

2012 AUGUST

Uxbridge Senior Center Programs, Events & Lunch Menu

36 South Main Street

Marsha Petrillo – Director – 278-8622

Susan White – Administrative Assistant – 278-8622

Mary Meg Walsh – Outreach Coordinator – 278-8638

Lynne McPherson – Chef – 508-278-8622

Peter Weager – Van Driver

Lunch pick up begins at 10:30 am each day.

Please call the Senior Center at 508-278-8622 to reserve your meal 48 hours in advance and also to arrange for transportation to lunch and for medical appointments.

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

WEDNESDAY IS GAME DAY!

Every Wednesday from 9:30 am to 11:30 am you can join a game of Triominos or Cribbage. Bring a friend and stay for lunch.

You may want to play different games such as checkers, chess or Wii. Get you group together and start some new games. All are welcome.

COMPUTER CLASSES – “SEARCHING THE INTERNET, HOW TO FIND WHAT YOU ARE LOOKING FOR”. Do you have a new Ipad, tablet or Nook but aren't sure about all you can do with it? Bring it to class at 10am on Monday mornings and Gina Petrillo will give you the help you need. Please call the Senior Center at 508-278-8622 to enroll and get further details. Classes are geared to individual needs.

SENIOR CENTER WISH LIST – The Senior Center would greatly appreciate any donations of decaf and regular coffee, sugar and Splenda packets, foam cups, stirrers, cascade for the dishwasher, dish detergent, sponges and all purpose spray cleaner for the tables. These things are not covered in the budget. We thank you very much for your help.

GET OUT OF THE HEAT - Remember that the Senior Center is air Conditioned and open from 9am until 5pm every weekday.

If the temperatures are high and you need to get out of the heat, please come in and cool off.

MEDICAL DRIVER NEEDED: A medical driver is needed for Friday's at the Senior Center. The volunteer position pays a stipend of \$9 per hour. It does not require a special license. If you are patient, flexible, have a good driving record and are looking to help out in your community, please call Marsha Petrillo, Uxbridge Senior Center at 508-278-8622 to learn more about the position.

NaviCare SCO will be at the Senior Center on the first Monday of every month at 2:00pm.

NaviCare SCO is a Senior Care Options program. NaviCare helps you get the most out of your Medicare and MassHealth Standard benefits and offers you extra services that can help you stay healthy at no extra cost to you. You are eligible if you are 65 years old or older, you have Mass Health Standard and you live in Worcester County.

BACK TO BASICS – CANNING VEGETABLES – Tuesday, August 7 from 2-4pm. Peggy Corbett from Lancaster will be here to teach a class on preserving food by canning and freezing fruits and vegetables. She has been teaching this class at Agway and for 4H for years. Peggy is an enthusiastic canner, last year she canned 6000 jars of jelly! The class is open to the public. Cost is \$5.00 at the door.

WELCOME OUR NEW BEREAVEMENT COUNSELOR – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our new bereavement counselor, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment.

1st

Wednesday

9:30 – 11:30am – Game Day – Bring you friends and play triominos or cribbage.

11:30 am - Lunch - Stuffed cabbage, jasmine rice, green beans and sugar free Jell-o.

2nd

Thursday

11:30 am –Lunch – Honey glazed pork, couscous, peas and sugar free pudding.

1:00-2:00pm – Yoga class, all are welcome to join. Fee is \$4 per person.

3rd

Friday

11:30 am –Lunch – baked fish, roasted potatoes, mixed vegetables and peaches and cream.

6th

Monday

10:00am – Computer class

11:30 am –Lunch – tomato soup, grilled cheese sandwich, garden salad and cookies.

2:00pm – Navicare SCO

7th

Tuesday

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

Call 278-8622 to arrange for pick-up.

11:30AM –Lunch – BBQ chicken, potato salad, orzo salad and sugar free pudding.

2:00-4:00pm – Back to Basics, Canning Vegetables – Peggy Corbett from Lancaster will be here to teach a class on preserving food by canning and freezing fruits and vegetables. She has been teaching this class at Agway and for 4H for years. The class is open to the public. Cost is \$5.00 at the door.

8th

Wednesday

9:30 – 11:30am – Game Day – Bring you friends and play triominos or cribbage.

11:30Am – Lunch – Beef stroganoff, egg noodles, broccoli/cauliflower and fresh fruit.

9th

Thursday

11:30 – Lunch – Shepherd's pie, green peas, whole-wheat role and sugar free Jell-o.

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

1:00-2:00pm – Yoga class, all are welcome to join. Fee is \$4 per person.

10th

Friday

11:30 – Lunch – Beef and cornbread pie, rice, corn and ice cream.

13th

Monday

10:00am – Computer class.

11:30 – Lunch – Corn Chowder, finger sandwiches, garden salad and cookies.

14th

Tuesday

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

Call 278-8622 to arrange for pick-up.

11:30am – Lunch – Parmesan chicken, penne pasta with sauce, broccoli and sugar free pies.

2:00-3:00pm – Page Turner 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!

15th

Wednesday

9:30 – 11:30am – Game Day – Bring you friends and play triominos or cribbage.

11:30am – Lunch – Baked macaroni and cheese, steamed carrots and sugar free Jell-o.

16th

Thursday

11:30am - Lunch – Beef stir-fry, jasmine rice, oriental vegetables, and ice cream.

1:00-2:00pm – Yoga class, all are welcome to join. Fee is \$4 per person.

17th

Friday

11:30am – Lunch – Baked fish, rice pilaf, Brussels sprouts, fresh fruit.

20th

Monday

10:00am – Computer class.

11:30 – Lunch – Beef and broccoli, jasmine rice, and ice cream.

21st

Tuesday

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

11:30 - Lunch – American chop suey, peas, whole-wheat roll and sugar free pudding.

22nd

Wednesday

9:30 – 11:30am – Game Day – Bring you friends and play triominos or cribbage.

11:30am –Lunch – Vegetable quiche, garden salad, whole-wheat roll, fresh fruit.

23rd

Thursday

11:30 - Lunch – Mango chicken, couscous, broccoli and sugar free pies.

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

1:00-2:00pm – Yoga class, all are welcome to join. Fee is \$4 per person.

24th

Friday

11:30 – Lunch – Hot dogs, baked beans, coleslaw and sugar free Jell-o.

27th

Monday

10:00am – Computer class.

11:30 –Lunch – Stuffed Shells, spinach, Italian bread and sugar free pudding.

28th

Tuesday

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

11:30 – Lunch – Chicken Marsala, mashed potatoes, broccoli and brownies.

29th

Wednesday

9:30 – 11:30am – Game Day – Bring you friends and play triominos or cribbage.

11:30 AM - Lunch – Hamburger on roll, potato salad, bean salad and sugar free Jell-o.

30th

Thursday

11:30 –Lunch – Join us for fun at an end of summer Luau!

1:00-2:00pm – Yoga class, all are welcome to join. Fee is \$4 per person.

31st

Friday

11:30 am - Lunch – Baked fish, mashed potatoes, mixed vegetables and fresh fruit.