

2012 MARCH

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

Lynne McPherson – Nutritionist/Chef – 508-278-8622

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.

EXCITING NEWS AT THE SENIOR CENTER

Please join us on March 1, 2012 for a new lunch program that will begin at the Senior Center! All meals will be prepared by our own chef Lynne McPherson and served daily in a friendly atmosphere at the Center. Meals will be prepared with fresh ingredients and will meet dietary requirements for healthy bodies.

We are so excited about this new program and will welcome your input on our new meal plans. Please call the Senior Center at 508-278-8622 to reserve your seat 48 hours in advance. All are welcome so please make your reservations early. March menus will be posted on Cable Channel 11 or you can call the Senior Center for information. Starting in April, all menus will again be in local newspapers.

WELCOME LYNNE MCPHERSON TO THE SENIOR CENTER!

We are pleased to welcome Lynne McPherson as chief cook for the Senior Center. She will begin preparing fresh, healthy lunches on March 1, 2012. Lynne is a graduate of the Culinary Arts program at Salter College where she was on the Dean's List. She is Serve Safe Certified and has been a cook for the Cyprian Keyes Golf Club and Golden Pond Assisted Living in Hopkinton.

We are so happy and so lucky to have her on our staff.

Any ideas for fun and games?

Because of our new lunch program we have more time and space to offer new classes and programs. If there is a class that you would be

interested in taking please let us know and we will try to find a teacher.

Would you like to meet here on a regular basis to play a game, such as Wii, dominoes, Mahjong, Triominoes, etc? We will arrange time and space.

COMPUTER CLASSES – “SEARCHING THE INTERNET, HOW TO FIND WHAT YOU ARE LOOKING FOR”.

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.

Reminder – There are still a few appointments left to have your taxes done at the Senior Center. If you are over 65 you can have your taxes done for free. Call 508-278-8622 to make an appointment, first come, first served until the beginning of April.

You may be eligible for the Circuit Breaker tax credit.

Please bring with you: for the Circuit Breaker credit bring a recent tax bill, water and sewer bill, proof of your Social Security number, last year’s tax returns, any W2 forms, any 1099 forms, and the Social Security form SSA that your received.

You can call the Senior Center for more information

SAVE THE DATE! - March 8, 2012 at 7pm the Uxbridge Library and the Senior Center will present “Celebrating Ireland in Story and Song” at the Uxbridge Senior Center. The program will feature step dancers Sarah Finn and Michaela Shanley. Come and enjoy some special songs and dances from Ireland.

Senior Center wish list – The Senior Center would greatly appreciate any donations of paper plates and cups, napkins, plastic silverware decaf coffee and bathroom supplies. These things are not covered in the budget. We thank you very much for your help.

1st

Thursday

11:30 am - Lunch – Home Style chicken, vegetable soup, sandwiches with chips, macaroni salad and cookies.

1:00-2:00 – Yoga class meets. All are welcome to join, fee is \$4 per person.

2nd

Friday

11:30 AM – Lunch – Vegetable lasagne, salad, Italian bread and ice cream with chocolate sauce.

8:30 – 4:00pm - Tax preparation for those with an appointment.

5th

Monday

11:30 – Lunch – Chicken Romano, pasta with marinara sauce, broccoli and fresh fruit.

3:00-4:00pm – Computer Class – Call to reserve your space and learn how to serf the internet

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 –Lunch – Beef stew, steamed carrots, biscuit and diet apple crisp.

2:00-4:00pm – second week for the Massachusetts College of Pharmacy class.

7th

Wednesday

11:30 AM – Lunch – Vegetable quiche, garden salad, whole wheat roll and oatmeal cookie.

8th

Thursday

11:30AM –Lunch – Stuffed shells, creamed spinach, chocolate pudding with whipped cream.

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. Fee is \$4 per person.

7:00pm – St Patrick's Day Celebration – "Celebrating Ireland in Song and Dance" presented by the Uxbridge Public Library and The Uxbridge Senior Center.

Step dancers Sarah Finn and Michaela Shanley will entertain.

All are welcome.

9th

Friday

11:30Am – Lunch – Baked fish with tartar sauce, rice pilaf, mixed vegetables and mandarin oranges.

8:30 – 4:00pm - Tax preparation for those with an appointment.

12th

Monday

11:30 – Lunch – Shepard's pie, fresh green beans, whole wheat roll and fresh fruit.

3:00-4:00pm – Computer Class – Call to reserve your space and learn how to surf the internet.

13th

Tuesday

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

Call 278-8622 to arrange for pick-up.

11:30 – Lunch and Learn – Rosemary pork, roasted potatoes, Brussels sprouts and carrot cake.

Paula Evans from the Massachusetts College of Pharmacy will be here to discuss the changes in Prescription Advantage.

She will also give an update on Medicare and some nutritional tips for diabetics.

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!

4:00pm – Council on Aging meeting

14th

Wednesday

11:30am – Lunch – American chop suey, peas, dinner roll and baked apple.

1:30pm – Senior Club meets. New members always welcome.

Please call the Senior Center for further details.

15th

Thursday

11:30am – Lunch – Beef and broccoli, steamed rice, and diet brownies.

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

16th

Friday

11:30am - Today's Lunch – Baked Macaroni and cheese,
Glazed baked carrots and peach melba.

8:30 – 4:00pm - Tax preparation for those with an appointment.

19th

Monday

8:30am – Podiatry Clinic with Dr. Biancamano. Call the 508-278-8622
48 hours in advance to make an appointment.

11:30AM – Lunch – Beef and cornbread pie, brown rice,
corn and chocolate mousse.

3:00-4:00pm – Computer Class – Call to reserve your space and
learn how to serf the internet.

20th

Tuesday

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

11:30 – Lunch – Chicken marsala, herb roasted potatoes,
mixed vegetables and cookies.

2:00-4:00pm – last week for Massachusetts College of Pharmacy class.

21st

Wednesday

11:30 - Lunch – Tomato soup, grilled cheese sandwich,
garden salad and fresh fruit.

5:00pm – Elderly Connection meeting.

22nd

Thursday

11:30 - Lunch – Meatloaf with gravy, mashed potatoes,
fresh green beans and ice cream with chocolate sauce.

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. Fee is \$4 per person.

23rd

Friday

Pick up begins for lunch at Applebee's. Call 48 hours in advance
to reserve your seat on the bus. Space is limited, first come, first served.

Lunch is on your own.

11:30 – Lunch – Salmon with dill sauce, rice pilaf, broccoli

and peaches.

8:30 – 4:00pm - Tax preparation for those with an appointment.

26th

Monday

11:30 –Lunch – Teriyaki London broil, mashed potatoes, fresh green beans and mandarin oranges.

3:00-4:00pm – Computer Class – Call to reserve your space and learn how to surf the internet.

27th

Tuesday

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

11:30 – Lunch - Chicken fricassee, vegetable couscous, Brussels sprouts and diet tapioca pudding with whipped cream.

28th

Wednesday

11:30 AM - Lunch and Learn –Vegetable Alfredo, mixed vegetables, whole wheat roll and fresh fruit.

Susan Freund from the Greater Milford VNA

will be with us to present a fact filled presentation on Shingles. She will discuss current information and treatment options for this painful condition.

1:30pm – Senior club meets. New members always welcome.

Please call the Senior Center for further details.

29th

Thursday

11:30am – Lunch – Beef and barley soup, sandwiches with chips, garden salad and cookie.

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

30th

Friday

11:30am – Lunch – Seafood casserole, au gratin potatoes, broccoli and birthday cake.

8:30 – 4:00pm - Tax preparation for those with an appointment.

