



# The Silver Center News

UXBRIDGE COUNCIL ON AGING NEWSLETTER

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

January 2015

**Location:** 36 South Main St.

**Hours of Operation:** Mon - Fri 8:00 AM - 4:00 PM

**Phone:** (508) 278- 8622



Marsha Petrillo - Director

Donna Oncay - Admin Assistant

Lynne McPherson - Chef

Peter Waeger - Van Driver

There are always flowers for those who want to see them. - *Henri Matisse*

**CLOSED**

**SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DAYS:** We will be closed on Thursday and Friday, **January 1** and **2** and Monday, **January 19**. **No Lunch will be served.**



## LUNCH AND LEARN WITH POLICE CHIEF LOURIE

Join us on Friday, **January 9**, for our monthly Lunch and Learn with Police Chief Lourie. Call early and reserve your spot for lunch. We are very thankful to be working so closely with our Police Department.

## FORMER FIRE CHIEF BILL ALBIN

Chief Albin will be with us on **January 16**, from 11:30 AM – 12:30 PM to show a tape of last year’s fire next door to the Senior Center. Please call early to reserve your lunch.

## REMEMBERING SUE WHITE

Sue White, a dear friend of the Senior Center and of all the Seniors in Uxbridge, passed away on Thanksgiving this year. She worked at the Senior Center for seven years before retiring in 2013. She was especially loved by all the seniors that she helped get to their medical appointments. We all loved her and will miss her.

## LUNCH AND LEARN -TRANSITION SUPPORT

discussion sponsored by Holy Trinity Hospice will be here on **January 20**. If you are grieving due to change, or loss, we hope you will join us to share and heal in a compassionate and non-judgmental atmosphere. If people are interested this group will meet for 6 weeks at the Senior Center. Please call the Senior Center for more information if you are interested in this class.

**As long as there are tests, there will be prayer in schools.**



## THE SUNSHINE CLUB TRIPS

The Uxbridge Senior Center is partnering with The Sunshine Club and Susan L’Heureux to offer the following trips:

- 1/17 - 1/25** - Jacksonville, St. Augustine, Amelia Island, Savannah – 9 days, 14 meals,- \$679.
- 3/1** – Stageloft Theatre, *“I Love You, You’re Perfect, Now Change”*, lunch at the Publick House,- \$69.
- 3/18** - John Brown House, Providence, lunch at Geppetots, then Scialos Bakery - \$63.
- 4/8** – Ocean State Theatre, *“Lend Me a Tenor”* - \$85.
- 4/29** – Boston Foodie Tour, North End - \$72.

All trips are open to anyone who wants to have fun! They leave from the Job Lot parking lot in Whitinsville and also Westboro Senior Center. For more information , call Sue L’Heureux @ 508-372-9266

- 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 medical appointments.
- Van transportation begins at 10:30 AM each day. Please check with the Senior Center, Uxbridge Cable Station 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.



Give thanks. Give life.

**COMPUTER CLASSES** - Computer classes taught by Nipmuc High School students will continue throughout the school year. You need not come to every class. The classes are free and based on individual needs. Call the Senior Center to register ((508) 278-8622). You can get help with your I Phone, I Pad, tablet, Nook or other electronic devices.

**40 people are sent to the hospital for dog bites every minute.**

**Babies are born without kneecaps. They don't appear until they are 2-6 years old.**



- Napkins
- 8 oz. Foam Cups
- Paper Towels
- Decaf Coffee

### SENIOR CENTER WISH LIST

Thank you all for your thoughtfulness and generosity! We continue to need donations of napkins, paper towels, 8 oz. Styrofoam cups and decaf coffee. We will also accept monetary donations to our lunch program or to the Elderly Connection. The Uxbridge Elderly Connection raises funds to help support many of the activities and the purchase of much of the equipment that is not covered by our budget.



### SHOPPING TRIPS

Grocery shopping every Tuesday- Pick up begins at 8:30 AM. Walmart shopping - the 2nd and 4th Thursdays of the month – Pick up begins at 12:30 PM.



### START THE NEW YEAR WITH YOGA

Join Amy Nadeau for our Gentle Yoga class that will begin on Monday, **January 5**, from 2:30-3:30 PM. The first class is free, if you decide to continue it will be \$30 for a six week class. Please call the Senior Center at 508-278-8622 if you are interested in taking this class

**C**hristmas is just for the children  
 How often we've heard that said  
 Dear Santa, oh please bring me  
 A bike, a doll or a sled.  
 But here's this little thought  
 I would like to share with you  
 When once again it's Christmastime  
 The child in us peeks through!  
 - Lucille Kogut

### 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 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.

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?	
The numbers below represent people served in	
November 2014	
Telephone Calls	1,137
Meals Served	450
Daily Visitors	648
Medical Runs (Round Trips)	107
Hannaford Shopping (Round Trips)	27
Walk-In Help	367
SMOC Fuel Assistance	14
Walmart Shopping (Round Trips)	8
Lunch Pick Up	142
Computer Classes	2
Tax Appointments	0

*Donate Life*

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

# JANUARY 2015

Marsha Petrillo - Director  
 Lynne McPherson - Chef  
 Pete Waeger - Van Driver  
 Donna Oncay - Transportation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday
<p>• ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA</p> <p>**MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>			<p>1. NEW YEAR'S DAY CLOSED NO LUNCH SERVED</p>	<p>2. CLOSED FOR NEW YEAR'S NO LUNCH SERVED</p>
<p>5. TUNA CASSEROLE PEAS AND CARROTS SUGAR FREE PUDDING</p>	<p>6. MEATLOAF W/GRAVY MASHED POTATOES MIXED VEGETABLES BROWNIE W/SUGAR FREE ICE CREAM</p>	<p>7. PESTO CHICKEN FLORENTINE W/PENNE GARDEN SALAD SUGAR FREE JELLO</p>	<p>8. POT ROAST MASHED POTATOES STEAMED CARROTS GINGERBREAD CAKE</p>	<p>9. BAKED FISH SWEET POTATOES GREEN BEANS SUGAR FREE PIE</p>
<p>12. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD PEACHES AND CREAM</p>	<p>13. SHEPHERDS PIE STEAMED CARROTS WHOLE WHEAT ROLL SUGAR FREE PUDDING</p>	<p>14. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH APPLE CAKE</p>	<p>15. ITALIAN SAUSAGE W/PENNE AND MARINARA GARDEN SALAD ITALIAN BREAD SUGAR FREE JELLO</p>	<p>16. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE ICE CREAM</p>
<p>19. MARTIN LUTHER KING JR. DAY CLOSED NO LUNCH SERVED</p>	<p>20. VEGETABLE QUICHE GARDEN SALAD PEACH CAKE</p>	<p>21. CHICKEN MARSALA MASHED POTATOES GREEN BEANS FRESH FRUIT</p>	<p>22. BEEF STROGANOFF EGG NOODLES BROCCOLI SUGAR FREE JELLO</p>	<p>23. BAKED FISH ROASTED POTATOES MIXED VEGETABLES SUGAR FREE ICE CREAM</p>
<p>26. LASAGNA GARDEN SALAD ITALIAN BREAD FRESH FRUIT</p>	<p>27. SALISURY STEAK MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING</p>	<p>28. ROASTED CHICKEN RICE PILAF MIXED VEGETABLES BLUEBERRY CAKE</p>	<p>29. HOT DOGS BAKED BEANS COLESLAW LEMON SQUARES</p>	<p>30. BAKED FISH WILD GRAIN RICE ITALIAN STYLE VEGETABLES BIRTHDAY CAKE</p>

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.