

March 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 for programs.</p>	<p>1 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Pot Roast w/Gravy</p>	<p>2 9:00—1:00 AARP Tax Appointments 10:00 Belly Dancing Class</p> <p>Catch of the Day</p>
<p>5 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgevity</p> <p>Roast Turkey</p>	<p>6 9:00 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games</p> <p>Stuffed Pepper Casserole</p>	<p>7 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Garlic Herbed Chicken</p>	<p>8 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00—6:30 Community Soup Social</p> <p>Beef w/Pearl Onions</p>	<p>9 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph</p> <div data-bbox="1291 693 1583 829" style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Leprechaun Lunch, Sat., March 10, 12:30—2:30 </p> </div> <p>Egg Frittata</p>
<p>12 9:00—10:00 Senator Moore Office Hours 1:00 Tai Chi 4:00 ZENgevity</p> <div data-bbox="73 1102 349 1207" style="border: 1px solid black; padding: 5px; display: inline-block;">  <p>Move Clocks ahead at 2:00 a.m. Sun. Mar. 11</p> </div> <p>Beef Burgundy</p>	<p>13 9:15 French Toast Breakfast to Benefit March for Meals 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games</p> <p>Hot Dog on Bun</p>	<p>14 9:00—12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Food Trivia at the Center with the Library Staff 1:00 Shopping Trip*</p> <p>American Chop Suey</p>	<p>15 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Departure for 5:00 BVT Charity Dinner</p> <p>St Patty's Day Meal: Corned Beef</p>	<p>16 9:30 Visit BVT Salon 10:00 Belly Dancing Class 9:00—1:00 AARP Tax Appointments 12:30 St. Patty's Day Social with Irish Step Dancer</p> <p>Breaded Fish</p>
<p>19 9:30 Sudoku Lessons 12:30 Shopping Trip* 1:00 Tai Chi 4:00 ZENgevity</p> <p>Ranch Chicken</p>	<p>20 FIRST DAY OF SPRING! 9:30 Bee Our Guest Breakfast at Memorial School 10:00 Card Players Group 12:30 Flower Arranging Class</p> <p>Beef w/Onions & Peppers</p>	<p>21 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Roast Pork w/Gravy</p>	<p>22 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Spaghetti & Meatballs</p>	<p>23 10:00 Belly Dancing Class 12:30 Afternoon Movie 5:30 Men's Club Supper</p> <p>Macaroni & Cheese</p>
<p>26 12:00 Lunch Trip to Dynasty Restaurant 1:00 Tai Chi 4:00 ZENgevity</p> <p>Greek Chicken</p>	<p>27 10:00 Card Players Group 12:30 Dorothy Emino's 100th Bday Celebration with Trinity Big Band</p> <p>Lasagna</p>	<p>28 9:00—12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Shopping Trip*</p> <p>Meatloaf & Gravy</p>	<p>29 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Glazed Ham w/ Pineapple</p>	<p>30 GOOD FRIDAY 10:00 Belly Dancing Class 9:00—1:00 AARP Tax Appointments</p> <div data-bbox="1339 1837 1583 1963" style="border: 1px solid black; padding: 5px; display: inline-block;">  <p>EASTER, Sunday, April 1</p> </div> <p>Fish Victor</p>

March, 2018 — Dates to Remember

Check  here if you plan to attend !

- Mar 2 AARP Tax Appointments, 9:00—1:00 (Please schedule an individual appointment)
- Mar 2 Belly Dancing Class, 10:00
- Mar 5 COA Meeting, 10:30
- Mar 6 Shopping Trip—Market Basket, Oxford, 9:00
- Mar 8 Shopping Trip—Kohl's, Stop & Shop, new Home Goods & TJ Maxx Loop*, Milford, 9:00
- Mar 8 Community Soup Social, 5:00—6:30. Van Departs 4:45. (Do you need a ride? Yes ___ or No ___)
- Mar 9 Belly Dancing Class, 10:00
- Mar 9 Birthday Bash with Music by Rockin' Ralph, 12:45. (Is your Birthday this month?! Yes ___ or No ___)
- Mar 9 Leprechaun Lunch, 12:30—2:30
- Mar 12 Senator Moore's Office Hours, 9:00—10:00
- Mar 13 French Toast Breakfast to Benefit March for Meals, 9:15
- Mar 13 Craft Time with Betty, 10:30
- Mar 14 SHINE Appointments, 9:00—12:00 (call for appointment)
- Mar 14 Food Trivia at the Center with the Library Staff, 12:30
- Mar 14 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 1:00
- Mar 15 Depart at 4:45 for 5:00 BVT Charity Dinner (Do you need a ride? Yes ___ or No ___)
- Mar 16 BVT Salon, 9:30. (Do you need a ride? Yes ___ or No ___. What service do you want? _____)
- Mar 16 Belly Dancing Class, 10:00
- Mar 16 AARP Tax Appointments, 9:00—1:00 (Please schedule an individual appointment)
- Mar 16 St. Patty's Day Social with Irish Step Dancer, 12:30
- Mar 19 Sudoku Lessons, 9:30
- Mar 19 Shopping Trip—Walmart, Northbridge, 12:30
- Mar 20 "Bee" Our Guest Breakfast at Memorial School, 9:30. (Do you need a ride? Yes ___ or No ___)
- Mar 20 Flower Arranging Class, 12:30 (\$5 fee)
- Mar 22 Shopping Trip—Market Basket, Hudson, 9:00
- Mar 23 Belly Dancing Class, 10:00
- Mar 23 Afternoon Movie: "Gifted"
- Mar 23 Men's Club Supper, 5:30
- Mar 26 Lunch Trip to Dynasty Restaurant, Depart at 12:00
- Mar 27 Dorothy Emino's 100th Birthday Celebration with Trinity Big Band, 12:30
- Mar 28 SHINE Appointments, 9:00—12:00 (call for appointment)
- Mar 28 Blood Pressure Checks, 12:30
- Mar 28 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 12:30
- Mar 30 Belly Dancing Class, 10:00
- Mar 30 AARP Tax Appointments, 9:00—1:00 (Please schedule an individual appointment)



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 #:** _____

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Monday ZENgevity 4:00
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games (No Wii March 20 or 27) 12:30
- Every Wednesday Computer Class (No classes in March) 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