Richard Colahan will entertain on the keyboard.

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

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

23rd

Friday – Merry Christmas

Senior Center will close at Noon. No meals served.

26th

Monday

Senior Center closed. No meals served.

27th

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 – Fish, Vegetable Couscous, spinach and birthday cake.

28th

Wednesday

11:30 – Today's Lunch - Hot dog, baked beans, coleslaw and fresh fruit.

Please call 508-278-7609 to reserve your meal

48 hours in advance.

1:30pm - Senior club meets.

29th

Thursday

11:30 AM - Today's Lunch – Shepard's pie, brown rice, California veggies, and peaches.

Richard Colahan will entertain on the keyboard.

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

30th

Friday

11:30 – Today's Lunch – Pork bourguignon, sweet potatoes, corn and pepper salad, mandarin oranges.

Please call 508-278-7609 to reserve your meal

48 hours in advance.

