



April 2018








Mon

Tue

Wed

Thu

Fri

<p>2 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgevity</p> <div data-bbox="61 436 342 573" style="border: 1px solid black; padding: 5px;"> <p>EASTER Sunday, April 1 </p> </div> <p>Beef Stew</p>	<p>3 9:00 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games</p> <p>Vegetable Cheese Bake</p>	<p>4 6:45—5:30 Foxwoods Trip 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Chicken Milano</p>	<p>5 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Depart for 5:00 BVT Charity Dinner</p> <p>Salisbury Steak</p>	<p>6 10:00 Belly Dancing Class 12:45 Birthday Bash for March and April with Music by Rockin' Ralph</p> <p>Breaded Fish</p>
<p>9 9:00—10:00 Senator Moore Office Hours 1:00 Tai Chi 4:00 ZENgevity</p> <p>Chicken Sausage Jambalaya</p>	<p>10 10:00 Card Players Grp. VOLUNTEER APPRECIATION: 11:00 Social Hour 12:00 Volunteer Pasta Bar Lunch 1:00 Singer Tony Funches</p> <p>Meatballs w/Gravy</p>	<p>11 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Marinated Pork Loin</p>	<p>12 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Fajitas</p>	<p>13 9:30 Visit BVT Salon 10:00 Belly Dancing Class 12:30 Afternoon Movie</p> <p>Fish w/Crumb Topping</p>
<p>16 PATRIOTS DAY Center is Closed</p> <div data-bbox="151 1115 345 1272" style="text-align: center;">  </div> <p>No Meals Served</p>	<p>17 10:00 Card Players Group 1:00 Animal World Experience Show</p> <p>Salmon Boat w/Dill Sauce</p>	<p>18 9:00—10:00 Computer Class 10:00 Strength & Stretch 10:30 Mr. Magichead at Memorial School 11:00 Library Table 12:30 Canasta</p> <p>BBQ Chicken</p>	<p>19 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Cold Roast Beef Sandwich</p>	<p>20 10:00 Belly Dancing Class</p> <p>Lasagna & Meatballs</p>
<p>23 12:30 Shopping Trip* 1:00 Tai Chi 4:00 ZENgevity</p> <p>Roast Pork w/Gravy</p>	<p>24 10:00 Card Players Group 10:00 Craft Time with Betty 11:15 Lunch Trip to Three Seasons Restaurant at BVT 12:30 Wii Games</p> <p>Hot Dog on Bun</p>	<p>25 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:15 Stress Relief Talk w/Jessica & the Town Nurse, and Blood Pressure Checks Beef & Bean Chili</p>	<p>26 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Cacciatore</p>	<p>27 10:00 Belly Dancing Class 5:30 Men's Club Supper</p> <p>Haddock w/Picatta Sauce</p>
<p>30 10:00—11:00 BVT Oral Health Program 1:00 Tai Chi 4:00 ZENgevity Chicken Mornay</p>		<p>COMING WED. MAY 2 at 5:30— Annual Police Spaghetti Supper at the Center! Sign up now.</p> <div data-bbox="857 1738 987 1885" style="text-align: center;">  </div>	<p>COMING THURSDAY MAY 3. 9:45—12:00 Podiatrist Appts. at the Center. Please call for appointment.</p> <div data-bbox="1166 1801 1214 1885" style="text-align: center;">  </div>	<p>*Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register for programs.</p>

April, 2018 — Dates to Remember

Check here if you plan to attend !

- April 1 _____ HAPPY EASTER!
- April 2 _____ COA Meeting, 10:30
- April 3 _____ Shopping Trip—Hannaford's, Uxbridge, 9:00
- April 4 _____ Foxwoods Trip, 6:45—5:30
- April 4 _____ Shopping Trip—Market Basket, Oxford, 12:30
- April 5 _____ BVT Charity Dinner, 5:00 (Van departs at 4:45. Do you need a ride? Yes___ or No ___)
- April 6 _____ Birthday Bash for March AND April, 12:45 (Is it your Birthday this Month?! Yes ___ or No ___)
- April 9 _____ Senator Moore's Office Hours, 9:00—10:00
- April 10 _____ Volunteer Celebration—Social Hour, 11:00
- April 10 _____ Volunteer Pasta Bar Lunch, 12:00
- April 10 _____ Volunteer Celebration—Singer Tony Funches, 1:00
- April 11 _____ SHINE Appointments, 9:00—12:00 (Call for Appt.)
- April 11 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, 12:30
- April 12 _____ Breakfast with the Town Manager, 9:00
- April 13 _____ BVT Salon, 9:30. (Do you need a ride? Yes___ or No____. What service do you want?_____)
- April 13 _____ Afternoon Movie, 12:30
- April 16 _____ PATRIOTS DAY—Center is Closed; No Meals served
- April 17 _____ Animal World Experience Show, 1:00
- April 18 _____ Mr. Magichead Show at Memorial School, 10:30 (Do you need a ride? Yes ___ or No ___?)
- April 19 _____ Shopping Trip—Market Basket, Hudson, 9:00
- April 23 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge , 12:30
- April 24 _____ Craft Time with Betty, 10:00
- April 24 _____ Lunch Trip to 3 Seasons Restaurant at BVT. Van departs at 11:15. (Do you need a ride? Yes ___ or No ___)
- April 25 _____ SHINE Appointments, 9:00—12:00 (Please call for appointment)
- April 25 _____ Stress Relief Talk with Jessica & the Nurse at 12:15, followed by BP Checks
- April 26 _____ Shopping Trip—Kohl's, Stop & Shop, new Home Goods & TJ Maxx Loop*, Milford, 9:00
- April 27 _____ Men's Club Supper, 5:30
- April 30 _____ BVT Oral Health Program, 10:00
- May 2 _____ Annual Police Spaghetti Supper, 5:30 (Do you need a ride? Yes ___ or No ___)
- May 3 _____ Podiatrist Appointments, 9:45—12:00 (Call the Center for an Appointment)

Please call the Upton Center at 508-529-4558 to register for rides and programs. Hours are Mon.—Fri., 9:00—3:30 (weather & staff permitting).



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up!

Name: _____ ; Phone #: _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Monday	ZENgevity	4:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii April 10 or 17)	12:30
Every Wednesday	Computer Class	9:00
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	Belly Dancing	10:00