




July 2018

Mon	Tue	Wed	Thu	Fri
<p>2 10:30 COA Meeting 1:00 Tai Chi 3:30** ZENgevity</p> <p>Italian Braised</p>	<p>3 10:00 Card Players Group 12:30 Wii Games</p> <p>Hot Dog</p>	<p>4 INDEPENDENCE DAY</p>  <p>Center is Closed No meals served</p>	<p>5 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Cacciatore</p>	<p>6 10:00 Belly Dancing Class 12:45 Fourth of July Cookout</p> <p>Potato Crunch Fish</p>
<p>9 9:00—10:00 Senator Moore's Office Hours 12:30 Trip to JJ's Ice Cream & Kelly's Farm Stand 1:00 Tai Chi 3:30** Volleyball</p> <p>Turkey Supreme</p>	<p>10 10:00 Card Players Group 12:30 Wii Games 12:30 Wellness Talk with Jessica</p> <p>Baked Potato</p>	<p>11 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:00 Departure for Concert at Kiwanis Chicken Mornay</p>	<p>12 9:00 Breakfast with the Town Manager 9:45—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Meatloaf</p>	<p>13 9:15 Shopping Trip* 10:00 Belly Dancing Class 12:00—1:00 State Rep. Muradian's Office Hours 12:30 Afternoon Movie Macaroni & Cheese</p>
<p>16 1:00 Tai Chi 3:30** ZENgevity</p> <p>Swedish Meatball</p>	<p>17 10:00 Card Players Group 12:30 Wii Games 10:00 Depart for Indian Princess Lunch Cruise in Webster</p> <p>Pork Rib-i-que</p>	<p>18 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:00 Departure for Concert at Kiwanis Sloppy Joe</p>	<p>19 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Catch of the Day</p>	<p>20 10:00 Belly Dancing Class 11:45 Super Salad Friday 5:30 Cookout with Music by the Grey Whisker Pickers at 6:00</p> <p>Buttermilk Chicken</p>
<p>23 1:00 Tai Chi 3:30** Volleyball</p> <p>Stuffed Pepper Casserole</p>	<p>24 10:00 Card Players Group 9:30 Depart for Frisbee Dog Show at Kiwanis Beach (show is 10—10:45) 12:30 Wii Games 12:30 Shopping Trip*</p> <p>Burger</p>	<p>25 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 BP Checks 4:00 Pre-Concert Picnic at Center 5:00 Departure for Concert at Kiwanis Roast Turkey</p>	<p>26 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Garlic Herbed Chicken</p>	<p>27 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph</p> <p>Breaded Fish</p>
<p>30 9:15 Shopping Trip* 1:00 Tai Chi 3:30** ZENgevity</p> <p>American Chop Suey</p>	<p>31 10:00 Card Players Group 10:30 Craft Time with Betty 12:00 Lunch Trip to George's Surf & Turf in Mendon 12:30 Wii Games Shepherd's Pie</p>		<p>* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p>	<p>**Note NEW Monday afternoon time for ZENgevity and volleyball!</p>

July, 2018 — Dates to Remember

Check  here if you plan to attend !

- July 2 ___ COA Meeting, 10:30
- July 5 ___ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:15
- July 6 ___ Fourth of July Cookout, 12:45
- July 9 ___ Senator Moore's Office Hours, 9:00—10:00
- July 9 ___ Trip to JJ's Ice Cream & Kelly's Farm Stand, 12:30
- July 10 ___ Wellness Talk with Jessica, 12:30
- July 11 ___ Shopping Trip—Market Basket, Hudson, 9:15
- July 11 ___ Departure for Concert at Kiwanis, 5:00
- July 12 ___ Breakfast with the Town Manager, 9:00
- July 12 ___ Podiatrist Appointments, 9:45—12:00 (Please call for appointment)
- July 13 ___ Shopping Trip—Kohl's Plaza, TJ Maxx & Stop & Shop Loop*, Milford, 9:15
- July 13 ___ State Rep. Muradian's Office Hours, 12:00—1:00
- July 13 ___ Afternoon Movie, 12:30
- July 17 ___ Depart at 10 a.m. for Indian Princess Lunch Cruise in Webster. Please register at the Center with a check for \$28 payable to the Indian Princess. *Seats will be reserved in the order that payments are received.*
Do you need a ride on our van? (Yes ___ or No ___). Please choose 1 lunch option below:
Ham & Cheddar on Onion Roll ___ Turkey & American on Wheat ___ Grilled Veggie Wrap ___
- July 18 ___ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:15
- July 18 ___ Departure for Concert at Kiwanis, 5:00
- July 20 ___ Super Salad Friday, 11:45. Choose one: Eat it at Center ___ Take it to go ___
- July 20 ___ BBQ Chicken Cookout at 5:30
- July 20 ___ Grey Whisker Pickers Band at 6:00
- July 24 ___ Frisbee Dog Show at Kiwanis. 9:30 Departure / 10:00 Show. Do You Need a Ride? Yes ___ or No ___
- July 24 ___ Shopping Trip—Hannaford's, Uxbridge, 12:30
- July 25 ___ Blood Pressure Checks , 12:30
- July 25 ___ Pre-Concert Picnic at the Center, 4:00
- July 25 ___ Departure for Concert at Kiwanis, 5:00
- July 26 ___ Shopping Trip—Market Basket, Oxford, 9:15
- July 27 ___ Birthday Bash with Music by Rockin' Ralph, 12:45. Do you have a July Birthday? Yes ___ or No ___
- July 30 ___ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop*, Northbridge ,9:15
- July 31 ___ Craft Time with Betty, 10:30
- July 31 ___ Lunch Trip to George's Surf & Turf, Mendon, 12:00 Departure



Happy 4th of July!

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 sparkler? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Monday	ZENgevity or Volleyball (Note NEW time!).....	3:30
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	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