

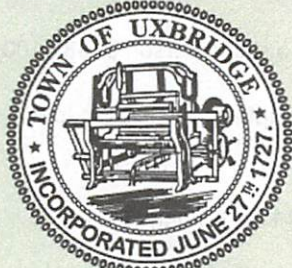


THE SILVER CENTER MONTHLY

2022

Uxbridge Council on Aging

for **MARCH**



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DIRECTOR NEWS



Zumba and Chair Yoga classes are back!

We are proud to announce our 8-week classes are back starting on March 10th.

Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an 8 week specialized program designed for seniors. The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The program will begin **Thursday, March 10th from 1:30pm-2:30pm**. The instructor, Amy Smith, is a **licensed Gold Zumba instructor**.

Yoga has been shown to improve overall health when practiced regularly. Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. Other benefits include improved balance to help prevent falls, increased energy, and improved relaxation. The class will focus on stretching, breathing, and allowing the mind to be still. The instructor will be Dr. David Tapscott, **certified yoga instructor**. Dr. Tapscott has been an instructor since 2014 and has a deep passion for yoga. The program is scheduled to begin **Thursday, March 10th from 2:45pm-3:45pm**.

Each class will run one hour, one day a week for an 8-week period. The suggested donation cost for this 8-week class is \$25.00 for each class. Classes will be held at the Senior Center's Satellite Site which is the **McCloskey School** located at **62 Capron Street** in Uxbridge. Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. At this time, we recommend for participant's safety, wearing masks and maintaining social distancing guidelines.

Last call for **Fuel Assistance!** The **SMOC fuel assistance** program for the winter season is ending soon. If you need help with your heating costs, please call the Center to make an appointment to apply or inquire about eligibility requirements.



Every home in the U.S. is now eligible to order four free at-home COVID-19 test kits delivered to your home. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now at COVIDTESTS.GOV or call CDC Call Center at 1-800-232-0233 (TTY 1-888-720-7489).

Stay safe,

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
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NEWS FROM SHINE: March 2022
Need Help with the cost of Prescription Medications
Do you hit the "donut hole"?

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can help with your prescription costs.

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less \$64,400 for a single person or \$87,100 for a married couple.
- If your annual household income is below \$38,640 for a single person and \$52,260 for a married couple you get Prescription Advantage at **NO COST**.
- 65 years of age or older and not eligible for Medicare, or
- Under age 65, work no more than 40 hours per month, earn no more than the maximum of \$24,214 for a single person or \$32,750 for a married couple.

Individuals with comprehensive MassHealth programs or MassHealth Buy-In programs, also known as Medicare Savings Programs (MSP) are not eligible for Prescription Advantage.

Prescription Advantage members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare's open enrollment period. **THIS WILL HELP IF YOU ARE ERRONOUSLY ENROLLED IN A PLAN OR YOU NEED TO CHANGE YOUR PLAN DURING THE YEAR FOR ANY REASON!**

You may apply for Prescription Advantage online, by phone, or by mail. To apply online, go to www.prescriptionadvantagemma.org To apply by phone, call 1-800-243-4636 and press 3. To apply by mail, send the completed application and copies of your required documentation to: Prescription Advantage P.O. Box 15153 Worcester, MA 01615-0153 or fax to 508-793-1133

Learn the art of Psyanky

Have you always wanted to learn how to make a traditional Ukrainian Easter egg to add to your basket? Now is your chance.



Wednesday, March 23
1:30 pm
Uxbridge Senior Center

Come and learn about the colorful world of Psyanky, the Ukrainian art form in which an egg is designed with traditional folk motifs using wax and dyes. You will draw lines on an egg and layer dye colors to make a beautiful, unique decorative egg. No experience is necessary.

You will hear about the history and meanings of the colors and symbols in this Ukrainian art form during the class.

Registration is required. Class is limited to 15.

This Class is FREE and provided through a grant from the Uxbridge Cultural Council.

Help Wanted

The Senior Center is in need of a **Medical Driver** to transport our seniors to medical appointments. This is a part-time, per diem grant position. This position is paid one time per month at the current minimum wage funded by the Formula Grant. The candidate must have a flexible schedule, current and valid MA *Driver's license* in good standing. Requires good scheduling skills, organization, good math skills and a patient, positive disposition. Must attend team meetings, driver meetings and all MARTAP driver trainings. Interest in driving the van a plus. Apply on the Town website or inquire at the Senior Center.



New ZUMBA Classes for Seniors starting Thursday, March 10th – April 28th for an 8-week session with Amy – 1:30pm – 2:30pm

Pre-registration Required



New Chair Yoga Classes starting Thursday, March 10th – April 28th for an 8-week session with Dr. David Tapscott – 2:45pm – 3:45pm

Pre-registration Required



MOVIE TRIP TO
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MOVIE & TIME TBA

Metrics / Activities / Events

ARE YOU AWARE OF THE NUMBER OF PEOPLE THAT ARE HELPED AT THE UXBRIDGE SENIOR CENTER? The following numbers represent the people served in **JANUARY 2022**:

Telephone Calls	2,371
Daily Sign Ins	343
Congregate Meals	285
Medical Runs	40
Hannaford/Shaws Shopping	26
Lunch Van Mileage	668
Med Van Mileage	11
CVS / Bank Runs	3
In Person Activities	24
Computer Tutoring	6
SMOC Fuel Assistance	5
COVID Booster Appointments	32
Booster VAX Clinic	105
Ask The Attorney	2
Veterans Services	1

Computer Class Tutoring every

Monday 3:00 pm *By Appointment only. Students from BVT will be available to help you with your computers and/or devices. *Please call ahead to book an appointment.



Hannaford grocery shopping **every Tuesday**. Pick up begins at **8:30 AM**. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Knitting Group meets **every Tuesday** at **1:30 pm**

Feel free to join in the fun!



1st and 3rd Wednesdays – March 2nd & 16th @ 10:00 am – Bank & Pharmacy Rides. Please call at least 24 hours in advance. Masks must be worn.

2nd & 4th Thursdays – March 10th & 24th @ 8:30 am – Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance. Masks must be worn and limited to 4 people on the van.

Medical Transportation is accepting appointments. Call 508-278-8622 to schedule your rides.

Thursday, March 3, 2022 – 10:30 am – 11:30 am – **Veterans' Services with Carl Bradshaw** by appointment only. Call 508-278-8622 to sign up.

Thursdays, March 3rd & 17, 2022 – 11:30 am – 12:30 pm – **"PopUp Library"**. This will be held during lunch. Books will be on display to check out, library card sign-ups, book hold pick-ups, etc. Call ahead to reserve your lunch!

Friday, March 4, 2022 - 12:00 pm—**Lunch & Learn with Chief Montminy** ~ His guest speaker will be **Robin Putnam, Research & Special Projects Mgr. from the Office of Consumer Affairs and Business Regulations.** This presentation will be on **Identity Theft & Fraud Prevention.** Please call ahead to reserve your lunch.

Mondays, March 7, 2022 until mid April—**AARP Tax Assistance Program by appointment only.** Call 508-278-8622 to schedule.

Tuesday, March 8, 2022 – 1:00 pm – 2:00pm – **Benefit Enrollment Specialist – Tri-Valley, Inc.** Call the senior center to book an appointment with Cole Ackerson. Next date will be April 12, 2022

Tuesday, March 8, 2022 – 1:00pm— **Uxbridge Library Book Club.** They will be reading *The Personal Librarian* by *Marie Benedict and Victoria Christopher Murray.* You are welcome to join us for lunch on this day. Please remember to RSVP.

Wednesday, March 9, 2022 --1:30 pm – 2:30 pm— **Making St. Patrick's Day Flower Pots w/Sally!** Cost TBA and is limited to 10 people. Please remember to RSVP.

Friday, March 11, 2022 – 12:00 pm—**Donna-Lee Shain PhD from Uxbridge Orthopedic & Sports Therapy** will be our guest speaker. She will present **Dizziness & Prevention of Falls.** Please RSVP

Thursday, March 17, 2022 – 12:00 pm—**St. Patrick's Day Celebration.** This event is sponsored by the Uxbridge Elderly Connection, Inc. *Mike Orlando and Gary Arnold* will entertain us! *Space is limited so please RSVP.*

Monday, March 21, 2022 – 1:30 pm—3:30 pm —**Hobby Lobby Trip with Sally!** Limited to 5 people so call to RSVP.

Wednesday, March 23, 2022 – 1:30 pm— **Making Pysanky Easter Eggs.** Celeste Langlois will hold a class on how to make your own Ukrainian Pysanka Easter Egg. This class is sponsored by the **Uxbridge Cultural Council** and will be limited to 15 people. Call 508-278-8622 to sign up

Monday, March 28, 2022— 1:30 pm – **"Ask the Attorney" with Attorney Ralph Tepper** by appointment only. Please Call 508-278-8622 to schedule your appointment.

Tuesday, March 29, 2022 – 11:00 am – 12:00 pm – **Ask The Nurse Free Blood Pressure Clinic** with Celeste Kopech, Salmon Health VNA.

Wednesday, March 30, 2022 – **Movie Trip to Blackstone Valley 14 Cinema De Lux with lunch at Wendy's.** Time and Movie choice to be announced.

Kenneth P. Bernard
- Building Contractor -

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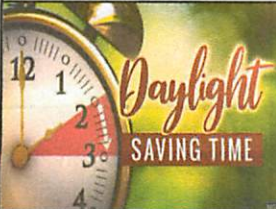


Medicaid/Medicare



Meal Menu for March 2022



2022

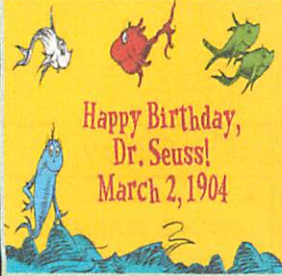





Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1. Chicken Piccata Rice Pilaf Veggie Dessert</p>	<p>2. Spinach Quiche Fruit Salad Roll Dessert</p>	<p>3. Beef Stew w/veggies Crusty Bread Dessert</p>	<p>4. LUNCH & LEARN Baked Fish Sweet Potatoes Veggie Dessert</p>	
<p>7. Grilled Cheese Sandwich Tomato Soup Dessert</p>	<p>8. Baked Ziti Salad Roll Dessert</p>	<p>9. Meat Loaf Mashed Potatoes Veggie Dessert</p>	<p>10. Chicken Stir-fry with Veggies Rice Dessert</p>	<p>11. Baked fish Roasted potatoes Veggie Dessert</p>
<p>14. Baked Ravioli Garden Salad Roll Dessert</p>	<p>15. Ham with Pineapple Mashed potatoes Carrots Dessert</p>	<p>16. Butter Chicken (curry) Rice Cucumber salad Dessert</p>	<p>17. ST. PATRICK'S DAY PARTY Corned Beef  Cabbage/Carrots Potatoes Irish Soda Bread Dessert</p>	<p>18. Lemon Pepper Fish Rice Veggie Dessert</p>
<p>21. Hot Dogs on Roll Baked Beans Dessert</p>	<p>22. Sausage Garbanzo Soup Crusty Bread Dessert</p>	<p>23. Macaroni & Cheese Garden Salad Dessert</p>	<p>24. Swedish Meatball Stroganoff over Egg Noodles Veggie Dessert</p>	<p>25. Baked Fish Couscous Veggie</p>  <p>MARCH BIRTHDAY CELEBRATION CAKE</p>
<p>28. Loaded Baked Potato Veggie Dessert</p>	<p>29. Chili with beans Salad Bread Dessert</p>	<p>30. Pork Schnitzel Apple Sauce Veggie Dessert</p>	<p>31. Chicken Parmesan Pasta Salad Dessert</p>	<p>ALL MEALS SERVED W/ MILK, COFFEE, OR TEA. **MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE**</p>

Lunch is served at 12 noon. 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.

SUPPORT OUR ADVERTISERS!



Activities for March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1. ~Hannaford Shopping 8:30 am ~Knitting Group 1:30 	2. ~Pharmacy/Bank 10:00 am – 11:00 am ~BINGO during lunch 	3. ~Veterans Services 10:30 am ~PopUp Library during lunch 11:30 am—12:30 pm	4. ~ Chief Montminy's Lunch & Learn w/ Robin Putnam ~ Identity Theft & Fraud Prevention 12 pm
7. ~Taxes by Appointment ~Card game during lunch ~Computer Class Tutoring by appt 3:00 pm	8. ~Hannaford Shopping 8:30 am ~Uxbridge Library Book Club 1:00 ~Tri-Valley Benefits Specialist 1 – 2 pm ~Knitting Group 1:30	9. ~BINGO During lunch ~Making St. Patrick's Day Flower Pots 1:30—2:30 pm Price tba 	10. ~Shaws/Ocean State Shopping 8:30 am ~NEW ZUMBA 1:30 pm ~NEW YOGA 2:45 pm At McCloskey School	11. ~Donna-Lee Shain PhD Uxbridge Orthopedic & Sports Therapy on Dizziness & Fall Prevention 12:00 pm
14. ~Taxes by Appt. ~Card game @ lunch ~Computer Class Tutoring by appt. 3:00 pm 	15. ~Hannaford Shopping 8:30 am ~Knitting Group 1:30	16. ~Pharmacy/Bank 10:00 am – 11:00 am ~BINGO during lunch	17. ~ St. Patrick's Day Celebration! ~PopUp Library during lunch 11:30 —12:30 ~NEW ZUMBA 1:30 pm ~NEW YOGA 2:45 pm At McCloskey School	18. 
21. ~Taxes by Appt. ~Card game during lunch ~Hobby Lobby Trip w/ Sally 1:30—3:30 pm Space limited. ~Computer Class Tutoring by appt. 3:00 pm	22. ~Hannaford Shopping 8:30 am ~Knitting Group 1:30	23. ~BINGO @ Lunch ~Pysanka Ukrainian Easter Egg Class w/ Celeste—1:30 pm 	24. ~Shaws/Ocean State Shopping 8:30 am ~NEW ZUMBA 1:30 pm ~NEW YOGA 2:45 pm At McCloskey School	25.
28. ~Card game during lunch ~Ask the Attorney by appointment 1:30 pm ~Computer Class Tutoring by appt only 3:00 pm	29. ~Hannaford Shopping 8:30 am ~Ask the Nurse Free blood pressure clinic 11 am – 12 pm ~Knitting Group 1:30	30. ~NO BINGO TODAY ~Movie Trip Blackstone Valley 14 Cinema De Lux & Lunch at Wendy's. Movie and time TBA	31. ~NEW ZUMBA 1:30 pm ~NEW YOGA 2:45 pm At McCloskey School	ALL ACTIVITIES ARE WEATHER PERMITTING AND SUBJECT TO CHANGE 

Get Ready! The Walk MA Challenge 2022 starts in April

The Walk MA Challenge intergenerational program is open to everyone ages 5 and up! Registration opens on April 1st with the Challenge itself running from May 1st through October 31st.



"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." ~ Charles Dickens



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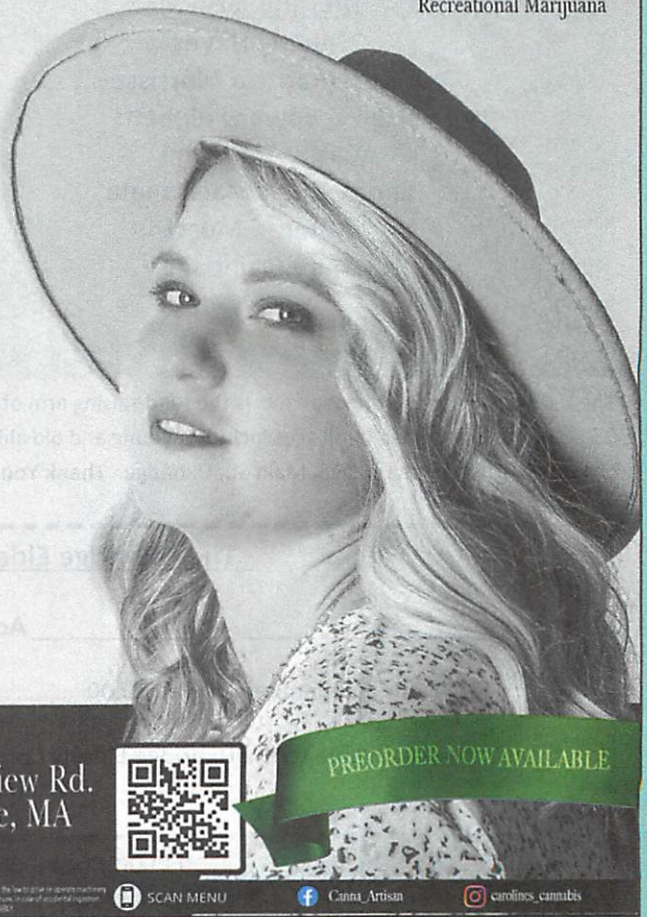


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Mercedes Conde

Thank you for your support!

The Uxbridge Elderly Connection Inc. 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. **Thank You!**



The Uxbridge Elderly Connection 2022 Membership

Name: _____ Address: _____

_____ 2022 Annual Membership Fee \$5.00 _____ DONATION

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

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