



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

# THE SILVER CENTER NEWS

*semper ad meliora*

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)



Marsha Petrillo - Director  
 Donna Oncay - Admin Assistant  
 Lynne McPherson - Chef de Cuisine  
 Gail Boutiette - Outreach Coordinator  
 Peter Waeger - Transportation

TRUST is like a paper. Once it's crumpled it can't be perfect again. - *unknown*



## SENIOR CENTER WISH LIST – 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 holiday gifts for senior citizens in need.

We also continue to need in kind donations of *dish towels, napkins, tissues, plastic 8oz. cups, and decaf coffee*. 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!

Your monetary donations make a significant difference in the lives of our elders! If you or someone you know benefits from the programs and/or information provided by the Senior Center, please let us know and help us spread the word about our many services so we can grow them. Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page by googling Uxbridge Senior Center.

 **SALMON** Salmon Health VNA will be available on the 3rd Tuesday of each month to do the blood pressure clinic. A new feature to our monthly clinic is: "Ask the Nurse". 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. The Salmon Health nurse will be here on Tuesday, January 19, 2016 from 11:30-12:30 and every third Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA.

**YOU ARE FREE TO CHOOSE, BUT YOU ARE NOT FREE FROM THE CONSEQUENCE OF YOUR CHOICE.**



## SHOPPING TRIPS — Grocery shopping

every Tuesday- Pick up begins at 1:00 PM. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.

Walmart shopping – 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month - 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.



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

The numbers below represent people served in

**NOVEMBER 2015**

Telephone Calls	1,015
Meals Served	449
Daily Visitors	582
Medical Runs (Round Trips)	114
Hannaford Shopping (Round Trips)	30
Director Outreach	459
SMOC Fuel Assistance	8
Walmart Shopping (Round Trips)	33
Lunch Pick Up	161
Other van runs for appointments	15

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 am each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu.
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.



**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.

The Senior Center will be closed on the following days: Friday, January 1, 2016 New Year's Day and also Monday January 18, 2016 for Martin Luther King Jr. Day. No lunch will be served.



**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.



**LUNCH AND LEARN WITH CHIEF LOURIE** – Friday, January 8, 11:30 am – 12:30 PM. The presenter will be Officer Josiah Morrissette and he will be discussing Firearms Licensing and Grants.

Please call ahead 48 hours to reserve your spot for this lunch. We are thankful to be working so closely with our Police Department.



**SHINE** is pleased to announce their partnership with Tri-River Family Health Center to provide the Uxbridge area with a State Certified Shine Counselor who has office hours at Tri-River Family Health Center. If you have any questions about Medicare benefits or related insurance questions in the Uxbridge area, please make an appointment with a Certified SHINE counselor. Call for an appointment at 1-800-243-4636 option #3 or 508-422-9931.

**NAVICARE** - Nelly Colon is the new Account Executive. She has replaced Jessica Recore. 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.



**Sunshine Club** THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING TRIPS:

We have a bit of a winter break and the trips will resume in March with "To Kill a Mockingbird" at the Trinity repertory theater in Providence, RI on March 6, 2016. On March 15<sup>th</sup> we will be going to the spring bulb show in North Hampton and on April 10<sup>th</sup> there is a trip to Boston to the Opera House to see the Sound of Music. Call Sue at 508-476-5820 for more information.

Don't forget the change in parking to the Walmart parking lot.

We hope to see you soon! Call Sue at 508-476-5820 for more information.



**Tuesday, January 12, 2016 11:30 - 12:30** We will have DJ John Manning join us for lunch and spin some tunes. He will have rock, country, blue grass, blues & jazz music and more to entertain us during our lunch! Please call ahead 48 hours to reserve your seat for this musical lunch!"

Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day?

**Yeah, me neither!**

*Happiness will never come to those who don't appreciate what they already have...*

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




**JANUARY 2016**


Marsha Petrillo - Director  
 Lynne McPherson – Chef  
 Pete Waeger – Van Driver  
 Donna Oncay – Transportation Coordinator  
 Gail Boutiette – Outreach Coordinator

*Please call 48 hours in advance to order your meal.*

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				1. CLOSED HAPPY NEW YEAR NO LUNCH SERVED
4. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD SUGAR FREE PUDDING	5. HAM CASSEROLE STEAMED CARROTS APPLE CAKE	6. TUSCAN CHICKEN JASMINE RICE GREEN BEANS SUGAR FREE JELLO	7. AMERICAN CHOP SUEY GARDEN SALAD ITALIAN BREAD CARROT CAKE	8. BAKED FISH SWEET POTATOES MIXED VEGETABLE SUGAR FREE ICE CREAM
11. TUNA CASSEROLE PEAS AND CARROTS WHOLE WHEAT ROLL FRESH FRUIT	12. MEATLOAF W/GRAVY MASHED POTATOES STEAMED CARROTS SUGAR FREE PUDDING	13. CHICKEN AND RICE CASSEROLE MIXED VEGETABLE APPLE CRISP	14. SHEPHERDS PIE MIXED VEGETABLE WHOLE WHEAT ROLL SUGAR FREE JELLO	15. BAKED FISH JASMINE RICE GREEN BEANS SUGAR FREE PIE
18. CLOSED MARTIN LUTHER KING JR DAY NO LUNCH SERVED	19. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	20. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH FRESH FRUIT	21. CHICKEN POT PIE JASMINE RICE GREEN BEANS SUGAR FREE JELLO	22. BAKED FISH ROASTED POTATOES BROCCOLI MIX ASSORTED CAKE
25. VEGETABLE SOUP GRILLED CHEESE SANDWICH GARDEN SALAD PEACHES AND CREAM	26. SPAGHETTI W/BOLOGNESE SAUCE GARDEN SALAD ITALIAN BREAD BLUEBERRY CAKE	27. CHICKEN MARSALA MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING	28. HOT DOG W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	29. BAKED FISH RICE PILAF ITALIAN MIXED BIRTHDAY CAKE

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.