

April 2016

Mon

Tue

Wed

Thu

Fri

	<p>* Please see Newsletter for details on our shopping trips.</p>			<p>1 9:00—1:00 AARP Tax Appts. 10:30 Blood Pressure Checks Stuffed Shells</p>
<p>4 9:15 Shopping Trip* 10:30 COA Meeting 1:00 Tai Chi</p> <p>Beef Burgundy</p>	<p>5 10:00 Card Players Group 12:30 Wii Games</p> <p>Chicken w/Asparagus</p>	<p>6 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Shopping Trip* 12:30 Canasta 1:00 Afternoon Movie 2:30 Computer Class</p> <p>American Chop Suey</p>	<p>7 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Beef w/Peppers & Onions</p>	<p>8 9:00—1:00 AARP Tax Appts. 10:30 Blood Pressure Checks 12:45 Ice Cream Social with Talk on Identity Theft & Online Safety</p>  <p>Alaskan Salmon w/ Dill</p>
<p>11 9:00—10:00 Senator Moore 9:15 Breakfast by Jan 10:00 Heart Healthy Trivia 12:30 Shopping Trip* 1:00 Tai Chi</p>  <p>Lemon Thyme Chicken</p>	<p>12 10:00 Card Players Group 12:30 Wii Games 1:00—2:00 Personal Training Appts.</p>  <p>Beef Jardiniere</p>	<p>13 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Walk in the Park 1:00 Afternoon Movie 2:30 Computer Class</p>  <p>Herb Roasted Pork</p>	<p>14 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner</p> <p>Spaghetti & Meatballs</p>	<p>15 9:00 BVT Salon Visit 10:30 Blood Pressure 11:00 Super Stress Busters 11:45 Volunteer Lunch 12:45 Singer Paul Lamoureux</p>  <p>Cheese & Spinach Omelet</p>
<p>18 PATRIOTS' DAY</p>  <p>Center is Closed</p> <p>No meals served</p>	<p>19 9:15 Shopping Trip* 10:00 Card Players Group 12:45 Trinity Big Band 2:00 Wii Games</p>  <p>Greek Chicken</p>	<p>20 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to Jube's 12:30 Canasta 12:30 Blood Pressure Checks 1:00 Afternoon Movie Meatloaf & Gravy</p>	<p>21 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Turkey Stew</p>	<p>22 Passover Begins 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Creature Teacher</p>  <p>Breaded Fish Fillet</p>
<p>25 1:00 Tai Chi</p> <p>Beef Stew</p>	<p>26 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* 1:00—2:00 Personal Training Appts. Vegetable Cheese Bake</p> 	<p>27 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:45 Birthday Bash 2:30 Computer Class Chicken Murphy</p> 	<p>28 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Salisbury Steak</p>	<p>29 10:30 Blood Pressure Checks 5:30 Men's Club Supper</p>  <p>Macaroni & Cheese</p>

April, 2016 — Dates to Remember

Check  here if you plan to attend !*

- April 1 _____ AARP Tax Appointments, 9:00—1:00
- April 4 _____ Shopping Trip—Shaw’s & Walgreens, Milford, 9:15
- April 6 _____ SHINE Appointments, 9:00—11:00
- April 6 _____ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop, Northbridge, 12:30
- April 8 _____ AARP Tax Appointments, 9:00—1:00
- April 8 _____ Ice Cream Social with Talk on Identity Theft & Online Safety, 12:45
- April 11 _____ Senator Moore, 9:00—10:00
- April 11 _____ Breakfast by Jan, 9:15
- April 11 _____ Heart Healthy Trivia, 10:00
- April 11 _____ Shopping Trip—Market Basket, Hudson, 12::30
- April 12 _____ Personal Training Appointments, 1:00—2:00
- April 13 _____ Jessica’s Wellness Talk, 12:30
- April 13 _____ A Walk in the Park at Milford Bike Trail, 1:00
- April 14 _____ Friends of Rachel BVT Dinner, 5:00
- April 15 _____ BVT Salon Visit, 9:00
- April 15 _____ Super Stress Strategies, 11:00
- April 15 _____ Volunteer Recognition Luncheon, 11:45
- April 15 _____ Singer Paul Lamoureux, 12:45
- April 18 _____ PATRIOTS’ DAY—Center is closed; no meals are served.
- April 19 _____ Shopping Trip—Price Chopper, Hopkinton, 9:15
- April 19 _____ Trinity Big Band, 12:45
- April 20 _____ SHINE Appointments, 9:00—12:00
- April 20 _____ Lunch Trip to Jube’s Family Restaurant, Whitinsville, 11:30
- April 20 _____ Blood Pressure Checks with Town Nurse, 12:30
- April 22 _____ PASSOVER BEGINS
- April 22 _____ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop, Northbridge, 9:15
- April 22 _____ Creature Teacher Visit , 12:45
- April 26 _____ Shopping Trip—Market Basket, Oxford, 12:30
- April 26 _____ Personal Training Appointments, 1:00—2:00
- April 27 _____ Birthday Bash, 12:45
- April 29 _____ Men’s Club Supper, 5:30

***EASY SIGN UPS!**

We’d like to make it even easier for you to sign up for our activities. If you’d like, write your name at the bottom of this box and check off all the activities you’d like to attend. Turn it into our office and we’ll make a copy and sign you up!

Your name:



Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games (Moved to 2:00 on April 19 due to Trinity Big Band) 12:30
- Every Wednesday Strength & Stretch 10:00
- Every Wednesday Library Table 11:00
- Every Wednesday Canasta 12:30
- Every Wednesday Afternoon Movie (no movie April 27 due to Bday Bash) 1:00
- Every Wednesday Computer Class (no class April 20 due to School Vacation) 2:30
- Every Thursday Knit/Crochet Group 10:00
- Every Thursday BINGO 1:00
- Every Friday Blood Pressure Checks with EMT 10:30