


December 2019

Mon	Tue	Wed	Thu	Fri
<p>2 9:30 Tree Trimming Coffee Hour with Holiday Piano Music & Singalong 10:30 COA Meeting 1:00 Tai Chi 1:00 Shopping Trip*</p> <p style="text-align: center;">Fish w/Dill Sauce</p>	<p>3 10:00 Card Players Group 12:30 Pie Baking Contest & Emergency Preparedness Talk</p> <p style="text-align: center;">Hot Dog</p>	<p>4 9:00—10:00 Computer Class 10:00 Strength & Stretch 10:45 Departure for 12:00 Holiday Concert at Mechanics Hall 11:00 Library Table 12:30 Canasta Stuffed Pepper Casserole</p> <p style="text-align: center;">Roast Pork Loin</p>	<p>5 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner</p> <p style="text-align: center;">Ranch Chicken</p>	<p>6 (No Strength & Stretch) 10:00 Holiday Social 10:30 Yankee Swap 12:00 Holiday Lunch 12:45 Singing Trooper</p> <p style="text-align: center;">Braised Beef</p>
<p>9 9:30 Mindfulness & Meditation with 1:00 Tai Chi 1:15—2:00 Senator Moore's Office Hours</p> <p style="text-align: center;">Burger</p>	<p>10 10:00 Card Players Group 10:00 Craft Time with Betty 1:00 Holiday Social with Music by the Sutton Serenaders</p> <p style="text-align: center;">Chicken Pesto</p>	<p>11 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Trivia at the Center with Library Staff</p> <p style="text-align: center;">Roast Pork Loin</p>	<p>12 9:00 Holiday Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</p> <p style="text-align: center;">American Chop Suey</p>	<p>13 9:00 BVT Salon Visit 10:00 Strength & Stretch 10:45 Nutrition Talk with Wendy 12:30 Christmas Movie 5:00 Men's Club Supper</p> <p style="text-align: center;">Jambalaya</p>
<p>16 9:30 Miscoe Hill School Christmas Carolers Visit 12:30 Shopping Trip* 1:00 Tai Chi</p> <p style="text-align: center;">Greek Chicken</p>	<p>17 10:00 Card Players Group 12:30 Gift to You Program 4:30 Holiday Craft and Christmas Carols with the Girl Scouts followed by a Holiday Pot Luck</p> <p style="text-align: center;">Meatloaf</p>	<p>18 9:00—10:00 Computer Class (No Strength & Stretch) 11:00 Library Table 12:30 Blood Pressure Checks 12:30 Canasta 12:30 Shopping Trip* 5:45 Holiday Lights Ride Shepherd's Pie</p> <p style="text-align: center;">Shepherd's Pie</p>	<p>19 9:30—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Memorial School Christmas Carolers Visit</p> <p style="text-align: center;">Sage Stuffed Chicken</p>	<p>20 10:00 Strength & Stretch 12:30 Holiday Social with Piano Music</p> <p style="text-align: center;">Lemon Pepper Fish</p>
<p>23 9:15 Shopping Trip* 9:30 Mindfulness & Meditation with Robin (No Tai Chi)</p> <p style="text-align: center;">Vegetable Cheese Bake</p>	<p>24 10:00 Card Players Group 11:30 Lunch Trip to Grille 122</p> <p style="text-align: center;">Roast Turkey</p>	<p>25 Center is Closed</p>  <p>No meals served</p>	<p>26 10:00 Knit/Crochet Group 1:00 BINGO</p> <p style="text-align: center;">Salisbury Steak</p>	<p>27 9:15 Shopping Trip* 10:00 Strength & Stretch 12:45 Birthday Bash</p> <p style="text-align: center;">Potato Crunch Fish</p>
<p>30 9:15 Shopping Trip* 1:00 Tai Chi</p> <p style="text-align: center;">Chicken Picatta</p>	<p>31 10:00 Card Players Group 11:00 New Year's Eve Social</p> <p style="text-align: center;">Meatballs</p>			<p>*Please see Newsletter for Details of our Shopping trips and Call the Center at 508-529-4558 to Register</p>

December, 2019 — Dates to Remember

Check  here if you plan to attend !

- Dec 2 Tree Trimming Coffee Hour w/Holiday Piano Music & Sing-along, 9:30
- Dec 2 COA Meeting, 10:30
- Dec 2 Shopping Trip—Shaw's/Walgreens, Milford, 1:00
- Dec 3 Pie Baking Contest & Emergency Preparedness Talk, 12:30—Do you plan to bake a pie? Yes___ or No___
- Dec 4 Holiday Concert at Mechanics Hall (Depart 10:45 for Noon Concert). Do you need a ride? Yes___ or No___
- Dec 5 Shopping Trip—Walmart, Northbridge, 9:15
- Dec 5 BVT Charity Dinner, 4:45 Departure for 5:00 Seating. Do you need a ride? Yes___ or No___
- Dec 6 HOLIDAY PARTY—please check off all you plan to attend:
10:00 Social___ 10:30 Yankee Swap___ 12:00 Oliva's lunch (free!)___ 12:45 Singing Trooper___
- Dec 9 Mindfulness & Meditation w/Robin, 9:30
- Dec 9 Senator Moore's Office Hours, 1:15—2:00
- Dec 10 Craft Time with Betty, 10:00
- Dec 10 Holiday Social with Music by the Sutton Serenaders, 1:00
- Dec 11 Shopping Trip—Market Basket, Oxford, 9:15
- Dec 11 Trivia at the Center with Library Staff, 12:30
- Dec 12 Holiday Breakfast with the Town Manager, 9:00
- Dec 13 BVT Salon Visit, Depart 8:45 for 9:00 appts. What service would you like? _____
- Dec 13 Christmas Movie: *Miracle on 34th Street*, 12:30
- Dec 13 Men's Club Supper, 5:00
- Dec 16 Miscoe Hill School Christmas Carolers Visit, 9:30
- Dec 16 Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop*, Northbridge, 12:30
- Dec 17 Gift to You Program, 12:30
- Dec 17 Holiday Craft & Carols with Girl Scouts at 4:30. Then Holiday Pot Luck—.please check what you'll bring:
Appetizer___, Main Dish___, Salad___, Side Dish___, Dessert___, (Or else please bring \$5___)
- Dec 18 Blood Pressure Checks, 12:30
- Dec 18 Shopping Trip—Christmas Tree Shop, Shrewsbury, 12:30
- Dec 18 Holiday Lights Ride, 5:45
- Dec 19 Podiatrist Appointments, 9:30—12:00 (Please call for Appt.)
- Dec 19 Memorial School Christmas Carolers Visit, 4:45
- Dec 20 Holiday Social with Piano Music, 12:30
- Dec 23 Shopping Trip—Market Basket, Hudson, 9:15
- Dec 23 Mindfulness & Meditation with Robin, 9:30
- Dec 24 Lunch Trip to Grille 122, Northbridge, 11:30
- Dec 25 MERRY CHRISTMAS! Center is closed; no meals served
- Dec 27 Shopping Trip—Hannaford's, Uxbridge, 9:15
- Dec 27 Birthday Bash, 12:45
- Dec 30 Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop*, Northbridge, 9:15
- Dec 31 New Year's Eve Social, 11:00

Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up! Or call 508-529-4558.

Name: _____; **Phone #:** _____

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

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi (no class Dec 23) 1:00
- Every Tuesday Card Players Group 10:00
- Every Wednesday Computer Class (call to schedule) 9:00
- Every Wednesday Strength & Stretch (no class Dec 6) 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 Strength & Stretch (no class Dec 18) 10:00