



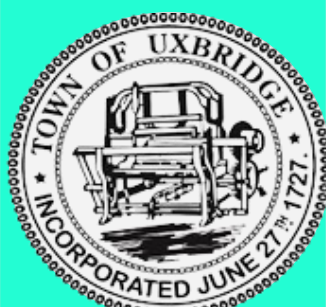
THE UXBRIDGE SENIOR CENTER NEWSLETTER

Uxbridge Council on Aging

APRIL 2024



The Director's Page



Lisa Bernard
DIRECTOR

STAFF

Omer Boucher
Van Driver

Gail Boutiette
Outreach Coord.

Donna Oncay
Transportation Coord.

Patricia Ordway
Chef

Sally Selvidge
Activities Coord.

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Member

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Member

Millie DeLeonardis
Member



The month of April is a special month to celebrate our volunteers. **Volunteer Recognition Day**, as the name suggests, is a day to honor, recognize and celebrate the selfless individuals who volunteer their time and energy to help others and promote good causes. I want to thank all our volunteers in the Town of Uxbridge, not only at the Senior Center, but also throughout the Town. Many of our volunteers are seniors, especially those who work for the Senior Work-off Program, who serve in different departments. Volunteerism empowers individuals to find their purpose, to take their passion and turn it into meaningful change. This is a time to honor the impact of all those who do good in our Town and inspire others to make a difference. **THANK YOU!**

The senior center will be holding a **luncheon for our volunteers on Monday, April 29th at 12 noon**. Please consider joining us to celebrate our volunteers at this luncheon and don't forget to RSVP.

It's that time of year to do some Spring Cleaning! To help defray the cost of postage, **if you no longer want our monthly newsletter mailed to your home, please let us know**, and we can remove your name from the mailing list. If you prefer to get the newsletter via your email, please call us and we can arrange that too!



Pat Nectow is back! Our **SHINE Counselor**, Pat, is back from hiatus and able to assist you with your health insurance questions and concerns. Pat will be at the center on **Tuesday, April 16th at 9am**. Please call the center to schedule your appointment.

A **BIG** thank you to the **Uxbridge Elderly Connection, State Rep. Mike Soter, our volunteers, and our donors** for the **Rise Up** Easter ham lunch delivered to our seniors on Saturday, March 23rd. Our seniors appreciate your support & kindness!



New as of March 1, 2024: Medicare Savings Programs (MSP's)
If your income is at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs:

- Single individual \$2,824/month**
- Married couple \$3,833/month**

There is no asset limit. Please call the senior center for more information and to receive an application.

The Uxbridge Elderly Connection will be holding their **Annual Meeting on Wednesday, May 8th at 5pm** at the Senior Center. We will be reviewing the Annual Report and the election of Board of Directors members. Any member of UEC interested in running for the Board should contact Director Lisa Bernard or Donna Oncay at the senior center. The Uxbridge Elderly Connection is the fundraising arm of the senior center and provides financial funding for some of the senior center's activities and programs. Please join us!

Happy Spring!
Lisa

MONDAY — FRIDAY
8 A.M. – 4 P.M.

36 SOUTH MAIN STREET, UXBRIDGE, MA 01569 - (508) 278-8622
[HTTP://UXBRIDGE-MA.GOV/COUNCIL-AGING](http://uxbridge-ma.gov/council-aging) | OR ON
[FACEBOOK.COM/UXBRIDGEMASENIORCENTER](https://facebook.com/uxbridgemaseniorcenter)

SPECIAL EVENTS FOR APRIL 2024

Woo Sox Opening Day
At the Senior Center
Tuesday, April 2nd at 12 noon



**Come join us opening day for lunch
and join in on the fun!**

Lunch N' Learn with Chief Montminy
Friday, April 5th at 12 noon



**Dawn Salkiewicz from Tri-Valley will be presenting
on The Caregiver Program.**
Don't forget to RSVP

Pottery Class with Christine Tansen
Mondays, April 8th and 22nd at 1:30 pm



*This is a 2-day craft project making
a spoon rest & trinket dish*

Cost: \$10.00 per person
Please call to sign up early!

S.H.I.N.E. Program
Serving Health Insurance Needs of Everyone
Tuesday, April 16th at 9:00 am



Pat Nectow, our SHINE Counselor, is back!
Please call to book your appointment!

PopUp Library
Friday, April 26th at 12 noon



**Chris Powloka from the Library will be here
during lunch with a selection of books to check
out. Please join us and don't forget to RSVP!**

Volunteer Recognition Day
Monday, April 29th at 12 noon



**Please join us for lunch to celebrate
our Volunteers!**
Please call to RSVP!

METRICS & EVENTS FOR APRIL 2024

The following numbers represent the people served in February 2024

Telephone Calls	1,794
Daily Visitors	592
Congregate Meals	424
Lunch Van Pickup	144
Medical Runs	78
Hannaford/Shaws/Bank/CVS Shopping	23
Lunch Van Mileage	628
Med Van Mileage	275
Other Vehicle Mileages	1,814
Activities	86
Tri-Valley, Veterans Services & Ask Attorney	1
Ask the Nurse Free Blood Pressure Clinic	8
SMOC Fuel Assistance Appointments	2
Computer Tutoring	1
Dr. Biancamano Podiatrist Appointments	3



Podiatrist Dr. Biancamano

Thursday, **April 4th**
8:30 am– 9:45 am



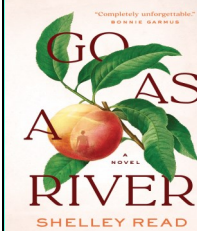
Veterans Services

Thursday, **April 4th** @ 10:30 am
Call for an appointment



Pottery Class w/Christine Tansen

Mondays, **April 8th** & **22nd** @ 1:30 pm
\$10 Per Person
Making Spoon Rest & Trinket Dish
Payment is due upon sign-up



Uxbridge Library Book Club

Tuesday, **April 9th** @ 1:00 pm
They will be discussing
"Go as a River" by Shelley Read

PopUp Library

Friday **April 26th** 11:30 am—12:30 pm



AARP Tax Assistance Program
April 1st & 8th
8:30 am—11:30 am



Computer Tutoring
First Monday of the month
April 1st @ 3—4:00 pm
Call to make an appointment



Benefit Enrollment

Specialist Tri-Valley, Inc.
Tuesday, **April 9th** @ 1:00pm
Call to book your appointment



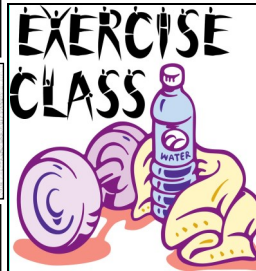
Hannaford grocery shopping *every Tuesday*.
Pick up begins at **8:30 AM**. Please sign up in
advance by calling us @ **(508) 278-8622**



Knitting Group *every Tuesday* @ 1:30 pm
Come join the group and feel free to join us for
lunch! Please RSVP



**The Uxbridge Senior Center Transportation
Program Community Shuttle**
Every Wednesday from 9 am—3 pm
Call **508-278-8622** for more info and to book your ride.
Requests require a 48-hour notice



Zumba Classes

Thursdays 1:30 pm—2:30 pm
Low Impact Exercise Classes
Thursdays 2:45 pm—3:45 pm
All Sessions held at McCloskey School



Canasta Knee & Foot Card Game
Wednesdays 1:00—3:30 pm
Come in for a fun afternoon of Canasta!



"Ask the Attorney" with Attorney Ralph Tepper

Monday, **April 29th**
1:30—By Appointment only



Come Play Scrabble!
Every Thursday
@ 1:00 pm *New Time



Medical Transportation appointments.
Call Donna @ **(508) 278-8622** to schedule your rides.






Ask the Nurse Free Blood Pressure Clinic

With Nancy Favulli, Salmon Heath VNA
Tuesday, **April 30th**
11:30 am – 12:00 pm



MEAL MENU FOR APRIL 2024












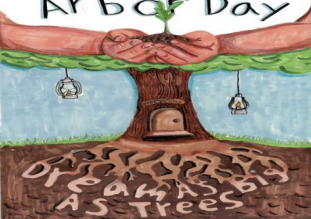
Monday	Tuesday	Wednesday	Thursday	Friday
1. TOMATO SOUP GRILLED CHEESE SANDWICH DESSERT	2. WOO SOX OPENING DAY! HOT DOGS ON A BUN CHIPS COLESLAW ICE CREAM DESSERT 	3. BEEF STEW W/CARROTS & POTATOES CRUSTY BREAD FRUIT	4. EGGPLANT PARMESAN GARDEN SALAD DESSERT	5. BAKED FISH ROASTED POTATO VEGGIE DESSERT
8. PEA SOUP CHICKEN WRAP DESSERT	9. BREAKFAST CASSEROLE FRUIT SALAD CORN BREAD DESSERT	10. CAESAR CHICKEN BAKE RICE VEGGIE DESSERT	11. PORK LOIN MASHED POTATOES VEGGIE DESSERT	12. BAKED FISH SWEET POTATOES VEGGIE DESSERT
15. CLOSED IN OBSERVANCE OF PATRIOTS DAY  Closed for Patriots Day - Monday April 15th -	16. CHICKEN PARMESAN AND PASTA BAKE VEGGIE FRUIT	17. MEATLOAF MASHED POTATOES VEGGIE DESSERT	18. SPINACH AND BACON QUICHE FRUIT SALAD DESSERT	19. BAKED FISH RICE PILAF VEGGIE DESSERT
22. PULLED PORK ON A BUN COLE SLAW DESSERT	23. TACO TUESDAY CORN CASSEROLE DESSERT 	24. CHICKEN STEW DINNER ROLL DESSERT	25. MAC & CHEESE GARDEN SALAD FRUIT	26. BAKED FISH ROASTED POTATO VEGGIE BIRTHDAY CAKE 
29. VOLUNTEER APPRECIATION LUNCHEON VEGETABLE LASAGNA SALAD DESSERT 	30. SWEET & TANGY CHICKEN STIR FRY RICE DESSERT			ALL MEALS SERVED W/ MILK, COFFEE, OR TEA. **MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE** 

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+ and all meals are heart healthy with reduced sodium.

APRIL 2024 ACTIVITIES CALENDAR



ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. ~AARP Taxes Appts. 8:30 am –11:30 am ~Card game @ lunch ~Computer Tutoring 3:00–4:00 pm</p> 	<p>2. ~Worcester Woo Sox Opening Day 12 pm ~Hannaford 8:30 am ~Knitting group 1:30</p>	<p>3. ~Community Shuttle 9 am–3 pm ~BINGO @ lunch ~Canasta 1–3:30 pm</p>	<p>4. ~Dr. B 8:30–9:30 am ~Veterans Services 10:30 am ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm ~Low Impact Exercise Class 2:45-3:45 pm</p>	<p>5. ~Chief Montminy's Lunch & Learn w/Dawn Salkiewicz Tri-Valley Inc. Caregiver Pro- gram; Self-Care & Caregiver Grant – 12pm</p>
<p>8. ~AARP Taxes Appts. 8:30 am –11:30 am ~Card game @ lunch ~Part 1 Pottery Class w/Christine Tansen 1:30 pm \$10 per person</p>	<p>9. ~Hannaford 8:30 am ~Tri-Valley 1–2 pm ~Uxbridge Library Book Club 1 pm ~Knitting group 1:30 ~COA Meeting 3 pm</p>	<p>10. ~Community Shuttle 9 am–3 pm ~BINGO @ lunch ~Canasta 1–3:30 pm</p>	<p>11. ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm ~Low Impact Exercise Class 2:45-3:45 pm</p>	
<p>15. CLOSED IN OVSERVANCE OF PATRIOTS DAY</p>  <p>Closed for Patriots Day</p>	<p>16. ~Hannaford 8:30 am ~SHINE 9 am–12 pm ~Knitting group 1:30</p>	<p>17. ~Community Shuttle 9 am - 3 pm ~BINGO @ lunch ~Canasta 1–3:30 pm</p>	<p>18. ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm ~Low Impact Exercise Class 2:45-3:45 pm</p>	<p>19.</p> 
<p>22. ~Card game @ lunch ~Part 2 Pottery Class 1:30pm</p> 	<p>23. ~Hannaford 8:30am ~Knitting Group 1:30</p>	<p>24. ~Community Shuttle 9 am - 3 pm ~BINGO @ lunch ~Canasta 1–3:30 pm</p> 	<p>25. ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm ~Low Impact Exercise Class 2:45-3:45 pm</p>	<p>26. ~PopUp Library 11:30 am–12:30 pm</p>  <p>April Birthday Cake Celebration</p>
<p>29. ~NO Card Game ~Volunteer Appreciation Lunch 12 pm ~Ask the Attorney 1:30</p>	<p>30. ~Hannaford 8:30am ~Ask the Nurse 11 am–12 pm ~Knitting Group 1:30pm</p>			

Uxbridge DPW
Uxbridge Conservation
Uxbridge Board of Health

UXBRIDGE
TOWN CLEANUP
Saturday, April 6th, 2024

PREMIER
REAL ESTATE

Blackstone River Valley
National Heritage Corridor

TOM BERKOWITZ TRUCKING INC.

UXBRIDGE SENIOR CENTER
36 S. MAIN STREET,
UXBRIDGE, MA 01569—1556

PRESRT STD
US POSTAGE
PAID
PERMIT #15
UXBRIDGE, MA

UXBRIDGE SENIOR CENTER DONATIONS FUND

The Senior Center would like to acknowledge recent donations from the following:

General Donations:

Ann Moore
Doris Brundage
Pat Lozeau

Transportation Donations:

Pat Rocheleau
Maria Smrecnik
Marianne Collins

Food Donations:

Ann Moore

UXBRIDGE ELDERLY CONNECTION DONATIONS & MEMBERSHIPS:

Mercedes Conde
Deborah Turner
Cecile Gaigals
David Trottier
Mary Stefanick
Edward & Gail Pighetti
Maureen McTiernan
John Green
Nancy Machado
Paul & Sandra Johnson
Manny Hayes
Jane White
Ann Moore
Carol DeOrsey
Donna Mandelenakis
Pearl Morrissette
Florence Desmarais
Michael Potaski
Richard Provencal
Christine Anderson
Florence Gazaille in memory of Raymond Gazaille

Thank You
for Your Support



The Uxbridge Elderly Connection **2024 Membership**

Name: _____ Address: _____

_____ 2024 Annual Membership Fee \$5.00

_____ General Donation

***Make checks payable to the Uxbridge Elderly Connection & mail to 36 S. Main St., Uxbridge, MA 01569.
We thank you for your support!**

The Uxbridge Elderly Connection is the fund-raising arm of the senior center; this organization helps support our seniors. Membership is \$5.00 per year and open to all ages including young and old alike. Please support this organization. Complete the box below and forward to the Uxbridge Senior Center at 36 S. Main St, Uxbridge.

We thank you for your support!

THE SENIOR CENTER NEWSLETTER IS PRINTED AND DISTRIBUTED WITH FUNDS FROM THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS, THE UXBRIDGE ELDERLY CONNECTION, AND FROM OUR ADVERTISERS (SEE PAGES 4 & 7). WHILE THE UXBRIDGE COUNCIL ON AGING CANNOT ENDORSE OUR ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESSES.