

October 2018

Mon

Tue


Wed

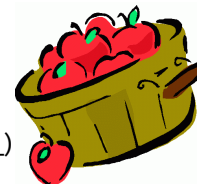
Thu

Fri

<p>1 10:30 COA Meeting 1:00 Tai Chi 4:00 Volleyball</p> <p>Roast Turkey</p>	<p>2 10:00 Card Players Group 12:30 Wii Games</p> <p>Stuffed Pepper Casserole</p>	<p>3 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Cookie Bake-off and Trivia w/the Library Staff</p> <p>Garlic Herbed Chicken</p>	<p>4 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner</p> <p>Burger w/Chili & Cheese</p>	<p>5 9:15 Shopping Trip*</p> <p>Breaded Fish</p>
<p>8 Center is Closed COLUMBUS DAY  No meals served</p>	<p>9 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games</p> <p>Haddock w/Parmesan Cheese Sauce</p>	<p>10 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Hot Dog on Bun</p>	<p>11 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Pesto</p>	<p>12 12:45 Birthday Bash with a Performance by Tony the Dancing Cop</p> <p>American Chop Suey</p>
<p>15 9:00—10:00 Senator Moore's Office Hours 9:30 Coffee Hour with Ranger Viola 1:00 Tai Chi 4:00 ZENgeivity</p> <p>Ranch Chicken</p>	<p>16 10:00 Card Players Group 12:00 State Representative Muradian's Pasta Lunch</p> <p>Beef w/Onions & Peppers</p>	<p>17 9:00—10:00 Computer Class 9:15 Flu Shots at the Center 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>BBQ Pork Pie</p>	<p>18 10:00 Knit/Crochet Group 1:00 BINGO 6:00 Medicare Talk</p> <p>Chicken Picatta</p>	<p>19 9:00 BVT Salon Visit 9:30 Tea Time Wellness Talk w/Jes 12:45 Shopping Trip* 5:30 Men's Club Supper Spaghetti & Meatballs</p>
<p>22 12:30 Shopping Trip* 1:00 Tai Chi 4:00 Volleyball</p> <p>Fish w/Crumb Topping</p>	<p>23 9:15 Breakfast 10:00 Safe Driving Talk with the RMV 10:00 Card Players Group 12:30 Wii Games</p> <p>Greek Chicken</p>	<p>24 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to Applebee's 12:30 Canasta 12:30 Blood Pressure Checks</p> <p>Meatloaf & Gravy</p>	<p>25 10:00 Knit/Crochet Group 1:00 BINGO 5:30 Pot Luck Supper</p> <p>Macaroni & Cheese</p>	<p>26 9:15 Shopping Trip* 12:30 Afternoon Movie</p> <p>Chicken Pot Pie</p>
<p>29 1:00 Tai Chi 4:00 ZENgeivity</p> <p>Beef Stew</p>	<p>30 9:00 Sea Glass Pendant Making Class 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip*</p> <p>Vegetable Cheese Bake</p>	<p>31 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Halloween Party</p> <p>Chicken Milano</p>		
<p>* Please see Newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p>				

October, 2018 — Dates to Remember

Check  here if you plan to attend !



- Oct 1 ___ COA Meeting, 10:30
- Oct 3 ___ Cookie Bake-off and Trivia, 12:30 (Do you plan to bake? Yes___ or No___)
- Oct 4 ___ BVT Charity Dinner, 5:00 (Do you want a ride on van departing at 4:45? Yes___ or No___)
- Oct 5 ___ Shopping Trip—Market Basket, Hudson, 9:15
- Oct 8 ___ COLUMBUS DAY—Center is closed; no meals served
- Oct 9 ___ Craft Time with Betty, 10:30
- Oct 10 ___ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Foppema’s/Walmart Loop, Northbridge, 12:30
- Oct 11 ___ Breakfast with the Town Manager, 9:00
- Oct 12 ___ Birthday Bash with a Performance by Tony the Dancing Cop, 12:45
- Oct 15 ___ Senator Moore’s Office Hours, 9:00—10:00
- Oct 15 ___ Coffee Hour with Ranger Viola, 9:30
- Oct 16 ___ State Representative Muradian’s Pasta Lunch, 12:00
- Oct 17 ___ Flu Shots at the Center, 9:15 (forms are available at the Center to be completed before the shot)
- Oct 17 ___ Shopping Trip—Market Basket, Oxford, 12:30
- Oct 18 ___ Medicare Talk, 6:00 pm
- Oct 19 ___ BVT Salon Visit—Depart 8:45 for 9:00 Appts. What Service do you want? _____
- Oct 19 ___ Tea Time Wellness Talk w/Jessica, 9:30
- Oct 19 ___ Shopping Trip—Franklin Farmer’s Market, 12:45
- Oct 22 ___ Shopping Trip—Hannaford’s, Uxbridge, 12:30
- Oct 23 ___ Breakfast at the Center, 9:15
- Oct 23 ___ Safe Driving Talk with the RMV, 10:00
- Oct 24 ___ Lunch Trip to Applebee’s, Milford, 11:30 Departure. Do you need a ride? Yes___ or No ___
- Oct 24 ___ Blood Pressure Checks, 12:30
- Oct 25 ___ Pot Luck Supper, 5:30. Please check off below what you plan to bring:
 Appetizer___, Main Dish___, Salad___, Side Dish___, Dessert___ (Or else please bring \$5___)
- Oct 26 ___ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Foppema’s, Walmart Loop, Northbridge ,9:15
- Oct 26 ___ Afternoon Movie, 12:30
- Oct 30 ___ Sea Glass Pendant Making Class, 9:00. Do you want to use copper wire (\$20)___ or silver (\$25)?___
 Note: Space is limited. Please register and bring your payment to the Center by Oct. 24 to confirm spot.
- Oct 30 ___ Shopping Trip—Market Basket, Hudson, 12:30
- Oct 31 ___ Halloween Party, 12:30

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 candy corn? 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 on 10/16)	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