

June 2016

Mon

Tue

Wed

Thu

Fri

<p>* Please see Newsletter for details on our shopping trips.</p>		<p>1 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Beef & Bean Chili</p>	<p>2 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Pork Rib-i-que</p>	<p>3 10:30 Blood Pressure Checks 11:45 Representative Muradian's Pasta Lunch 12:45 Fraud Squad Players Cracker Crumb Fish</p> 
<p>6 9:00 Shopping Trip* 1:00 Tai Chi</p> <p>Beef with Jardinere Sauce</p>	<p>7 10:00 Card Players Group 12:30 Wii Games 12:30 Ice Cream Social 1:00—2:00 Personal Training Appts.</p>  <p>Hot Dog on Bun</p>	<p>8 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk</p> <p>Stuffed Shells</p>	<p>9 7:45—5:45 Bridge of Flowers Trip</p>  <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Garlic Herbed</p>	<p>10 9:00 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Jumpin' Juba Concert</p>  <p>Beef & Broccoli</p>
<p>13 10:30 COA Mtg. 11:30 Lunch trip to Longhorn Steakhouse 1:00 Tai Chi</p>  <p>Beef Burgundy</p>	<p>14 FLAG DAY</p>  <p>10:00 Card Players Group 12:30 Wii Games 12:30 Go the Distance Walk</p>  <p>Chicken Parmesan</p>	<p>15 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:00 Trip to the Movies (exact time TBD) Wild Alaskan Salmon</p>  <p>Swedish Meatballs</p>	<p>16 10:00 Knit/Crochet Group 1:00 BINGO 11:00—1:00 Bake Sale</p>  <p>Swedish Meatballs</p>	<p>17 9:00 Shopping Trip* 10:30 Blood Pressure Checks 1:00 Walk in the Park</p>  <p>American Chop Suey</p>
<p>20 FIRST DAY OF SUMMER! 11:45 Father's Day Summer Cookout 1:00 Tai Chi</p>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Happy Father's Day, Sunday, June 19th</p>  </div> <p>Cheese & Spinach</p>	<p>21 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* 1:00—2:00 Personal Training Appts.</p> <p>Roast Turkey w/Gravy</p>	<p>22 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Movie & Popcorn</p>  <p>Herb Roasted Pork</p>	<p>23 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Spaghetti & Meatballs</p>	<p>24 9:15 Shopping Trip* 10:30 Blood Pressure Checks</p> <p>Lemon Thyme Chicken</p>
<p>27 9:00—10:00 Senator Moore's Office Visits 1:00 Tai Chi</p> <p>Greek Chicken</p>	<p>28 10:00 Card Players Group 12:30 Wii Games</p> <p>Meatloaf & Gravy</p>	<p>29 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:45 Birthday Bash</p>  <p>Macaroni & Cheese</p>	<p>30 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Beef w/Peppers & Onions</p>	

June, 2016 — Dates to Remember

Check  here if you plan to attend !*

- June 1 _____ Upton Police, 9:00
- June 1 _____ SHINE Appointments, 9:00—12:00
- June 1 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- June 3 _____ Representative Muradian's Pasta Lunch, 11:45
- June 3 _____ Fraud Squad Players, 12:45
- June 6 _____ Shopping Trip—Market Basket, Oxford, 9:00
- June 7 _____ Ice Cream Social, 12:30
- June 7 _____ Personal Training Appointments, 1:00—2:00
- June 8 _____ Upton Police, 9:00
- June 8 _____ Wellness Talk with Jessica, 12:30
- June 9 _____ Bridge of Flowers Trip w/Northbridge, 7:45—5:45
- June 10 _____ Shopping Trip—Shaw's/Walgreens, Milford, 9:00
- June 10 _____ Jumpin' Juba Concert—12:45
- June 13 _____ COA Meeting, 10:30 (Rescheduled from June 6)
- June 13 _____ Lunch Trip— Longhorn Steak House, Millbury, 11:30
- June 14 _____ FLAG DAY / Go the Distance Walk, 12:30
- June 15 _____ Upton Police, 9:00
- June 15 _____ SHINE Appointments, 9:00—12:00
- June 15 _____ Trip to the Movies, Millbury, around 12:00 (exact time to be set once movie listing is out)
- June 16 _____ Bake Sale, 11:00—1:00 (Are you interested in baking?.... _____ Yes _____ No)
- June 17 _____ Shopping —Northborough Crossing (Wegman's/Michael's/Kohl's, etc.) Loop, Northborough, 9:00
- June 17 _____ Walk in the Park, Milford, 1:00
- June 20 _____ Father's Day Summer Cookout, 11:45
- June 21 _____ Shopping Trip—Hannaford's, Uxbridge, 12:30
- June 21 _____ Personal Training Appointments, 1:00—2:00
- June 22 _____ Upton Police, 9:00
- June 22 _____ Wellness Talk with Jessica, 12:30
- June 22 _____ Afternoon Movie & Popcorn
- June 24 _____ Shopping Trip—Market Basket, Hudson
- June 27 _____ Senator Moore's Office Visits
- June 29 _____ Upton Police, 9:00
- June 29 _____ Blood Pressure Checks with Town Nurse, 12:30
- June 29 _____ Birthday Bash, 12:45
- June 30 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15



*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:

Your Phone:



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	12:30
Every Wednesday	Strength & Stretch	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

Note—Computer classes & Men's Club Suppers are on summer hiatus; they will return in the fall.

