

# **March 2020**




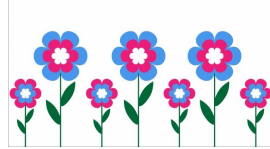
**Mon**

**Tue**


**Wed**

**Thu**

**Fri**

<p><b>2</b> 9:00—2:15 AARP Tax Appointments 10:30 COA Meeting 1:00 Tai Chi</p> <p>Teriyaki Beef</p>	<p><b>3</b> 9:15 Shopping Trip* 10:00 Card Players Group 12:30 Free Ride to Vote at Nipmuc</p> <p><b>PRESIDENTIAL PRIMARIES</b></p> <p>Chicken Picatta</p>	<p><b>4</b> 9:00—10:00 Computer Class 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta</p> <p>Shepherd's Pie</p>	<p><b>5</b> 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Salisbury Steak</p>	<p><b>6</b> 10:00 Strength &amp; Stretch 10:45 Nutrition Talk with Wendy</p> <p>Potato Crunch Fish</p>
<p><b>9</b> 9:00—2:15 AARP Tax Appointments 11:45 Nutrition Facts Label Talk 1:00 Tai Chi 1:15—2:00 Senator Moore's Office Hours</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;">  <p>Move Clocks ahead at 2:00 a.m. Sun. Mar. 8</p> </div> <p>Chicken w/Bbq Sauce</p>	<p><b>10</b> 10:00 Card Players Group 12:00 Lunch Trip to Jubes</p> <p>Meatballs w/Onion Gravy</p>	<p><b>11</b> 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Upton Hat Factory Video and Memories</p> <p>Marinated Pork Loin</p>	<p><b>12</b> 9:00 Breakfast with the Town Manag- er &amp; Credit Card Fraud &amp; Federal Cen- sus Talks 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Fajitas</p>	<p><b>13</b> 9:30 Shopping Trip* 10:00 Strength &amp; Stretch 12:30 Afternoon Movie 5:30 Men's Club Supper</p> <p>Macaroni &amp; Cheese</p>
<p><b>16</b> 9:00—2:15 AARP Tax Appointments 1:00 Tai Chi</p> <p>Lasagna w/Meatballs</p>	<p><b>17 ST PATTY'S DAY</b> 9:15 Shopping Trip* 10:00 Card Players Group 12:30 St. Patty's Day Social with Irish Step Dancer </p> <p>Corned Beef</p>	<p><b>18</b> 9:00—10:00 Computer Class 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta</p> <p>Beef w/Onions &amp; Peppers</p>	<p><b>19 1st Day of Spring!</b> 9:15 Shopping Trip* 10:00 Knit/Crochet Group 11:00—1:00 Bake Sale to Benefit TriValley's March for Meals 1:00 BINGO </p> <p>Roast Pork</p>	<p><b>20</b> 10:00 Strength &amp; Stretch 1:00 MCPHS Arthritis &amp; Medication Safety Talk with Potluck</p> <p>Fish w/Crumb Topping</p>
<p><b>23</b> 9:00—2:15 AARP Tax Appointments 9:15 Shopping Trip* 1:00 Tai Chi</p> <p>Beef Stew</p>	<p><b>24</b> 10:00 Card Players Group 10:00 Craft Time with Betty 1:00 Trinity Big Band Social</p> <p>Buttermilk Chicken</p>	<p><b>25</b> 9:00—10:00 Computer Class 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Trivia at the Center w/Library Staff Baked Potato w/Chili</p>	<p><b>26</b> 10:00 Knit/Crochet Group 12:00—1:00 Rep. Muradian's Office Hours 1:00 BINGO 3:45 Van Departs for 4:30 TriValley Spaghetti Dinner for Meals on Wheels</p> <p>Hot Dog</p>	<p><b>27</b> 9:00 BVT Salon 10:00 Strength &amp; Stretch 12:45 Birthday Bash</p> <p>Vegetable Cheese Bake</p>
<p><b>30</b> 9:00—2:15 AARP Tax Appointments 9:30 Mindfulness &amp; Meditation 1:00 Tai Chi</p> <p>Chicken Mornay</p>	<p><b>31</b> 10:00 Card Players Group 12:30 Shopping Trip*</p> <p>Meatloaf</p>	<p style="text-align: center;">Please call the Center at 508-529- 4558 to register for programs.</p>		<p style="text-align: center;">*Please see Newsletter for details of our shopping trips.</p>

## March, 2020 — Dates to Remember

Check  here if you plan to attend!

- Mar 2 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Mar 2 \_\_\_\_\_ COA Meeting, 10:30
- Mar 3 \_\_\_\_\_ Shopping Trip—Shaw’s/Walgreens, Milford, 9:15
- Mar 3 \_\_\_\_\_ Free Ride to Vote at Nipmuc, 12:30 (Presidential Primaries)
- Mar 5 \_\_\_\_\_ Shopping Trip—Market Basket, Oxford, 9:15
- Mar 6 \_\_\_\_\_ Nutrition Talk with Wendy, 10:45
- Mar 9 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Mar 9 \_\_\_\_\_ TriValley Nutrition Talk—“Navigating the New Nutrition Labels”, 11:45
- Mar 9 \_\_\_\_\_ Senator Moore’s Office Hours, 1:15-2:00
- Mar 10 \_\_\_\_\_ Lunch Trip to Jubes in Whitinsville, 12:00. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Mar 11 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw’s/Job Lots, Walmart Loop\*, Northbridge, 9:15
- Mar 11 \_\_\_\_\_ Upton Hat Factory Video and Memories, 12:30
- Mar 12 \_\_\_\_\_ Breakfast with the Town Manager & Credit Card Fraud & Federal Census Talks, 9:00
- Mar 13 \_\_\_\_\_ Shopping Trip—Kohl’s/TJ Maxx/Stop & Shop Loop\*, Milford, 9:30
- Mar 13 \_\_\_\_\_ Afternoon Movie: *A Beautiful Day in the Neighborhood*, 12:30
- Mar 13 \_\_\_\_\_ Men’s Club Supper, 5:30
- Mar 16 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Mar 17 \_\_\_\_\_ Shopping Trip—Hannaford’s, Uxbridge, 9:15
- Mar 17 \_\_\_\_\_ St. Patty’s Day Social with Irish Step Dancer, 12:30
- Mar 19 \_\_\_\_\_ Shopping Trip—Walmart, Northbridge, 9:15
- Mar 19 \_\_\_\_\_ Bake Sale to Benefit TriValley’s March for Meals, 11:00—1:00
- Mar 20 \_\_\_\_\_ MCPHS Arthritis & Medication Safety Talk w/ Potluck Dinner. Potluck participants , please pick 1 to bring:  
Appetizer\_\_\_ Main Dish\_\_\_ Dessert\_\_\_ or \$5 Donation\_\_\_
- Mar 23 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Mar 23 \_\_\_\_\_ Shopping Trip—Market Basket, Hudson, 9:15
- Mar 24 \_\_\_\_\_ Craft Time with Betty, 10:00
- Mar 24 \_\_\_\_\_ Trinity Big Band Social, 1:00
- Mar 25 \_\_\_\_\_ Blood Pressure Checks, 12:30
- Mar 25 \_\_\_\_\_ Trivia at the Center w/Library Staff, 12:30
- Mar 26 \_\_\_\_\_ Rep. Muradian’s Office Hours, 12:00—1:00
- Mar 26 \_\_\_\_\_ TriValley Italian Dinner in Milford, 4:30 (buy tickets in office, \$10 each). Need a ride at 3:45? Yes\_\_ or No\_\_
- Mar 27 \_\_\_\_\_ BVT Salon Visit, depart at 8:45 for 9:00 appts. What service would you like? \_\_\_\_\_
- Mar 27 \_\_\_\_\_ Birthday Bash, 12:45. Do you have a bday this month? Yes\_\_\_ or No\_\_\_
- Mar 30 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Mar 30 \_\_\_\_\_ Mindfulness & Meditation w/Robin, 9:30
- Mar 31 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop\*, Northbridge, 12:30

**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