

# May 2016

Mon

Tue

Wed

Thu

Fri

<p><b>2</b> 10:30 COA Mtg. 1:00 Tai Chi 1:00—2:00 Rides to Upton Town Election at Nipmuc</p>  <p>Jambalaya</p>	<p><b>3</b> 10:00 Card Players Group 12:30 Wii Games 1:00 Mother's Day Celebration with Singer Tommy Rull</p>  <p>Meatballs w/Onion Gravy</p>	<p><b>4</b> 6:45—4:30 Foxwoods Trip 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* 2:30 Computer Class 5:30 Annual Senior Spaghetti Supper</p>  <p>Pork Chow Mein</p>	<p><b>5</b> 10:00 Knit/Crochet Group 12:15 Cinco de Mayo Celebration 1:00 BINGO</p>  <p>Mother's Day Meal: Stuffed Chicken</p>	<p><b>6</b> 9:15 Shopping Trip* 10:30 Blood Pressure Checks</p> <p>Fish w/Crumb</p>
<p><b>9</b> 12:45 Trip to JJ's Ice Cream 1:00 Tai Chi</p>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Happy Mother's Day, Sun. May 8</p> </div> <p>Beef Mediterranean</p>	<p><b>10</b> 10:00 Card Players Group 12:30 Wii Games 1:00—2:00 Personal Training Appts.</p> <p>Hot Dog</p>	<p><b>11</b> 9:00 Upton Police 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 2:30 Computer Class</p> <p>Chicken Primavera</p>	<p><b>12</b> 8:45—12:00 Podiatrist Appointments</p>  <p>10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner Salmon Boat w/Dill</p>	<p><b>13</b> 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Medication Safety Talk Lasagna</p> 
<p><b>16</b> 9:15 Shopping Trip* 1:00 Tai Chi</p> <p>Roast Pork w/Gravy</p>	<p><b>17</b> 10:00 Card Players Group 12:45 Birthday Bash 2:00 Wii Games</p>  <p>Shepherd's Pie</p>	<p><b>18</b> 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 1:00 Afternoon Movie &amp; Popcorn 2:30 Computer Class (last one until Fall) Bacon Omelet</p> 	<p><b>19</b> 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>BBQ Chicken</p>	<p><b>20</b> 10:00 Shopping Trip* 10:30 Blood Pressure Checks 1:00 Walk in the Park 5:30 Men's Club Supper Potato Crunch Fish</p> 
<p><b>23</b> 9:00—10:00 Senator Moore 1:00 Tai Chi</p> <p>Chicken Mornay</p>	<p><b>24</b> 10:00 Card Players Group 11:30 Lunch at Three Seasons Restaurant at BVT 12:30 Wii Games 1:00—2:00 Personal Training Appts.</p>  <p>Pot Roast Stew</p>	<p><b>25</b> 9:00 Upton Police 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 12:30 Blood Pressure Checks 2:00 Nipmuc Fine Arts Festival</p>  <p>Turkey a La King</p>	<p><b>26</b> 9:15 Continental Breakfast</p>  <p>9:45 Elder Law Education Program 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Meatloaf &amp; Gravy</p>	<p><b>27</b> 9:15 Shopping Trip* 10:30 Blood Pressure Checks 11:45 Summer Kickoff Cookout</p>  <p>Macaroni &amp; Cheese</p>
<p><b>30</b> MEMORIAL DAY</p>  <p>Center is Closed No meals served</p>	<p><b>31</b></p>  <p>10:00 Card Players Group 12:45 Hat Factory Reunion 2:00 Wii Games</p> <p>Buttermilk Chicken</p>		<p>Spring</p> 	<p>* Please see Newsletter for details on our shopping trips.</p>

## May, 2016 — Dates to Remember

Check  here if you plan to attend !\*

- May 2  COA Meeting, 10:30
- May 2  Rides to Upton Town Election at Nipmuc, 1:00—2:00
- May 3  Mother's Day Celebration with Singer Tommy Rull, 1:00
- May 4  Foxwoods Trip, 6:45 am—5:30 pm
- May 4  Upton Police, 9:00
- May 4  SHINE Appointments, 9:00—12:00
- May 4  Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- May 4  Annual Senior Spaghetti Supper, 5:30
- May 5  Cinco de Mayo Celebration, 12:15
- May 6  Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:15
- May 9  Trip to JJ's Ice Cream, 12:45
- May 10  Personal Training Appointments, 1:00—2:00
- May 11  Upton Police, 9:00
- May 11  Wellness Talk with Jessica, 12:30
- May 12  Podiatrist Appointments, 8:45—12:00
- May 12  Friends of Rachel BVT Dinner, 5:00
- May 13  Shopping Trip—Market Basket, Hudson, 9:15
- May 13  Medication Safety Talk, 12:45
- May 16  Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- May 17  Birthday Bash, 12:45
- May 18  Upton Police, 9:00
- May 18  SHINE Appointments, 9:00—12:00
- May 18  Afternoon Movie & Popcorn, 1:00
- May 20  Shopping Trip—Price Chopper, Hopkinton, 10:00
- May 20  A Walk in the Park at Milford Bike Trail, 1:00
- May 20  Men's Club Supper, 5:30
- May 23  Senator Moore, 9:00—10:00
- May 24  Lunch at Three Seasons Restaurant, BVT, 11:30
- May 24  Personal Training Appts., 1:00—2:00
- May 25  Upton Police, 9:00
- May 25  Wellness Talk with Jessica, 12:30
- May 25  Blood Pressure Checks, 12:30
- May 25  Nipmuc Fine Arts Festival, 2:00
- May 26  Continental Breakfast, 9:15
- May 26  Elder Law Education Program, 9:45
- May 27  Shopping Trip—Hannaford's, Uxbridge, 9:15
- May 27  Summer Kickoff Cookout, 11:45
- May 30  Memorial Day Holiday—Center is closed; no meals are served
- May 31  Hat Factory Reunion, 12:45



**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).**



**\*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:**

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**Your Phone:**

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### 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 May 17 & May 31) ..... 12:30
- Every Wednesday ..... Strength & Stretch ..... 10:00
- Every Wednesday ..... Library Table ..... 11:00
- Every Wednesday ..... Canasta ..... 12:30
- Every Wednesday ..... Computer Class (Ends May 18; will return in the Fall) ..... 2:30
- Every Thursday ..... Knit/Crochet Group ..... 10:00
- Every Thursday ..... BINGO ..... 1:00
- Every Friday ..... Blood Pressure Checks with EMT ..... 10:30

Afternoon Movies are now a monthly event with popcorn. See details above on May 18.