

June 2018

Mon

Tue


Wed

Thu

Fri

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| <p>* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p> |  |  |  | <p>1 10:00 Belly Dancing Class</p> <p>Spaghetti & Meatballs</p> |
| <p>4 10:30 COA Meeting 1:00 Tai Chi</p> <p>Macaroni & Cheese</p> | <p>5 9:15 Continental Breakfast 10:00 Legal Talk 12:30 Card Players Group 12:30 Wii Games</p> <p>Greek Chicken</p> | <p>6 9:00 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Meatloaf & Gravy</p> | <p>7 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Pot Pie</p> | <p>8 9:15 Shopping Trip* 10:00 Belly Dancing Class 11:45 Super Salad Friday 12:00—1:00 Representative Muradian Hours 12:30 Afternoon Movie 5:00 Potluck Supper Breaded Fish</p> |
| <p>11 9:00 Wellness Talk & Walk in the Park 9:00—10:00 Senator Moore's Office Hours 1:00 Tai Chi 4:00 ZENgevity</p> <p>Chicken Milano</p> | <p>12 9:00 Local Walk 10:00—2:00 Boston State House Tour with Representative Muradian 10:00 Card Players Group 12:30 Wii Games</p> <p>Meatballs w/Onion Gravy</p> | <p>13 9:00 Shopping Trip* 9:00—10:00 Computer Class 9:00—12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Catch of the Day</p> | <p>14 Flag Day!  9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>BBQ Chicken</p> | <p>15 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph</p> <p>Beef Stew</p> |
| <p>18 1:00 Tai Chi 4:00 Volleyball</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;">  <p>FATHER'S DAY Sunday, June 17</p> </div> <p>Salisbury Steak</p> | <p>19 9:00 Local Walk 9:15 Shopping Trip* 10:00 Card Players Group 1:00 Father's Day Afternoon Social with Music by Jumpin Juba</p> <p>Marinated Pork Loin</p> | <p>20 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:00 Lunch Trip to the 99 Restaurant* 12:30 Canasta</p> <p>Vegetable Cheese Bake</p> | <p>21 FIRST DAY of SUMMER! 9:00 Local Walk 10:00 Knit/Crochet Group 12:15 Ice Cream Treat Social 1:00 BINGO</p> <p>Chicken Sausage Jambalaya</p> | <p>22 10:00 Belly Dancing Class 12:30 Shopping Trip*</p> <p>Fish w/Crumb Topping</p> |
| <p>25 12:30 Trip to Dairy Queen & Kelly's Farm Stand 1:00 Tai Chi 4:00 ZENgevity</p> <p>Roast Pork w/Gravy</p> | <p>26 9:00 Local Walk 10:00 Card Players Group 10:30 Craft with Betty 12:30 Wii Games 12:30 Shopping Trip*</p> <p>Salmon Boat w/ Dill Sauce</p> | <p>27 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 5:00 Departure for Concert at Kiwanis</p> <p>Roast Beef Sandwich</p> | <p>28 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Lasagna w/Meatballs</p> | <p>29 9:00 Coffee Social 10:00 Belly Dancing Class 12:30 Trip to Worcester Art Museum</p> <p>Chicken Fajitas</p> |

June, 2018 — Dates to Remember

Check  here if you plan to attend !

- June 4 _____ COA Meeting, 10:30
- June 5 _____ Continental Breakfast, 9:15
- June 5 _____ Legal Talk—Taking Control of Your Future, 10:00
- June 6 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:00
- June 8 _____ Shopping Trip—Kohl's Plaza, TJ Maxx & Stop & Shop Loop*, Milford, 9:15
- June 8 _____ Super Salad Friday, 11:45 (Would you like to eat it at the Center or take it to go? _____)
- June 8 _____ Representative Muradian's Office Hours, 12:00—1:00
- June 8 _____ Afternoon Movie, 12:30
- June 8 _____ Potluck Supper, 5:00. What do you plan to bring?:
Appetizer___ Main Dish___ Dessert___ or \$5 Donation___
- June 11 _____ Wellness Talk & Walk in the Park, 9:00 departure. (Do you need a ride on our van? Yes___ or No___)
- June 11 _____ Senator Moore's Office Hours, 9:00—10:00
- June 12 _____ Boston State House Tour with Rep. Muradian, 10:00—2:00.
(Have you taken this tour with us before? Yes___ or No___)
- June 13 _____ Shopping Trip—Market Basket, Hudson, 9:00
- June 13 _____ SHINE Appointments, 9:00—12:00 (Please call for appointment)
- June 14 _____ Breakfast with the Town Manager, 9:00
- June 15 _____ Birthday Bash with Music by Rockin' Ralph, 12:45 (Is it your Birthday this month?! Yes___ or No___)
- June 19 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- June 19 _____ Father's Day Afternoon Social with Music by Jumpin' Juba, 1:00
- June 20 _____ Lunch Trip to the 99 Restaurant in Milford, 12:00 Departure (Do you need a ride? Yes___ or No___)
- June 21 _____ Ice Cream Treat Social, 12:15
- June 22 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop*, Northbridge, 12:30
- June 25 _____ Trip to Dairy Queen & Kelly's Farm Stand, 12:30
- June 26 _____ Craft with Betty, 10:30
- June 26 _____ Shopping Trip—Market Basket, Oxford, 12:30
- June 27 _____ Blood Pressure Checks, 12:30
- June 27 _____ Departure for Concert at Kiwanis, 5:00
- June 29 _____ Coffee Social, 9:00
- June 29 _____ Free Trip to Worcester Art Museum, 12:30 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 frog? If so—where?! _____



WEEKLY EVENTS AT THE UPTON CENTER

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|-----------------------|------------------------------------------------------------------|-------|
| Every Monday | Tai Chi | 1:00 |
| Every Monday | ZENgevity or Volleyball..... | 4:00 |
| Every Tuesday..... | Card Players Group (Note: Time changed to 12:30 on June 5) | 10:00 |
| Every Tuesday..... | Wii Games (No Wii June 19)..... | 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 |