

August 2018

Mon

Tue


Wed

Thu

Fri

<p>* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p>		<p>1 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for Concert at Kiwanis Chicken Pesto</p>	<p>2 10:00 Knit/Crochet Group 10:30 Read Around Town Preschool Storytime 11:45 Hot Dog Roast 1:00 BINGO Hot Dog</p>	<p>3 9:30 Distribution of Farmers' Market Coupons 10:00 Belly Dancing Class Haddock w/Parmesan Cream Sauce</p>
<p>6 9:00—10:00 Senator Moore's Office Hours Meeting 1:00 Tai Chi 3:30 ZENgevity Ranch Chicken</p>	<p>7 10:00 Card Players Group 11:30 Trip to Art Bradish's and Christmas Tree Shop 12:30 Wii Games Beef w/Onions & Peppers</p>	<p>8 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for Concert at Kiwanis Vegetable Cheese Bake</p>	<p>9 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs</p>	<p>10 9:30 Tea Time Wellness Talk with Jessica 10:00 Belly Dancing Class 12:30 Trip to Franklin Farmer's Market Chicken Picatta</p>
<p>13 11:45 Picnic in Honor of National Picnic Month 1:00 Tai Chi (Note: No ZENgevity) Roast Beef Sandwich</p>	<p>14 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games 12:30 Trip to JJ's Ice Cream & Kelly's Farm Stand Greek Chicken</p>	<p>15 9:00—10:00 Computer Class 9:00—12:00 SHINE Appointments 9:00 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:15 Visit Petting Zoo at Library 12:30 Canasta 5:15 Departure for Concert at Kiwanis Meatloaf & Gravy</p>	<p>16 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pot Pie</p>	<p>17 10:00 Belly Dancing Class 11:30 Lunch Trip to Lowell's <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>Saturday, Aug. 18: Depart at 8:45 for Sheriff's Senior Picnic, 11-3 Shrewsbury</p>  </div> Macaroni & Cheese</p>
<p>20 12:30 Shopping Trip* 1:00 Tai Chi 3:30 Volleyball Beef Stew</p>	<p>21 10:00 Card Players Group 12:30 "Leaving Your Legacy" Talk in Honor of Senior Citizens' Day Cranberry Chicken Salad</p>	<p>22 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:00 Senator Moore's Strawberry Shortcake Social 12:30 Canasta Chicken Milano</p>	<p>23 10:00 Knit/Crochet Group 1:00 BINGO Salisbury Steak w/ Gravy</p>	<p>24 10:00 Belly Dancing Class 12:45 Birthday Bash Haddock w/Dill</p>
<p>27 1:00 Tai Chi 3:30 ZENgevity Jambalaya</p>	<p>28 9:15 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games 12:30 Brain Healthy Lunch by Cornerstone Meatballs w/Onion Gravy</p>	<p>29 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Afternoon Movie Fish w/Crumb Topping</p>	<p>30 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO BBQ Chicken</p>	<p>31 10:00 Belly Dancing Class 12:15 Trip to the Worcester Ecotarium Marinated Pork Loin</p>

August, 2018 — Dates to Remember

Check  here if you plan to attend !

- Aug 1 _____ Departure for Concert at Kiwanis, 5:15
- Aug 2 _____ Read Around Town Preschool Storytime, 10:30. Do you want to read to the kids?! Yes _____ or No _____
- Aug 2 _____ Hot Dog Roast, 11:45
- Aug 3 _____ Distribution of Farmers' Market Coupons, 9:30 (limited number available)
- Aug 6 _____ Senator Moore's Office Hours, 9:00—10:00
- Aug 6 _____ COA Meeting, 10:30
- Aug 7 _____ Trip to Art Bradish's in Grafton and Christmas Tree Shop in Shrewsbury, 11:30
- Aug 8 _____ Shopping Trip—Market Basket, Hudson, 9:15
- Aug 8 _____ Departure for Concert at Kiwanis, 5:15
- Aug 9 _____ Breakfast with the Town Manager, 9:00
- Aug 10 _____ Tea Time Wellness Talk with Jessica, 9:30
- Aug 10 _____ Shopping Trip—Farmer's Market, Franklin, 12:30
- Aug 13 _____ Picnic in Honor of National Picnic Month (Roast beef sandwiches), 11:45
- Aug 14 _____ Craft Time with Betty, 10:30
- Aug 14 _____ Trip to JJ's Ice Cream and Kelly's Farm Stand, Upton, 12:30
- Aug 15 _____ SHINE Appointments, 9:00—12:00 (call for appointment)
- Aug 15 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00
- Aug 15 _____ Trip to Petting Zoo at the Library, 12:15
- Aug 15 _____ Departure for Concert at Kiwanis, 5:15
- Aug 17 _____ Lunch Trip to Lowell's, Mendon, 11:30 Departure (Do you want a ride? Yes _____ or No _____)
- Aug 18 _____ Trip to Sheriff's Annual Picnic, Shrewsbury , 8:45 Departure (Do you want a ride? Yes _____ or No _____)
- Aug 20 _____ Shopping Trip—Market Basket, Oxford, 12:30
- Aug 21 _____ "Leaving Your Legacy" Talk, 12:30
- Aug 22 _____ Senator Moore's Strawberry Shortcake Social, 12:00
- Aug 24 _____ Birthday Bash, 12:45 (Is it your birthday this month? Yes _____ or No _____)
- Aug 28 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Aug 28 _____ Brain Healthy Lunch by Cornerstone, 12:30
- Aug 29 _____ Blood Pressure Checks, 12:30
- Aug 29 _____ Afternoon Movie—"Chappaquiddick", 12:30
- Aug 30 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge ,9:15
- Aug 31 _____ Free Trip to the Worcester EcoTarium, 12:15 Departure



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 #: _____

Did you find our hidden tree? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Monday ZENgevity or Volleyball (No class on 8/13) 3:30
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games (No Wii 8/21) 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