

# March 2016

Mon

Tue

Wed

Thu

Fri

|   |   |  |   |   |
|---|---|--|---|---|
|    | <p><b>1</b><br/>10:00 Card<br/>Players Group<br/>12:30 Wii Games</p> <p>Beef Mediterranean</p>  | <p><b>2</b><br/><br/>9:00 Upton Police<br/>9:00—11:00 SHINE<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Shopping Trip*<br/>1:00 Afternoon<br/>Movie<br/>2:30 Computer Class<br/>Hot Dog</p>                  | <p><b>3</b><br/>10:00 Knit/Crochet<br/>Group<br/>1:00 BINGO</p> <p>Chicken Pasta<br/>Primavera</p>  | <p><b>4</b><br/>9:00 BVT Salon<br/>Visit<br/>10:30 Blood<br/>Pressure<br/>Checks<br/>12:45 Employee<br/>Appreciation Social<br/><br/>Salmon Boat w/Dill</p>  |
| <p><b>7</b><br/>10:30 COA<br/>Meeting<br/>1:00 Tai Chi</p> <p>Roast Pork w/<br/>Gravy</p>   | <p><b>8</b><br/>10:00 Card<br/>Players Group<br/>12:30 Wii Games</p> <p>Shepherd's Pie</p>  | <p><b>9</b><br/><br/>6:45—5:30<br/>Foxwoods Trip<br/>9:15 Shopping Trip*<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Wellness Talk<br/>1:00 Afternoon<br/>Movie<br/>2:30 Computer Class<br/>Bacon Omelet</p> | <p><b>10</b><br/><br/>8:45—12:00<br/>Podiatrist Appts.<br/>10:00 Knit/Crochet<br/>Group<br/>1:00 BINGO</p> <p>Chicken Cacciatore</p>   | <p><b>11</b><br/>9:00—1:00<br/>AARP Tax Appts.<br/>9:15 Shopping Trip*<br/>10:30 Blood<br/>Pressure<br/>Checks<br/>12:45 Birthday Bash<br/></p> <p>Potato Crunch Fish</p>                              |
| <p><b>14</b> Crazy Hair Day<br/>9:00 Senator<br/>Moore<br/>1:00 Tai Chi</p>  <p>Daylight<br/>Savings<br/>Time<br/>Begins,<br/>2 a.m., Sun.<br/>March 13</p> <p>Chicken Mornay</p> | <p><b>15</b> Mismatch Day<br/>10:00 Card<br/>Players Group<br/>12:30 Wii Games</p> <p>Pot Roast Stew</p>  | <p><b>16</b> Pajama Day<br/>9:00 Upton Police<br/>9:00—12:00 SHINE<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Anxiety &amp;<br/>Depression Talk<br/>1:00 Afternoon<br/>Movie<br/>2:30 Computer Class<br/>Turkey a la King</p>  | <p><b>17</b> Go Green Day<br/>9:15 Saint Patrick's<br/>Day Continental<br/>Breakfast,<br/>Celebration &amp;<br/>Scavenger Hunt<br/><br/>10:00 Knit/Crochet<br/>Group<br/>1:00 BINGO</p> <p>Corned Beef &amp; Cabbage</p> | <p><b>18</b> Sports Day<br/>9:00—1:00<br/>AARP Tax Appts.<br/>9:15 Shopping Trip*<br/>10:30 Blood<br/>Pressure<br/>Checks<br/>5:30 Men's<br/>Club Supper<br/></p> <p>Macaroni &amp; Cheese</p>       |
| <p><b>21</b><br/>1:00 Tai Chi</p>  <p>Spring<br/>Begins—<br/>Sunday,<br/>March 20</p> <p>Pork Rib-i-que</p>  | <p><b>22</b><br/>10:00 Card<br/>Players Group<br/>12:30 Wii Games</p> <p>Buttermilk Chicken</p>   | <p><b>23</b><br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Wellness Talk<br/>1:00 Shopping Trip*<br/>1:00 Afternoon<br/>Movie<br/>2:30 Computer Class<br/>HOLIDAY MEAL:<br/>Baked Ham<br/></p>               | <p><b>24</b><br/>10:00 Knit/Crochet<br/>Group<br/>12:00—1:00 State<br/>Rep. Muradian<br/>1:00 BINGO<br/>3:00 Craft w/Kids<br/>5:00 Friends of<br/>Rachel BVT Dinner</p> <p>Swedish Meatballs</p>  | <p><b>25</b> GOOD FRIDAY<br/>9:00—1:00<br/>AARP Tax Appts.<br/>9:15 Shopping Trip*<br/>10:30 Blood<br/>Pressure Checks<br/>12:45 Egg<br/>Decorating and Egg<br/>Hunt<br/><br/>Lemon Pepper Trout</p> |
| <p><b>28</b><br/>11:30 Lunch Trip<br/>to Empire Buffet<br/>1:00 Tai Chi</p>  <p>EASTER,<br/>Sunday,<br/>March 27</p> <p>Roast Turkey</p>   | <p><b>29</b><br/>10:00 Card<br/>Players Group<br/>12:45 Fun &amp; Games<br/>Social<br/>1:45 Wii Games<br/></p> <p>Meatloaf &amp; Gravy</p> | <p><b>30</b><br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Walk in the Park<br/>12:30 Blood<br/>Pressure Checks<br/>1:00 Afternoon<br/>Movie<br/>2:30 Computer Class<br/>Garlic Herbed Chicken<br/></p>      | <p><b>31</b><br/>9:15 Shopping Trip*<br/>10:00 Knit/Crochet<br/>Group<br/>1:00 BINGO<br/>4:00 TriValley<br/>Italian Dinner<br/>in Milford<br/></p> <p>Beef &amp; Broccoli</p>  | <p><b>* Please see<br/>Newsletter for<br/>details on our<br/>shopping trips.</b></p>  |

## March, 2016 — Dates to Remember

- March 2 Upton Police, 9:00
- March 2 SHINE Appointments, 9:00—11:00
- March 2 Shopping Trip—Market Basket, Hudson, 12:30
- March 4 BVT Salon Visit, 9:00
- March 4 Employee Appreciation Social, 12:45
- March 9 Foxwoods Trip, 6:45 am—5:30 pm
- March 9 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- March 9 Jessica's Wellness Talk, 12:30
- March 10 Podiatrist Appts., 8:45—12:00
- March 11 AARP Tax Appointments, 9:00—1:00
- March 11 Shopping Trip—Christmas Tree Shop Plaza, Shrewsbury, 9:15
- March 11 Birthday Bash for February and March Birthdays, 12:45
- March 13 Daylight Savings Time Begins at 2 a.m.
- March 14 Senator Moore, 9:00
- March 16 Upton Police, 9:00
- March 16 SHINE Appointments, 9:00—12:00
- March 16 Anxiety & Depression Talk, 12:30
- March 17 SAINT PATRICK'S DAY— Continental Breakfast, Celebration & Scavenger Hunt, 9:15
- March 18 AARP Tax Appointments, 9:00—1:00
- March 18 Shopping Trip—Market Basket, Oxford, 9:15
- March 18 Men's Club Supper, 5:30
- March 20 First Day of Spring!
- March 23 Jessica's Wellness Talk, 12:30
- March 23 Shopping Trip—Hannaford's, Uxbridge, 1:00
- March 24 State Representative Muradian, 12:00—1:00
- March 24 Craft with Miscoe Students, 3:00
- March 24 Friends of Rachel Dinner at BVT, Upton, 5:00
- March 25 AARP Tax Appointments, 9:00—1:00
- March 25 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- March 25 Egg Decorating & Egg Hunt, 12:45
- March 27 EASTER SUNDAY
- March 28 Lunch Trip to Empire Buffet, 11:30
- March 29 Fun & Games Social, 12:45
- March 30 Walk in the Park at Milford Bike Trail, 12:30
- March 30 Blood Pressure Checks, 12:30
- March 31 Shopping Trip—Shaw's/Walgreens, Milford, 9:15
- March 31 TriValley Italian Dinner in Milford, 4:00 (Van departs Upton Center at 3:30).



**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 Wednesday ..... | Afternoon Movie ... ..              | 1:00  |
| Every Wednesday ..... | Computer Class ....                 | 2:30  |
| Every Thursday .....  | Knit/Crochet Group .....            | 10:00 |
| Every Thursday .....  | BINGO .....                         | 1:00  |
| Every Friday .....    | Blood Pressure Checks with EMT..... | 10:30 |