



Location: 36 South Main St.
 Hours of Operation: M - F 8 AM - 4 PM
 Phone: (508) 278- 8622

THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU



Marsha Petrillo - Director
 Omer Boucher - Transportation
 Gail Boutiette - Outreach Coord.
 Lynne McPherson - Head Chef
 Donna Oncay - Administrative Assist.



Don't judge me. I was born to be Awesome. NOT PERFECT



Announcements and Upcoming Events

CHRISTMAS CELEBRATION

Thursday, December 22 11:30 am – 12:30 PM.
 Please come join us for this special luncheon. We will have musical entertainment and also a special guest appearance! Please be sure to call ahead to reserve your spot for this lunch, as seating is limited.



Tuesday, December 6, 2016 – 7:00 PM. Meet Ann Hood, Author of “The Book That Matters”. The Uxbridge Free Public Library and the Uxbridge Senior Center will be hosting an evening with nationally acclaimed author Ann Hood. Please join us for a wonderful evening with a fantastic, loving, and very talented Lady and help celebrate her birthday. There will be time for questions and answers. Barnes & Noble will be providing books to purchase and book signing. Admission is free and open to the public, however, the program is to benefit the Uxbridge People First Food Pantry, please bring non-perishable item or a donation. Thank you! Please call Susan Baghdasarian 508-278-3810 or email susanbaghdasarian@yahoo.com to reserve your seat!

Wednesday, December 7, 11:30 – 12:30 PM. **Brenda Fitzgerald**, PT Director of Uxbridge Orthopedic & Sports Therapy and **Cheryl Betterton**, PT Senior Therapist will present; “Sciatica, a real pain in the fanny”. Learn the difference between sciatica and other similar ailments and what to do to get rid of it. Come join us or this informative lunch and learn!

Thursday, December 29, – We will be taking a bus trip to **Savini’s Restaurant** in Woonsocket, RI for a New Year’s Party! Lunch, Show and Dancing with Vini Ames! Cost is \$18.00 per person and all dinners include soup, coffee/tea, dessert. There will be door prizes and raffles. Be sure to sign up early, we have only limited seats available on our vans. Those that are able to are encouraged to follow us in their own cars. The more the merrier!! Call 508-278-8622 to sign up. Be sure to be at the senior center by 11:00 am on the day of the trip!



This might be the wine talking, but I really, really, really love wine.

Please Notice This



The Senior Center drivers are not Emergency Responders and therefore are legally limited in what they can do. Please don't ask them to do anything they're not trained, authorized, or certified to do.

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 A.M. each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Newsletter & Lunch Menu. www.uxbridge-ma.gov/coa
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 P.M.



IF YOU TELL THE TRUTH, YOU DON'T HAVE TO REMEMBER ANYTHING. - Mark Twain

Christmas Light

The tree is lighted brightly
You can hear the children sing,
May you hear that song for always
And may the season bring
A loving happiness to you
As the years go by,
That star will shine forever
Way up in the sky.

Written by: *Lu Rondeau-Kogut*
Eighth Grade, 1944

The Christmas Star

The star of Bethlehem shines down
Upon a little friendly town,
Whose people's hearts are warm and gay
As they welcome this holy day.

The bells in the tower
Are ringing so clear,
To wish you happiness and good cheer
Throughout each coming year.

Written by: *Lu Rondeau-Kogut*
Eighth Grade, 1944



The Mass Dept of Transportation, MASS DOT EZ Pass Van - Tuesday, December 6, 10:00 am – 2:00 PM will be providing an EZ Pass Van at two locations in the 8th Worcester District. The EZ Pass Van will allow all constituents to sign up for an EZ Pass, set up a payment plan, and ask questions about the changes on the Mass Pike. The EZ Pass Van will be at the Uxbridge Senior Center, and the Bellingham Senior Center from 10 AM – 2 PM . Also, Representative Kuros will be hosting Office Hours while the van is present. Representative Kuros will be at the Uxbridge Senior Center from 10 AM to 11:30 AM and Bellingham Senior Center from 12:30 PM – 2:00 PM. The office hours will provide an opportunity for constituents to meet the Representative and voice any opinions and concerns regarding their town. Any constituent who wishes to speak to Representative Kuros, but are unable to attend the office hours, are encouraged to contact him at [\(617\)722-2460](tel:6177222460) or email Amanda.Copeland@mahouse.gov

WISHLIST !!

We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

We also continue to need in kind donations of **toilet tissues, Clorox wipes, both Regular & Decaf coffee, Napkins, Paper Towels and 8 oz plastic and foam cups**. One can donate directly to the center at 36 S. Main Street or on-line via the town's web page. Every donation helps and comes enormously appreciated! Thank you to all who have already donated as well!

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center, or even dropping by.

- Uxbridge-ma.gov/coa
- Facebook.com/UxbridgeMASeniorCenter

One of the best hearing aids a [retired] man can have is an attentive wife. - *Grancha Marx*

**WHEN DID BEING POLITE BECOME UNFASHIONABLE ?
IF I WERE WRONG. DON'T YOU THINK I WOULD KNOW IT ?
I'M GROWING MY OWN FOOD IF I COULD ONLY FIND BACON SEEDS.**





REMINDER... IF YOU HAVE PURCHASED THE HANNAFORD HELPS REUSABLE BAGS, THEY WILL SCAN THEM AS YOU CHECK OUT AND A DONATION OF .25 CENTS WILL BE MADE TOWARDS THE SENIOR CENTER'S DAILY MEAL PROGRAM. THANK YOU FOR YOUR PARTICIPATION!



UNDERSTANDING YOUR MEDICAL PROBLEMS

Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you, two heads are better than one when listening to instructions. Ask questions and ask for more information if you don't understand and have someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications.



December 6 – Town Special Election for Board of Selectman will be held at the polls at the McCloskey Middle School.

DON'T GO AROUND SAYING THE WORLD OWES YOU A LIVING. THE WORLD OWES YOU NOTHING. IT WAS HERE FIRST. - Mark Twain



Tuesday, December 27, 11:30 am – 12:30 PM. Salmon Health VNA will be available for the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. Salmon Health nurse, Janet Iocabelli will be at the senior center every fourth Tuesday. Please join us for this important free monthly clinic offered by the Salmon VNA.



Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons.

SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

Patients diagnosed with SAD require approximately 24 times more sunlight than the average person to inhibit melatonin (sleepy neurochemical) and change over to serotonin, the happy chemical. Prescribed medication and the use of a light box will assist the patient to continue enjoying a normal live.

The light box needs to be used for at least 60 minutes to receive the same amount of lux (natural sunlight) as the average person. The light box can also be used to boost the process when needed, for about ten (10) minutes.

Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year. **

** Sunlight coming through a window in your home does not reduce its SAD healing properties. Have a nice window with a southern exposure? Pull your chair closer to the window, let the sun shine in, and enjoy the benefits. This would also be a good time to take a nap.

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?



Numbers below represent people served in

OCTOBER 2016

Telephone Calls	1,264
Meals Served	452
Daily Visitors	643
Medical Runs (Round Trips)	67
Hannaford Shopping (Round Trips)	18
Walmart Shopping (Round Trips)	8
Lunch Pick Up	160
SMOC Fuel Assistance	14



LUNCH & LEARN with POLICE CHIEF LOURIE

Friday, December 2, 2016 - 11:30 am – 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Guest speaker will be Deb Blackburn from Peoples 1st Food Pantry Please be sure to call ahead to reserve your seat for this lunch & learn as seating is limited. Uxbridge Community Television will film this event and it will be aired on local cable access. We are thankful to be working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these



BEREAVEMENT COUNSELING – 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 bereavement counselor who 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.



Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual.



Saturday, **December 3,** from 5:30 PM – 8:00 PM. Please join us at the senior center for our **First Night Celebration!** We will have Encore, students from the Whitinsville Christian School singing Christmas songs! Students from BVT (Blackstone Valley Tech) will be baking cookies for us to enjoy! We will also have hot cocoa and coffee and tea to warm you up! Stop by and join in this celebration.

NEW TIME FOR SHOPPING TRIPS – Grocery shopping every Tuesday. New Pick up begins at ***** 8:30 AM.** Please make note of this time change so you will be sure to be ready.



Construction of the new fire department is still underway. The parking lot across the street, the old Post Office building, is no longer there. We have a limited number of parking spots left at the center. During special events, we encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and Savers Bank. If you have any questions about parking please call us.



Walmart shopping for **DECEMBER ONLY** will be on the 2nd and 3rd Thursdays. (Dec 8 & Dec 15) Pick up begins at 12:30 PM. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van. **Please note the change is for December only** All aboard, please, Omer thinks he can make it to Walmart's in under five minutes.



You will laugh and you will think these jokes are funny!!

- A recent scientific study showed that out of 2,293,618,367 people, 94% are too lazy to actually read that number.
- It is important to make breaks between individual exercises. I personally stick to breaks of about 3-4 years.
- I d never had surgery, and I was nervous. This is a very simple, noninvasive procedure, the anesthesiologist reassured me. I felt better, until Heck, he continued, you have a better chance of dying from the anesthesia than the surgery itself.



THE UXBRIDGE SENIOR CENTER and THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING BUS TRIPS FOR 2017:



There will be a trip to the Newport Playhouse to see "The Foursome" on Thursday, **March 30**. The trip includes the bus (including driver gratuity), an all you can eat buffet, the play, a cabaret after the play, and a driving tour of Newport for \$76. From **April 27 to May 1** there will be a 5 day trip to Virginia Beach staying at an oceanfront hotel. The highlights will be the azalea festival and tickets to the International Tattoo.

Please call Sue for more information at 508-476-5820.

Wednesday, **December 7, 2016** – Newport Playhouse "Nana's Naughty Knickers" – \$75 – This trip is full
Saturday – Monday **December 10, 11, & 12, 2016** – NYC at Christmas with 9/11 Museum – \$339.

Here's a rundown of what's coming up so far for 2017

March 16, 2017 -Lion King –sorry, full (waiting list) -- leaves from both Westboro (9:15) and Whitinsville 10:00 -- \$99.

March 30, 2017 - Newport Playhouse – "The Foursome" -- \$76.

April 1-9, 2017 -- Branson – full (waiting list) -- both Westboro and Whitinsville -- \$759.

April 27 - May 1, 2017 -- **Virginia**; International Tattoo and oceanfront Virginia Beach -- leaves from Whitinsville only --\$799.

May 17 – 20, 2017 -- **1000 Islands w/tulip fest** -- leaves from Westborough only -- \$769.

June 5, 2017 -- day trip to Gloucester lobster bake and cruise -- both Westboro and Whitinsville -- \$76.

June 25 and 26, 2017 -- **Hudson River/West Point** – from Whitinsville only ---\$319.

August 21- 24, 2017 -- **St. Andrews By-the-Sea and Campobello Island**; staying at the Algonquin Hotel and Resort -- leaves from Westborough only --\$819.

September 24-26, 2017 -- **Lake Placid &Adirondacks** - from Whitinsville only -\$479.

Oct. 11, 2017 -- day trip to the **TURKEY TRAIN** -- both Westboro and Whitinsville \$72.

Nov. 30 - Dec. 1, 2017 -- **Saratoga Victorian Christmas** -- from Whitinsville only -\$319.

Dec. 8-9, 2017 -- **Christmas in Vermont** -- leaves from Westborough only --\$299.



New York City is an especially fun place at Christmas Time. The huge tree in Rockefeller Center will be lit, there will be skating on the rink, the stores are all decked out, and the hustle and bustle makes you get into the spirit of the season. It includes 2 nights' hotel, 2 breakfasts, 2 dinners, sightseeing with a local guide for 2 days, and entrance to the 9/11 Museum. A local guide will take you all around the city visiting places like Central Park, Times Square, Wall Street, and of course Rockefeller Center. All trips originate from the Whitinsville WalMart. Everyone is welcome to join the group on any of these trips. Call Sue at 508-476-5820 for more information on any of these trips. Or email her at [Mail: suesbustours@hotmail.com](mailto:suesbustours@hotmail.com)





NEWS FROM SHINE NOVEMBER 2016

**The Medicare Open Enrollment begins on October 15th and ends on December 7th
Don't Wait Until It's Too Late!**

Make a SHINE Appointment Soon!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the Internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

DID YOU KNOW

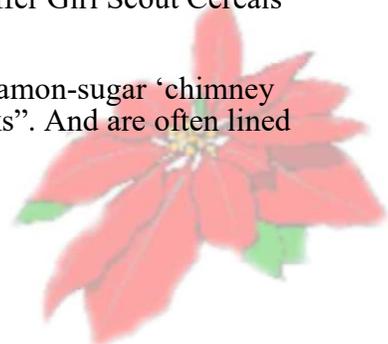


Coffee beans are not beans? They are actually the seeds of these berries, which are often called "Coffee Cherries".

Remember the Girl Scout Cookies? In January 2017, Girl Scouts will also offer Girl Scout Cereals as well.

There's a bakery in Prague that makes doughnut ice cream cones. These cinnamon-sugar 'chimney cakes' are based on traditional Czech and Slovakian pastry called "trdelnicks". And are often lined with Nutella to keep them from getting soggy.

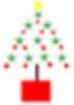
- **I always thought growing old would take longer.**
- **Always give 100% unless you're donating blood.**



UXBRIDGE SENIOR CENTER
 Lunch Menu
 36 South Main Street, Uxbridge, MA 01569
 (508) 278-8622



Marsha Petrillo - Director
 Lynne McPherson - Chef
 Omer Boucher - Van Driver
 Donna Oncay - Transportation Coordinator
 Gail Boutiette - Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS ARE SERVED WITH MILK OR WATER **MENU IS SUBJECT TO CHANGE WITHOUT NOTICE			1. BEEF STEW GARDEN SALAD BISCUIT SUGAR FREE PUDDING	2. BAKED FISH RICE PILAF GREEN BEANS SUGAR FREE ICE CREAM
5. BROCCOLI-CHEESE SOUP ASSORTED SANDWICHES GARDEN SALAD SUGAR FREE PUDDING	6. BEEF POT PIE MIXED VEGETABLE SUGAR FREE JELLO	7. CHICKEN ROMANO PENNE W/MARINARA GARDEN SALAD APPLE CRISP	8. CHICKEN & DUMPLINGS JASMINE RICE PEAS PEACHES AND CREAM	9. BAKED FISH ROASTED POTATOES BROCCOLI SUGAR FREE PIE
12. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	13. MEATLOAF W/GRAVY MASHED POTATOES BROCCOLI APPLE CAKE	14. CRANBERRY HARVEST CHICKEN JASMINE RICE GREEN BEANS SUGAR FREE PUDDING	15. TURKEY-BARLEY SOUP GRILLED CHEESE GARDEN SALAD SUGAR FREE ICE CREAM	16. BAKED FISH WILD GRAIN RICE MIXED VEGETABLE BIRTHDAY CAKE
19. LASAGNA ROLL UPS GARDEN SALAD ITALIAN BREAD SUGAR FREE PUDDING	20. SHEPHERDS PIE MIXED VEGETABLE PEACH CAKE	21. PESTO CHICKEN FLORENTINE W/PENNE GARDEN SALAD SUGAR FREE JELLO	22. CHRISTMAS CELEBRATION SIGN UP EARLY SPACE IS LIMITED	23. CLOSED FOR CHRISTMAS NO LUNCH SERVED 
26. CLOSED FOR CHRISTMAS NO LUNCH SERVED 	27. SPAGETTI AND MEATBALLS GARDEN SALAD ITALIAN BREAD ICE CREAM SANDWICHES	28. ROASTED CHICKEN MASHED POTATOES GREEN BEANS SUGAR FREE PIES	29. NEW YEAR'S AT SAVINI'S RESTAURANT  SIGN UP EARLY	30. CLOSED FOR NEW YEAR'S 

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.