

# July 2016

Mon	Tue	Wed	Thu	Fri
<p>* Please see Newsletter for details on our shopping trips.</p>				<p><b>1</b></p> <p>10:30 Blood Pressure 12:00 4th July Cookout </p> <p>BBQ Chicken</p>
<p><b>4</b></p> <p><b>INDEPENDENCE DAY</b></p>  <p>Center is closed. No meals served.</p>	<p><b>5</b></p> <p>10:00 Card Players Group 12:30 Wii Games</p> <p>Beef Stew</p>	<p><b>6</b></p> <p>6:45—5:30 Foxwoods Trip 9:00 Upton Police 9:00—12:00 SHINE 9:30 Shopping Trip* 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games </p> <p>Chicken Murphy</p>	<p><b>7</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO 5:30 Concert at Kiwanis Beach </p> <p>Salisbury Steak</p>	<p><b>8</b></p> <p>9:00 Shopping Trip* 10:30 Blood Pressure 12:00 Pizza &amp; Adult Health Info. With Salmon VNA </p> <p>Vegetable Cheese</p>
<p><b>11</b></p> <p>9:00 Shopping Trip* 12:30 Wellness Talk 1:00 Tai Chi</p> <p>Chicken Primavera w/Penne Pasta</p>	<p><b>12</b></p> <p>10:00 Card Players Group 12:30 Pie Baking Contest &amp; Pie Party   1:30 Wii Games</p> <p>Meatballs</p>	<p><b>13</b></p> <p>9:00 Upton Police 10:00 Strength &amp; Stretch (last one until fall) 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games</p> <p>Pork Chow Mein</p>	<p><b>14</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO 1:00 Coach Road Ice   Cream Social 5:30 Concert at Kiwanis Beach </p> <p>Chicken Fajitas</p>	<p><b>15</b></p> <p>10:30 Blood Pressure   12:45 Birthday Bash 1:30 Harmonica Concert </p> <p>Trout w/Lemon Vinaigrette</p>
<p><b>18</b></p> <p>9:15 Shopping Trip* 12:30 Walk in the Park   1:00 Tai Chi</p> <p>Hot Dog</p>	<p><b>19</b></p> <p>10:00 Card Players Group 12:15 Lunch at Willowbrook 12:30 Wii Games </p> <p>Chicken Sausage</p>	<p><b>20</b></p> <p>9:00 Upton Police 9:00—12:00 SHINE 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games</p> <p>Salmon Boat w/Dill Sauce</p>	<p><b>21</b></p> <p>8:45—12:00 Podiatrist Visit 10:00 Knit/Crochet Group 1:00 BINGO   4:00 Picnic at the Center 5:30 Concert at Kiwanis Beach </p> <p>Beef Mediterranean</p>	<p><b>22</b></p> <p>9:15 Shopping Trip* 10:30 Blood Pressure 12:30 Movie &amp; Ice Cream at the Center </p> <p>Lasagna</p>
<p><b>25</b></p> <p>9:15 "Christmas in July" Continental Breakfast   12:30 Wellness Talk 1:00 Tai Chi</p> <p>Roast Pork w/Gravy</p>	<p><b>26</b></p> <p>10:00 Card Players Group 12:30 Wii Games 12:30 Trip to JJ's Ice Cream</p> <p>Shepherd's Pie</p>	<p><b>27</b></p> <p>9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games 12:30 Blood Pressure Checks</p> <p>Bacon Omelet</p>	<p><b>28</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO 5:30 Concert at Kiwanis Beach </p> <p>Chicken Cacciatore</p>	<p><b>29</b></p> <p>9:00 Shopping Trip* 10:30 Blood Pressure 12:45 Whole Foods Simple Summer Meals for One </p> <p>Potato Crunch Fish</p>

## July, 2016 — Dates to Remember

Check  here if you plan to attend !\*

- June 30  Concert at Kiwanis Beach, 5:30 departure for 6:00 Concert. (Do you need a ride?  Yes  No)
- July 1  4th of July Cookout (Hotdogs & fixings), 12:00
- July 4  INDEPENDENCE DAY—The Center is closed; no meals are served.
- July 6  Foxwoods Trip, 6:45 am—5:30 pm
- July 6  Upton Police, 9:00
- July 6  SHINE Appointments with Marcy, 9:00—12:00
- July 6  Shopping Trip—Shaw's & Walgreens, Milford, 9:30
- July 6  Fun & Games at 12:30
- July 7  Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride?  Yes  No)
- July 8  Shopping Trip—Market Basket, Hudson, 9:00
- July 8  Pizza & Adult Health Info. with Salmon VNA, 12:00
- July 11  Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- July 11  Wellness Talk w/Jes, 12:30
- July 12  Pie Baking Contest & Pie Party, 12:30
- July 13  Upton Police, 9:00
- July 13  Fun & Games at 12:30
- July 14  Coach Road Ice Cream Social, 1:00
- July 14  Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride?  Yes  No)
- July 15  Birthday Bash, 12:45
- July 15  Harmonica Concert, 1:30
- July 18  Shopping Trip—Foppema's Farm, Northbridge, 9:15
- July 18  Walk in the Park, Milford Bike Trail, 12:30
- July 19  Lunch Trip to Willowbrook Restaurant, Mendon, 12:15
- July 20  Upton Police, 9:00
- July 20  SHINE Appointments with Jessica, 9:00—12:00
- July 20  Fun & Games at 12:30
- July 21  Podiatrist Appointments, 8:45—12:00
- July 21  Picnic at the Center, 4:00
- July 21  Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride?  Yes  No)
- July 22  Shopping Trip—Market Basket, Oxford, 9:15
- July 22  Movie & Ice Cream at the Center, 12:30
- July 25  "Christmas in July" Continental Breakfast, 9:15
- July 25  Wellness Talk w/Jes, 12:30
- July 26  Trip to JJ's Ice Cream, Upton, 12:30
- July 27  Upton Police, 9:00
- July 27  Fun & Games at 12:30
- July 27  Blood Pressure Checks with Town Nurse, 12:30
- July 28  Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride?  Yes  No)
- July 29  Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- July 29  Whole Foods Simple Summer Meals for One, 12:45



**\*EASY SIGN UPS!**

**Turn your sheet in to our office and we'll make a copy and sign you up!**

Your name:

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Your Phone Number:

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**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 1:30 on 7/12) ..... 12:30
- Every Wednesday ..... Strength & Stretch (ends July 13; resumes September 7) ..... 10:00
- Every Wednesday ..... Library Table ..... 11:00
- Every Wednesday ..... Canasta ..... 12:30
- Every Thursday ..... Knit/Crochet Group ..... 10:00
- Every Thursday ..... BINGO ..... 1:00
- Every Friday ..... Blood Pressure Checks with EMT ..... 10:30