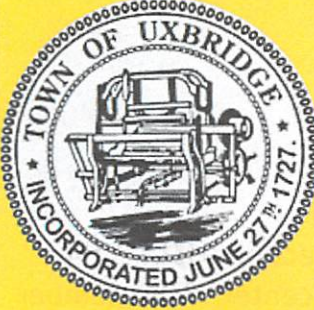


THE UXBRIDGE SENIOR CENTER NEWSLETTER

Uxbridge Council on Aging

May 2024

The Director's News



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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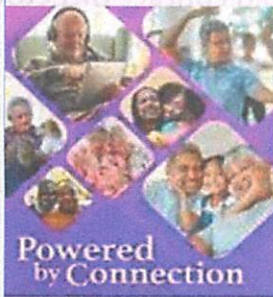
Millie DeLeonardis
Member



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!



The **Spring Town Meeting** is scheduled for **Tuesday, May 14th at 7pm** at **Valley Chapel** located at 14 Hunter Road in Uxbridge. Please plan on attending to participate in this important civic event.



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the **profound impact that meaningful relationships and social connections have on our health and well-being**. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate:

- Promote resources that help older adults engage, like attending the senior center hot lunch program or taking part in activity social groups, and volunteer opportunities.
- Connect with local services, call the senior center to book your Wednesday shuttle transportation, that can help you overcome obstacles to going out for lunch or go shopping with your friends to achieve and maintain meaningful relationships.
- Share facts about the mental, physical, and emotional health benefits of social connection by attending the senior center exercise programs to contribute to your overall well-being.

Introducing our new **Walk and Talk** exercise group! Join **Doreen Cedrone**, our **Wellness Coordinator**, in walking local trails in Uxbridge.

Walking with a group can help you meet new people, build friendships, and provide a sense of community. Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving.



The group will meet **every Tuesday at 2pm starting on May 14th**. The location for the month of May will be the **Blackstone Valley Greenway** located on **Adams Street in South Uxbridge** (near McDonald's). Participants will meet Doreen at the walking site, the location may change each month. The program is weather permitting and there is no charge. Don't forget to wear comfortable shoes and bring a water bottle. Participants are required to complete an enrollment and waiver form. Please call the senior center for more info and to receive your forms.

Best wishes for a **Happy Mother's Day** and restful **Memorial Day** to all!

Thank you, Lisa Bernard, Director

MONDAY — FRIDAY
8 A.M. – 4 P.M.

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[HTTP://UXBRIDGE-MA.GOV/COUNCIL-AGING](http://uxbridge-ma.gov/council-aging) | OR ON
[FACEBOOK.COM/UXBRIDGEMASENIORCENTER](https://facebook.com/uxbridgemaSeniorCenter)

SPECIAL EVENTS FOR MAY 2024

Lunch N' Learn with Chief Montminy
Friday, May 3rd at 12 noon



Deb Blackburn from **The People's First Food Pantry** will be presenting on **Food Insecurity of the Elderly**
Please call to RSVP!

Uxbridge Elderly Connection
Annual Town Meeting
Wednesday, May 8th at 5 pm



The Uxbridge Elderly Connection (**UEC**) is the fundraising arm of the senior center. Any member of the **UEC** interested in running for the Board should contact **Director, Lisa Bernard** or **Donna Oncay** at the senior center.

Mother's Day Party
Friday, May 10th at 12 noon



Please join us to celebrate all moms and those who love and care for others!
Bob Moon will be our entertainer.
Please call to sign up early!

Walk & Talk Exercise
Start Date: Tuesday, May 14th at 2 pm



The group will meet every **Tuesday at 2pm** starting **on May 14th**. The location for the month of May will be the **Blackstone Valley Greenway** located on **Adams Street in South Uxbridge** (near McDonald's). Please call the senior center for more info and to receive your forms.

New 8-week Zumba Class
Starting June 6th
Thursdays at McCloskey School



Zumba will take place from **1:30pm-2:30pm**.
Please call the senior center to sign up. Enrollment and waiver forms are required prior to the start of class.
Cost: \$25.00 donation

New 8-week Low Impact Exercise Class
Starting June 6th
Thursdays at McCloskey School



This class will focus on stretching and cardio exercises. The class will take place from **2:45pm-3:45pm**. Please call the senior center to sign up. Enrollment and waiver forms are required prior to the start of class. **Cost: \$25.00 donation**

METRICS & EVENTS FOR MAY 2024

The following numbers represent the people served in March 2024

Telephone Calls	1,574
Daily Visitors	755
Congregate Meals	545
Lunch Van Pickup	160
Medical Runs	82
Hannaford/Shaws/Bank/CVS Shopping	45
Lunch Van Mileage	883
Med Van Mileage	5
Other Vehicle Mileages	1,694
Activities & Computer Class	252
Tri-Valley, Veterans Services & Ask Attorney	4
Ask the Nurse Free Blood Pressure Clinic	6
SMOC Fuel Assistance Appointments	4
Zumba Gold & Low Impact Exercise Classes	45
AARP Tax Assistance Program	32
Rise Up Initiative Easter Meal Delivery	233



Veterans Services

Thursday, **May 2nd**
@ 10:30 am
Call for an appointment



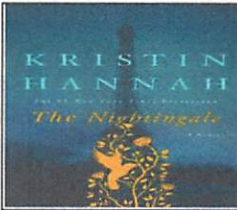
Zumba Classes

Thursdays, **May 2nd, 9th, 23rd & 30th**
1:30 pm—2:30 pm



Low Impact Exercise Class

Thursday, **May 2nd & 9th**
2:45 pm—3:45 pm



Uxbridge Library Book Club

Tuesday, **May 14th** @ 1:00 pm
They will be discussing
"The Nightingale" by Kristin Hannah



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, **May 14th** @ 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



S.H.I.N.E. Program

Tuesday, **May 21st**
9:00 am – 12:00 pm
by appointment only



Walk & Talk Exercise Group
every Tuesday @ 2:00 pm
Starting **May 14th**



"Ask the Attorney" with Attorney Ralph Tepper

Monday, **May 20th**
1:30—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



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



Come Play Scrabble!
Every Thursday @ 1:00 pm
**No Game May 30th*



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



PopUp Library

Friday, **May 31st**
11:30 am—12:30 pm
Come see what Chris has to offer!

Kenneth P. Bernard
- Building Contractor -

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774-230-0516

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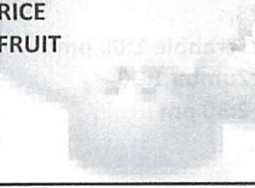
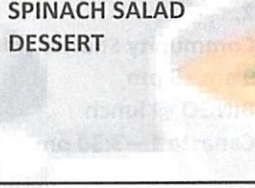
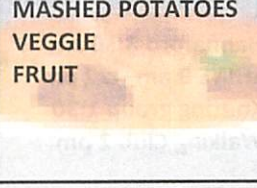



Uxbridge, MA 01569 **508-278-9500**

Medicaid/Medicare



MEAL MENU FOR MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL MEALS SERVED W/ MILK, COFFEE, OR TEA. *MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE*</p> 		<p>1. SHEPHERD'S PIE W/VEGGIES CORN MUFFIN DESSERT</p>	<p>2. PARMESAN BAKED PORK CHOPS RICE PILAF VEGGIES FRUIT</p>	<p>3. BAKED FISH SWEET POTATOES VEGGIE DESSERT</p>
<p>6. CHICKEN BARLEY SOUP HAM SALAD ROLL FRUIT</p>	<p>7. BREAKFAST CASSEROLE HASH BROWNS FRUIT DESSERT</p>	<p>8. MEATLOAF MASHED POTATOES VEGGIE DESSERT</p>	<p>9. SAUSAGE, ONIONS & PEPPERS ON A ROLL BAKED BEANS FRUIT</p>	<p>10. MOTHER'S DAY PARTY</p>  <p>SEAFOOD CASSEROLE RICE PILAF VEGGIE DESSERT</p>
<p>13. NO LUNCH THE CENTER IS CLOSED FOR STAFF TRAINING</p> 	<p>14. TACO TUESDAY CORN CASSEROLE FRUIT</p> 	<p>15. CHICKEN POT PIE WITH VEGGIES CORN BREAD DESSERT</p>	<p>16. BAKED ZITI WITH ITALIAN SAUSAGE SALAD BREAD FRUIT</p>	<p>17. BAKED FISH ROASTED POTATO VEGGIE DESSERT</p>
<p>20. HOT DOGS BAKED BEANS BROWN BREAD</p>	<p>21. CHICKEN MORNAY WITH VEGGIES RICE FRUIT</p> 	<p>22. MOUSSAKA (GREEK LASAGNA) SPINACH SALAD DESSERT</p> 	<p>23. PORK LOIN WITH APPLE SAUCE MASHED POTATOES VEGGIE FRUIT</p> 	<p>24. NO LUNCH THE CENTER IS CLOSED TODAY</p>
<p>27. NO LUNCH CLOSED MEMORIAL DAY</p> 	<p>28. FRENCH TOAST BAKE BREAKFAST SAUSAGE FRESH FRUIT DESSERT</p> 	<p>29. AMERICAN CHOP SUEY GARDEN SALAD FRUIT</p>	<p>30. CHEESEBURGERS ON THE GRILL W/LETTUCE AND TOMATOES FRENCH FRIES DESSERT</p>	<p>31. BAKED FISH RICE VEGGIE</p>  <p>MAY BIRTHDAY CAKE 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+

SUPPORT OUR ADVERTISERS!

MAY 2024 ACTIVITIES CALENDAR



ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
		1. ~Community Shuttle 9 am—3 pm ~BINGO @ lunch ~Canasta 1—3:30 pm	2. ~Veterans Services 10:30 am ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm ~Low Impact Exercise Class 2:45-3:45 pm	3. ~Chief Montminy's Lunch & Learn w/Deb Blackburn, People's First Food Pantry talk on <i>Food Insecurity</i> of the Elderly — 12pm
6. ~Card Game @ lunch ~Computer Tutoring 3:00—4:00 pm	7. ~Hannaford 8:30 am ~Knitting group 1:30	8. ~Community Shuttle 9 am—3 pm ~BINGO @ lunch ~Canasta 1—3:30 pm ~Annual Uxbridge Elderly Connection Meeting 5 pm	9. ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm ~Last Low Impact Exercise Class 2:45-3:45 pm	10. ~Annual Mother's Day Celebration Bob Moon will be back to entertain us! - 12 pm
13. ~NO Card Game ~NO Lunch Today ~MARTAP Staff Training 8 am—4 pm	14.~Hannaford 8:30am ~Tri-Valley 1—2 pm ~Uxbridge Library Book Club 1 pm ~Knitting group 1:30 ~Walking Club 2 pm ~COA Meeting 3 pm	15. ~Community Shuttle 9 am - 3 pm ~BINGO @ lunch ~Canasta 1—3:30 pm	16. ~Scrabble 1:00 pm ~NO Zumba today	17.
20. ~Card Game @ lunch ~Ask the Attorney 1:30	21. ~Hannaford 8:30 am ~SHINE 9 am—12 pm ~Knitting group 1:30 ~Walking Club 2 pm	22. ~Community Shuttle 9 am - 3 pm ~BINGO @ lunch ~Canasta 1—3:30 pm	23. ~Scrabble 1:00 pm ~Zumba 1:30 – 2:30 pm	24. CLOSED IN OBSERVANCE OF MEMORIAL DAY
27. CLOSED IN OVSERVANCE OF MEMORIAL DAY 	28. ~Hannaford 8:30am ~Ask the Nurse 11 am—12 pm ~Knitting Group 1:30 ~Walking Club 2 pm	29. ~Community Shuttle 9 am - 3 pm ~BINGO @ lunch ~Canasta 1—3:30 pm	30. ~NO Scrabble ~Last Zumba 1:30 – 2:30 pm	31. ~PopUp Library 11:30 am—12:30 pm May Birthday Cake Celebration

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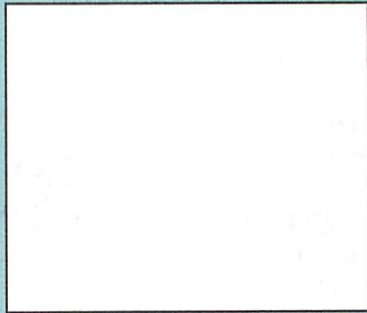
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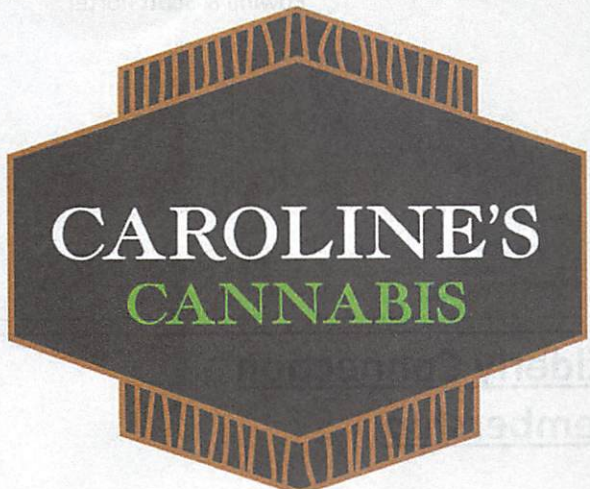
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The Uxbridge Elderly Connection
2024 Membership

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.