

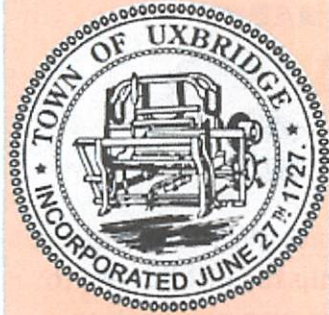


# THE UXBRIDGE SENIOR CENTER NEWSLETTER

Uxbridge Council on Aging



The Director's News



**Lisa Bernard**  
DIRECTOR

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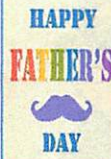
Betty Tancrell  
Member

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Member



SUMMER SOLSTICE

MONDAY — FRIDAY  
8 A.M. — 4 P.M.



Our Father's Day party will take place on Friday, June 7th at 12 noon. Our Lunch & Learn event will also take place on this day. Jenna Gouin, Community Health Worker from the Blackstone Valley Partnership for Public Health, is our guest speaker. Please join us for this celebration. The Uxbridge Elderly Connection is sponsoring this event. RSVP required.

### World Elder Abuse Awareness Day (WEAAD) is June 15<sup>th</sup>

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. Recognizing the warning signs of elder abuse can help determine if your loved one is being neglected or disrespected. Some indicators of abuse or neglect may include a change in behavior or appearance, a rapid display of injury marks like bruising or scarring, or a sudden change in financial resources. **For more information or assistance, please call the senior center.**



### Come join our Knitting Group!

Our Knitting Group meets every Tuesday at 1:30pm at the Senior Center. Even if you don't know how to knit or crochet, come and visit us! The group members are always willing to teach you. Our Knitting Group recently donated hats and gloves to the Uxbridge Public School students during the winter months. This is a great opportunity for the Senior Center to give back to our school students and the greater Uxbridge community. The group also has some beautiful handmade gifts available for sale at the senior center. If you need a baby shower or birthday gift, please stop by, and check out the selection of items! All sales go to the Uxbridge Senior Center Activity Donation Fund.



The Annual Summer Cookout with State Rep. Mike Soter will be held on Friday, June 21<sup>st</sup> at 12 noon at McCloskey School located on 62 Capron Street in Uxbridge. Please note that this is an outside tented event, please dress accordingly. This free event is limited, please call the senior center to sign up early, this cookout will fill up fast! The menu will consist of a lobster roll and all the fixings. Thank you in advance to Rep. Mike Soter for putting on this spectacular event!

**Uxbridge Senior Center Drama Club?** Does that sound like something it would be fun to do? Reading aloud, discussing, viewing plays could be our focus. Field trips to local community theatres is a possibility. Maybe invite some high school students to join in reading some selections. Call the Uxbridge Senior Center, 508-278-8622 if you are interested.



**Stay safe and enjoy the summertime weather!**

Lisa



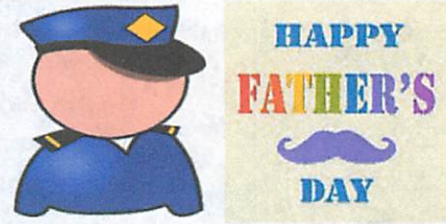
# SPECIAL EVENTS FOR JUNE 2024

**Pebble Art Craft Class**  
Monday, June 3<sup>rd</sup> at 1:30 pm



Make your own Pebble Artwork with Kerry from the *Orange Jellyfish*. This **free event** can accommodate 20 students and is sponsored by the Uxbridge Elderly Connection. Please call the senior center to sign up!

**Lunch N' Learn with Chief Montminy**  
Friday, June 7<sup>th</sup> at 12 noon



Jenna Gouin, Community Health Worker from the Blackstone Valley Partnership for *Public Health* will be presenting. We are also celebrating Father's Day today. The Uxbridge Elderly Connection is sponsoring this event! Please call to RSVP

**Quarterly Lunch Talk**  
with the Uxbridge Fire Department  
Friday, June 14<sup>th</sup> at 12 noon



Please join us to meet the Fire & Emergency Medical Response crew. This is an educational presentation and lunch event.

Please call to RSVP

**Walmart Eye Health Awareness**  
Thursday, June 20<sup>th</sup> at 12 noon



The Walmart Vision Center from Whitinsville will be at the senior center to clean and adjust your eyeglasses and share with us information about eye health. Come join us for lunch and attend this **free event**.

Please call to RSVP

**Walk & Talk Walking Group**  
Every Tuesday at 2 pm



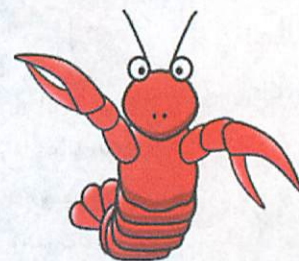
Join Doreen Cedrone, our Fitness Coordinator, to get some exercise and socialize with friends.

Our hiking trails may change every month.

Please call the senior center for your enrollment & waiver forms and location site.

This is a **free event**!

**Annual Cookout with**  
State Rep. Mike Soter  
Friday, June 21<sup>st</sup> at 12 noon



This **free event** will take place at McCloskey School located at 62 Capron Street. Come for a lobster roll and all the fixings. Please dress accordingly, this is an outdoor tented event.

Please call to RSVP



# METRICS & EVENTS FOR JUNE 2024

The following numbers represent the people served in April 2024

|  |       |
|--|-------|
| Telephone Calls                              | 1,278 |
| Daily Visitors                               | 712   |
| Congregate Meals                             | 511   |
| Lunch Van Pickup                             | 179   |
| Medical Runs                                 | 78    |
| Hannaford/Shaws/Bank/CVS Shopping            | 17    |
| Lunch Van Mileage                            | 976   |
| Med Van Mileage                              | 168   |
| Other Vehicle Mileages                       | 1,521 |
| Activities                                   | 261   |
| Tri-Valley, Veterans Services & Ask Attorney | 7     |
| Free Blood Pressure Clinic & Podiatry        | 10    |
| SMOC Fuel Assistance Appointments            | 4     |
| Zumba Gold & Low Impact Exercise Classes     | 73    |
| AARP Tax Assistance Program                  | 14    |
| S.H.I.N.E. Appointments                      | 6     |
| Computer Class                               | 2     |
| Volunteer Luncheon                           | 52    |



## Podiatrist Dr. Biancamano

Thursday, **June 6<sup>th</sup>**  
8:30 am– 9:45 am



## Veterans Services

Thursday, **June 6<sup>th</sup>**  
@ 10:30 am  
Call for an appointment



## New Zumba Classes

Thursdays, **June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>**  
1:30 pm—2:30 pm



## New Low Impact Exercise Classes

Thursdays, **June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>**  
2:45 pm—3:45 pm



## Uxbridge Library Book Club

Tuesday, **June 11<sup>th</sup>** @ 1:00 pm  
They will be discussing  
“One Italian Summer”  
by Rebecca Serle



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



## Benefit Enrollment

**Specialist Tri-Valley, Inc.**  
Tuesday, **June 11<sup>th</sup>** @ 1:00pm  
Call to book your appointment



## Knitting Group *every Tuesday* @ 1:30 pm

*Come join the group and feel free to join us for  
lunch! Please RSVP*



## “Ask the Attorney” with Attorney Ralph Tepper

Monday, **June 24<sup>th</sup>**  
1:30 pm — By Appointment only



## Walk & Talk Exercise Group *every Tuesday* @ 2:00 pm

*Sign up and waiver forms are available at the  
senior center.*



## S.H.I.N.E. Program

Tuesday, **June 25<sup>th</sup>**  
9:00 am – 12:00 pm  
*by appointment only*



## 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—No shuttle on June 19th*



## Canasta Knee & Foot Card Game

**Wednesdays 1:00—3:30 pm**  
Come in for a fun afternoon of Canasta!  
**No Game June 19th**



## Ask the Nurse

## Free Blood Pressure Clinic

With Nancy Favulli, Salmon Heath VNA  
Tuesday, **June 25<sup>th</sup>**  
11:30 am – 12:30 pm



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



## PopUp Library

Friday, **June 28<sup>th</sup>**  
11:30 am—12:30 pm



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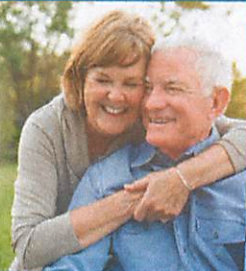
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# MEAL MENU FOR JUNE 2024



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <p>ALL MEALS SERVED W/ MILK, COFFEE, OR TEA.<br/>*MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE*</p>  |  |  |  |   |
| <p>3. TOMATO SOUP<br/>GRILLED CHEESE<br/>SANDWICH<br/>DESSERT</p>  | <p>4. CHICKEN ENCHILADA<br/>AVOCADO SALAD<br/>FRUIT</p>  | <p>5. EGGPLANT PARMESAN<br/>GARDEN SALAD<br/>DESSERT</p>   | <p>6. PORK LOIN<br/>MASHED POTATO<br/>APPLE SAUCE<br/>VEGGIE<br/>FRUIT</p> | <p>7. <b>FATHER'S DAY PARTY!</b><br/>HAMBURGER OR<br/>CHEESEBURGER W/<br/>LETTUCE &amp; TOMATO<br/>POTATO SALAD<br/>DESSERT</p>  |
| <p>10. SLOPPY JOE ON A ROLL<br/>COLE SLAW<br/>DESSERT</p>  | <p>11. CHICKEN PASTA BAKE<br/>W/BROCCOLI<br/>ITALIAN BREAD<br/>FRUIT</p>                           | <p>12. MEATLOAF<br/>MASHED POTATO<br/>VEGGIE<br/>DESSERT</p>   | <p>13. VEGETABLE LASAGNA<br/>GARDEN SALAD<br/>FRUIT</p>                    | <p>14. BAKED FISH<br/>ROASTED SWEET<br/>POTATO<br/>VEGGIE<br/>DESSERT</p>    |
| <p>17. ITALIAN SAUSAGE<br/>W/ROLL<br/>PEPPERS &amp; ONIONS<br/>POTATO SALAD<br/>DESSERT</p>  | <p>18. BAKED CHICKEN<br/>W/STUFFING<br/>MASHED POTATO<br/>VEGGIE<br/>CRANBERRY SAUCE<br/>FRUIT</p> | <p>19. NO LUNCH<br/>THE CENTER IS CLOSED IN<br/>OBSERVANCE OF<br/>JUNETEENTH DAY</p>  | <p>20. SWEDISH MEATBALLS<br/>OVER FETTUCINI<br/>GARDEN SALAD<br/>FRUIT</p> | <p>21. SUMMER COOKOUT<br/>WITH STATE REP.<br/>MIKE SOTER AT<br/>MCCLOSKEY SCHOOL</p>   |
| <p>24. TURKEY WRAP W/<br/>BACON &amp; AVOCADO<br/>PASTA SALAD<br/>DESSERT</p>  | <p>25. BAKED POTATO W/<br/>CHILI &amp; BEANS<br/>GARDEN SALAD<br/>FRUIT</p>                        | <p>26. CHICKEN STEW WITH<br/>VEGGIES<br/>DINNER ROLL<br/>DESSERT</p>   | <p>27. HAM W/PINEAPPLE<br/>MASHED POTATO<br/>VEGGIE<br/>FRUIT</p>          | <p>28. BAKED FISH<br/>RICE<br/>VEGGIE</p>  <p>JUNE BIRTHDAY CAKE<br/>CELEBRATION</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+ and all meals are heart healthy with reduced sodium.


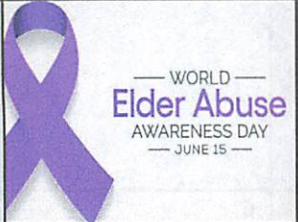







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# JUNE 2024 ACTIVITIES CALENDAR



ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
|    |    |   |    |   |
| <p>3.<br/>~Card Game @ lunch<br/>~Pebble Art Workshop<br/>Sponsored by the UEC<br/>1:30—3:30 pm Class<br/>limited to 20.</p> | <p>4.<br/>~Hannaford 8:30 am<br/>~Knitting group 1:30<br/>~Walk &amp; Talk<br/>Exercise Group 2 pm</p>  | <p>5.<br/>~Community Shuttle<br/>9 am—3 pm<br/>~BINGO @ lunch<br/>~Canasta 1—3:30 pm</p>   | <p>6.<br/>~Dr. B 8:30—9:45<br/>~Veterans Services<br/>10:30 am<br/>~Zumba 1:30—2:30pm<br/>~Low Impact Exercise<br/>Class 2:45—3:45pm</p> | <p>7.<br/>~Chief Montminy's<br/>Lunch &amp; Learn w/Jenna<br/>Gouin, Blackstone<br/>Valley Partnership for<br/>Public Health. Also<br/>Celebrating Father's<br/>Day! — 12pm</p>  |
| <p>10.<br/>~Card Game @ lunch</p>  | <p>11.~Hannaford 8:30am<br/>~Tri-Valley 1—2 pm<br/>~Uxbridge Library Book<br/>Club 1 pm<br/>~Knitting group 1:30<br/>~Walk &amp; Talk Exercise<br/>Group 2 pm<br/>~COA Meeting 3 pm</p> | <p>12.<br/>~Community Shuttle<br/>9 am - 3 pm<br/>~BINGO @ lunch<br/>~Canasta 1—3:30 pm</p>  | <p>13.<br/>~Zumba 1:30—2:30pm<br/>~Low Impact Exercise<br/>Class 2:45—3:45pm</p>   | <p>14.<br/>~UFD Quarterly Lunch<br/>Talk 12 noon</p>   |
| <p>17.<br/>~Card Game @ lunch</p>  | <p>18.<br/>~Hannaford 8:30 am<br/>~Knitting group 1:30<br/>~Walk &amp; Talk Exercise<br/>Group 2 pm</p>   | <p>19.<br/>CLOSED IN<br/>OBSERVANCE OF<br/>JUNETEETH DAY</p>  | <p>20.<br/>~Walmart Eye Health<br/>Awareness 12 noon<br/>~Zumba 1:30—2:30pm<br/>~Low Impact Exercise<br/>Class 2:45—3:45pm</p>           | <p>21.<br/>~Annual Summer<br/>Cookout with State Rep.<br/>Mike Soter. This is held<br/>at McCloskey School<br/>Please call to RSVP<br/>~ 12 noon</p>  |
| <p>24.<br/>~Card Game @ lunch<br/>~Ask the Attorney 1:30</p>   | <p>25.<br/>~Hannaford 8:30am<br/>~SHINE 9 am—12 pm<br/>~Ask the Nurse<br/>11:30am—12:30pm<br/>~Knitting Group 1:30<br/>~Walk &amp; Talk Exercise<br/>Group 2 pm</p>                     | <p>26.<br/>~Community Shuttle<br/>9 am - 3 pm<br/>~BINGO @ lunch<br/>~Canasta 1—3:30 pm</p>  | <p>27.<br/>~Zumba 1:30—2:30pm<br/>~Low Impact Exercise<br/>Class 2:45—3:45pm</p>   | <p>28.<br/>~PopUp Library<br/>11:30 am—12:30 pm</p>   |



## Uxbridge Senior Center Drama Club?

Does that sound like something it would be fun to do? Reading aloud, discussing, viewing plays could be our focus. Field trips to local community theatres is a possibility. Maybe invite some high school students to join in reading some selections.

Call the Uxbridge Senior Center, 508-278-8622 if you are interested.





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Edith Towne in memory of Bill Oncay & Peter Waeger  
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### UXBRIDGE SENIOR CENTER DONATION FUND

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Make Check Payable to: **Uxbridge Senior Center, 36 S. Main Street, Uxbridge, MA 01569**

### UXBRIDGE SENIOR CENTER DONATION FUNDS

The Uxbridge Senior Center Donation Funds are used to pay for services, programs, and activities for Uxbridge older adults and are not considered part of the Town's operating budget for the Center. Anyone wishing to make a donation may do so by making checks payable to the "Uxbridge Senior Center". Donations may also be made in honor of, in memory of, or in appreciation of. Contributions are greatly appreciated.

Our seniors Thank you!

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.