



May 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 9:00 Local Walk 10:00 Card Players Group 12:30 Ice Cream Social</p> <p>Shepherd's Pie</p>	<p>2 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:30 Annual Police Spaghetti Supper at the Center</p> <p>Turkey Breast</p>	<p>3 9:00 Local Walk 9:45—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO 6:45 Van Departure for 7:00 Annual Town Meeting at Nipmuc Meatloaf</p>	<p>4 10:00 Belly Dancing Class 12:30 Shopping Trip*</p> <p>Macaroni & Cheese</p>
<p>7 9:00—10:00 Senator Moore's Office Hours 9:15 Shopping Trip* 10:30 COA Meeting 1:00 Tai Chi 4:00 Volleyball</p> <p>Swedish Meatballs</p>	<p>8 9:00 Local Walk 10:00 Card Players Group 12:00 Lunch Trip to Outback 12:30 Wii Games</p> <p>Pork Rib-i-que</p>	<p>9 9:00 Shopping Trip* 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Sloppy Joes</p>	<p>10 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Depart for 5:00 BVT Charity Dinner</p> <p>Chicken Cordon Bleu</p>	<p>11 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph</p> <p>Catch of the Day</p>
<p>14 9:15 Departure for 9:30 Free Manicures at BVT 1:00 Tai Chi 4:00 ZENgeivity</p> <div data-bbox="77 1129 349 1245" data-label="Image"></div> <p>Buttermilk Chicken</p>	<p>15 9:00 Local Walk 9:15 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games 12:30 Free Ride to Vote in Town Elections at Nipmuc High School</p> <p>Stuffed Pepper Casserole</p>	<p>16 10:15 Depart for ElderCare Event in Leicester w/lunch at Eller's on ride home 9:00—10:00 Computer Class 10:00 Strength & Stretch 10:30 Craft Time with Betty 11:00 Library Table 12:30 Canasta Garlic Herbed Chicken</p>	<p>17 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Beef w/Pearl Onions</p>	<p>18 10:00 Belly Dancing Class 12:30 Wellness Talk & Walk in the Park 5:30 Men's Club Supper</p> <p>Breaded Fish</p>
<p>21 1:00 Tai Chi 4:00 Volleyball</p> <p>Beef Burgundy</p>	<p>22 9:00 Local Walk 0:00 Card Players Group 12:30 Afternoon Movie 12:30 Shopping Trip*</p> <p>Roast Turkey</p>	<p>23 9:00 BVT Salon Visit 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 BP Checks 12:30 Trip to JJ's Ice Cream American Chop Suey</p>	<p>24 9:00 Shopping Trip* 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Pesto</p>	<p>25 10:00 Belly Dancing Class 11:45 Memorial Day Cookout & Older Americans Month Celebration</p> <div data-bbox="1323 1556 1477 1654" data-label="Image"></div> <p>Hot Dog</p>
<p>28 MEMORIAL DAY Center is Closed</p> <div data-bbox="167 1843 313 1965" data-label="Image"></div> <p>No Meals Served</p>	<p>29 9:00 Local Walk 10:00 Card Players Group 12:30 Wii Games</p> <p>Beef w/Onions & Peppers</p>	<p>30 9:00 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Trivia at the Center with Library Staff Ranch Chicken</p>	<p>31 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Egg Frittata</p>	<p>Coming in June: Tuesday, June 5— 9:15 Continental Breakfast 10:00 Legal Talk: "Taking Control of Your Future: A Legal Checkup"</p>

May, 2018 — Dates to Remember

Check here if you plan to attend !

- May 1 Ice Cream Social, 12:30
- May 2 Annual Police Spaghetti Supper at the Center, 5:30 (Do you need a ride here? Yes or No)
- May 3 Podiatrist Appointments, 9:45—12:00 (Please call the Center for appointment)
- May 3 6:45 Van Departure for 7:00 Annual Town Mtg. at Nipmuc
- May 4 Shopping Trip—Market Basket, Oxford, 12:30
- May 7 Senator Moore’s Office Hours, 9:00—10:00
- May 7 Shopping Trip—Price Chopper, Hopkinton, 9:15
- May 7 COA Meeting, 10:30
- May 8 Lunch Trip to the Outback in Bellingham, 12:00 Departure (Do you need a ride? Yes or No)
- May 9 Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop*, 9:00
- May 9 SHINE Appointments, 9:00—12:00 (Please call for appointment)
- May 10 Breakfast with the Town Manager, 9:00
- May 10 BVT Charity Dinner at 5:00 (Do you need a ride departing at 4:45? Yes or No)
- May 11 Birthday Bash with Music by Rockin’ Ralph, 12:45 (Is it your Birthday this month?! Yes or No)
- May 14 FREE Manicures at BVT, 9:30. Van departs at 9:15. (Do you need a ride? Yes or No)
- May 15 Shopping Trip—Market Basket, Hudson, 9:15
- May 15 Ride to Annual Town Elections at Nipmuc, 12:30
- May 16 Van Departs for Eldercare Event in Leicester at 10:15, w/lunch at Eller’s on ride home; return around 2:00
- May 16 Craft Time with Betty, 10:30
- May 18 Wellness Talk & Walk in the Park, 12:30 Departure (Do you need a ride? Yes or No)
- May 18 Men’s Club Supper, 5:30
- May 22 Shopping Trip—Hannaford’s, Uxbridge, 12:30
- May 22 Afternoon Movie, 12:30
- May 23 BVT Salon, 9:00 (Do you need a ride? Yes or No . What service do you want? _____)
- May 23 SHINE Appointments, 9:00—12:00 (Please call for appointment)
- May 23 Trip to JJ’s Ice Cream, 12:30
- May 24 Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop*, Northbridge , 9:00
- May 25 Memorial Day Hotdog Cookout & Older Americans Month Celebration, 11:45
- May 28 MEMORIAL DAY—Center is Closed; No Meals Served
- May 30 Shopping Trip—Market Basket, Oxford, 9:00
- May 30 Trivia at the Center with Library Staff, 12:30
- June 5 Continental Breakfast at 9:15
- June 5 Legal Talk: “Taking Control of Your Future: A Legal Checkup”, 10:00



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 humming bird? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Monday	ZENgevity or Volleyball.....	4:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii 5/1 or 5/22)	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