



# ★ January 2020 ★

Mon	Tue	Wed	Thu	Fri
<p><b>*Please see Newsletter for Details of our Shopping trips and Call the Center at 508-529-4558 to</b></p>		<p><b>1</b></p> <p><b>NEW YEAR'S DAY</b> Center is Closed No Meals Served</p>	<p><b>2</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>BBQ Chicken</p>	<p><b>3</b></p> <p>10:00 Strength &amp; Stretch <b>9:15 Shopping Trip*</b></p> <p>Macaroni &amp; Cheese</p>
<p><b>6</b></p> <p>10:30 COA Meeting 1:00 Tai Chi 12:30 Shopping Trip*</p> <p>Lasagna w/Meatballs</p>	<p><b>7</b></p> <p>10:00 Card Players Group</p> <p>Chicken Fajitas</p>	<p><b>8</b></p> <p>9:00—10:00 Computer Class 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Shopping Trip*</b></p> <p>Roast Pork &amp; Gravy</p>	<p><b>9</b></p> <p><b>9:00 Breakfast with the Town Manager</b> <b>9:45 BVT's Dental Hygiene Presentation</b> 10:00 Knit/Crochet Group 1:00 BINGO <b>5:00 BVT Charity Dinner</b> Beef w/Onions &amp; Peppers</p>	<p><b>10</b></p> <p>10:00 Strength &amp; Stretch <b>10:45 Nutrition Talk with Wendy</b> <b>11:45 Lunch Trip to LongHorn Steakhouse</b></p> <p>Fish w/Cream Sauce</p>
<p><b>13</b></p> <p>9:30 Mindfulness &amp; Meditation 1:00 Tai Chi 1:15—2:00 Senator Moore's Office Hours</p> <p>Beef Stew</p>	<p><b>14</b></p> <p><b>9:15 Shopping Trip*</b> 10:00 Card Players Group <b>10:00 Craft Time with Betty</b></p> <p>Baked Potato w/Chili &amp; Cheese</p>	<p><b>15</b></p> <p>9:00—10:00 Computer Class 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Cornerstone Lunch and Senior Bullying Talk</b> Buttermilk Chicken</p>	<p><b>16</b></p> <p><b>9:15 Breakfast at Stephanie's</b> 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Hot Dog Meal</p>	<p><b>17</b></p> <p>10:00 Strength &amp; Stretch <b>12:45 Birthday Bash</b></p> <p>Shepherd's Pie</p>
<p><b>20</b></p> <p><b>MARTIN LUTHER KING, JR. DAY</b> Center is Closed No Meals Served</p> <p><b>MILK Day</b></p>	<p><b>21</b></p> <p><b>9:15 Shopping Trip*</b> 10:00 Card Players Group</p> <p>Meatloaf w/Gravy</p>	<p><b>22</b></p> <p>9:00—10:00 Computer Class 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>9:15 Trip to Museum of Work &amp; Culture w/ Ranger Viola</b></p> <p>Roast Turkey</p>	<p><b>23</b></p> <p><b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group <b>12:00—1:00 Rep. Muradian's Office Hours</b> 1:00 BINGO</p> <p>Sloppy Joe</p>	<p><b>24</b></p> <p>10:00 Strength &amp; Stretch <b>12:30 Afternoon Movie</b> <b>5:30 Men's Club Supper</b></p> <p>Chicken Mornay</p>
<p><b>27</b></p> <p>9:30 Mindfulness &amp; Meditation 1:00 Tai Chi</p> <p>Pork Rib-i-que</p>	<p><b>28</b></p> <p><b>9:15 Breakfast</b> <b>10:00 Legal &amp; Financial Planning for Alzheimer's Disease</b> 10:00 Card Players Group</p> <p>Swedish Meatballs</p>	<p><b>29</b></p> <p>9:00—10:00 Computer Class <b>9:15 Shopping Trip*</b> 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Blood Pressure Checks</b> <b>12:30 Trivia at the Center w/Library Staff</b></p> <p>Vege. Cheese Bake</p>	<p><b>30</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Cacciatore</p>	<p><b>31</b></p> <p><b>9:00 BVT Salon Visit</b> 10:00 Strength &amp; Stretch</p> <p>Fish w/Crumb Topping</p>

## January, 2020 — Dates to Remember

Check  here if you plan to attend !

- Jan 1  NEW YEAR'S DAY— Center is Closed. No Meals Served. Happy New Year!
- Jan 3  Shopping Trip—Shaw's/Walgreens, Milford, 9:15
- Jan 6  COA Meeting, 10:30
- Jan 6  Shopping Trip—Hannaford's, Uxbridge, 12:30
- Jan 8  Shopping Trip—Market Basket, Oxford, 12:30
- Jan 9  Breakfast with the Town Manager, 9:00
- Jan 9  BVT's Dental Hygiene Presentation, 9:45
- Jan 9  BVT Charity Dinner, 4:45 Departure for 5:00 Seating. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Jan 10  Nutrition Talk with Wendy, 10:45
- Jan 10  Lunch Trip to LongHorn Steakhouse, 11:45 Departure. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Jan 13  Mindfulness & Meditation with Robin, 9:30
- Jan 13  Senator Moore's Office Hours, 1:15-2:00
- Jan 14  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15
- Jan 14  Craft Time with Betty, 10:00
- Jan 15  Cornerstone Lunch and Senior Bullying Talk, 12:30
- Jan 16  Breakfast at Stephanie's, 9:15
- Jan 17  Birthday Bash, 12:45. Is it your birthday this month? Yes\_\_\_ or No\_\_\_
- Jan 20  MARTIN LUTHER KING, JR. DAY—Center Closed. No Meals Served.
- Jan 21  Shopping Trip—Market Basket, Hudson, 9:15
- Jan 22  Depart at 9:15 w/Viola for Museum of Work & Culture w/ lunch after. Need a ride? Yes\_\_\_ or No\_\_\_
- Jan 23  Shopping Trip—Walmart, Northbridge, 9:15
- Jan 23  Representative Muradian's Office Hours, 12:00—1:00
- Jan 24  Afternoon Movie, 12:30
- Jan 24  Men's Club Supper, 5:30
- Jan 27  Mindfulness & Meditation with Robin, 9:30
- Jan 28  Breakfast at the Center, 9:15
- Jan 28  Legal & Financial Planning for Alzheimer's Disease, 10:00
- Jan 29  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15
- Jan 29  Blood Pressure Checks, 12:30
- Jan 29  Trivia at the Center with Library Staff, 12:30
- Jan 31  BVT Salon Visit, Departs 8:45 for 9:00 appt. What service would you like? \_\_\_\_\_

**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 .....	1:00
Every Tuesday .....	Card Players Group .....	10:00
Every Wednesday .....	Computer Class (call to schedule) .....	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 .....	Strength & Stretch .....	10:00