



# October 2019



**Mon**

**Tue**


**Wed**

**Thu**

**Fri**

|   |   |  |  |   |
|---|---|--|--|---|
| <p><b>*Please see Newsletter for Details of our Shopping trips and Call the Center at 508-529-4558 to Register</b></p>  | <p><b>1</b><br/>9:30 Morning Walk<br/>10:00 Card<br/>Players Group</p> <p>Burger</p>  | <p><b>2</b><br/>9:00—10:00<br/>Computer Class<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>Roast Pork w/Gravy</p>  | <p><b>3</b><br/>9:00 Shopping Trip*<br/>10:00 Knit/Crochet Group<br/>1:00 BINGO</p> <p>Turkey Supreme</p>  | <p><b>4</b><br/>10:00 Strength &amp; Stretch<br/>12:30 Leaf Peeping with Ranger Viola at West Hill Dam</p> <p>Chicken Drumsticks</p>  |
| <p><b>7</b><br/>10:30 COA Meeting<br/>1:00 Tai Chi<br/>3:00 Afternoon Walk</p> <p>Shepherd's Pie</p>  | <p><b>8</b><br/>9:30 Morning Walk<br/>10:00 Card<br/>Players Group<br/>10:00 Visit the Hat Industry Exhibit at the Upton Historical Society<br/>12:30 Shopping Trip*</p> <p>Chicken Picatta</p> | <p><b>9</b><br/>9:00—10:00<br/>Computer Class<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Afternoon Movie</p> <p>Meatloaf w/Gravy</p>   | <p><b>10</b><br/>9:00 Breakfast with the Town Manager<br/>10:00 Knit/Crochet Group<br/>12:00—1:00 Representative Muradian Office Hours<br/>1:00 BINGO<br/>5:00 BVT Charity Dinner<br/>American Chop Suey</p> | <p><b>11</b><br/>10:00 Strength &amp; Stretch<br/>10:45 Nutrition Talk with Wendy<br/>12:30 Shopping Trip*</p> <p>Pork Rib-i-que</p>  |
| <p><b>14</b><br/>COLUMBUS DAY<br/>Center is Closed</p>  <p>No meals served</p> | <p><b>15</b><br/>9:30 Morning Walk<br/>10:00 Card<br/>Players Group<br/>10:30 Craft Time with Betty</p> <p>Pinwheels w/Marinara Sauce &amp; Meatballs</p>                                       | <p><b>16</b><br/>9:00 Shopping Trip*<br/>9:00—10:00<br/>Computer Class<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Brain Healthy Cooking with Cornerstone</p> <p>Chicken Milano</p> | <p><b>17</b><br/>9:30—12:00 Podiatrist Appointments<br/>10:00 Knit/Crochet Group<br/>1:00 BINGO</p> <p>Salisbury Steak</p>   | <p><b>18</b><br/>9:00 BVT Salon Visit<br/>9:00—12:00 SHINE Appointments<br/>10:00 Strength &amp; Stretch<br/>12:30 Trip to Franklin Farmer's Market<br/>5:30 Men's Club Supper<br/>Potato Crunch Fish</p> |
| <p><b>21</b><br/>10:00 Mindfulness &amp; Meditation with Robin<br/>1:00 Tai Chi<br/>3:00 Afternoon Walk</p> <p>Pulled Pork w/BBQ Sauce</p>                        | <p><b>22</b><br/>9:15 Shopping Trip*<br/>9:30 Morning Walk<br/>10:00 Card<br/>Players Group<br/>12:30 Ice Cream Social with Fun &amp; Games<br/>Meatballs w/Onion Gravy</p>                     | <p><b>23</b><br/>9:00—10:00<br/>Computer Class<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:00 Lunch Trip to TJ's in Ashland<br/>Vegetable Cheese</p>                                   | <p><b>24</b><br/>10:00 Knit/Crochet Group<br/>1:00 BINGO</p> <p>BBQ Chicken</p>  | <p><b>25</b><br/>10:00 Strength &amp; Stretch<br/>12:45 Birthday Bash</p> <p>Teriyaki Beef</p>  |
| <p><b>28</b><br/>9:15 Shopping Trip*<br/>12:30 Halloween Spooky Social with Music by Gary Landgren<br/>3:00 Afternoon Walk</p> <p>Lasagna &amp; Meatballs</p>     | <p><b>29</b><br/>9:30 Morning Walk<br/>10:00 Card<br/>Players Group</p> <p>Chicken Fajitas</p>  | <p><b>30</b><br/>9:00—10:00<br/>Computer Class<br/>10:00 Strength &amp; Stretch<br/>11:00 Library Table<br/>12:30 Canasta<br/>12:30 Shopping Trip*<br/>12:30 Blood Pressure<br/>Herbed Pork w/Gravy</p>                      | <p><b>31</b><br/>HAPPY HALLOWEEN!<br/>10:00 Knit/Crochet Group<br/>1:00 BINGO<br/>5:15—8:00 pm Trunk or Treat Event at United Parish</p> <p>Beef Patty w/Onions &amp; Peppers</p>                            |    |

## October, 2019 — Dates to Remember

Check  here if you plan to attend !

- Oct 3 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00
- Oct 4 \_\_\_\_\_ Leaf Peeping with Ranger Viola at West Hill Dam, 12:30 Departure
- Oct 7 \_\_\_\_\_ COA Meeting, 10:30
- Oct 8 \_\_\_\_\_ Visit the Hat Industry Exhibit, 10:00 Departure. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Oct 8 \_\_\_\_\_ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Oct 9 \_\_\_\_\_ Afternoon Movie: *Yesterday*, 12:30
- Oct 10 \_\_\_\_\_ Breakfast with the Town Manager, 9:00
- Oct 10 \_\_\_\_\_ Rep. Muradian Office Hours, 12:00—1:00
- Oct 10 \_\_\_\_\_ BVT Charity Dinner—4:45 Departure for 5:00 Seating. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Oct 11 \_\_\_\_\_ Nutrition Talk with Wendy, 10:45
- Oct 11 \_\_\_\_\_ Shopping Trip—Market Basket, Oxford, 12:30
- Oct 14 \_\_\_\_\_ HOLIDAY—Columbus Day—Center is closed; no meals served.
- Oct 15 \_\_\_\_\_ Craft Time with Betty, 10:30
- Oct 16 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00
- Oct 16 \_\_\_\_\_ Brain Healthy Cooking Demo with Cornerstone (free lunch), 12:30
- Oct 17 \_\_\_\_\_ Podiatrist Appointments, 9:30—12:00 (Please call for Appointment)
- Oct 18 \_\_\_\_\_ BVT Salon Visit, Depart 8:45 for 9:00 appts. What service would you like? \_\_\_\_\_
- Oct 18 \_\_\_\_\_ SHINE Appointments, 9:00—12 (Please call for appointment)
- Oct 18 \_\_\_\_\_ Trip to Franklin Farmer's Market, 12:30
- Oct 18 \_\_\_\_\_ Men's Club Supper, 5:30
- Oct 21 \_\_\_\_\_ Mindfulness & Meditation w/Robin, 10:00
- Oct 22 \_\_\_\_\_ Shopping Trip—Market Basket, Hudson, 9:15
- Oct 22 \_\_\_\_\_ Ice Cream Social with Fun & Games, 12:30
- Oct 23 \_\_\_\_\_ Lunch Trip to TJ's in Ashland, 12:00 Departure. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Oct 25 \_\_\_\_\_ Birthday Bash, 12:45. Is it your birthday this month?! Yes\_\_\_ or No\_\_\_
- Oct 28 \_\_\_\_\_ Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 9:15
- Oct 28 \_\_\_\_\_ Halloween Spooky Social with Music by Gary Landgren, 12:30. Wear your costume!
- Oct 30 \_\_\_\_\_ Shopping Trip—Walmart, Northbridge, 12:30
- Oct 30 \_\_\_\_\_ Blood Pressure Checks with the Town Nurse, 12:30
- Oct 31 \_\_\_\_\_ HAPPY HALLOWEEN! Trunk or Treating Event at United Parish. Depart at 5:15; return around 8 pm.

**COMING IN NOVEMBER! (Sign up now and watch for further details in our November newsletter)**

- Nov 5 \_\_\_\_\_ Free ride to Upton Town Meeting—Depart Millhaus at 6:40 for 7:00 meeting.
- Nov 8 \_\_\_\_\_ Holiday Fraud Program, 12:30
- Nov 9 \_\_\_\_\_ Leaf Raking. Provide address & phone #: \_\_\_\_\_
- Nov 12 \_\_\_\_\_ Senator Moore's Turkey Dinner, 12:00
- Nov 13 \_\_\_\_\_ BVT's Aging Well Health Assessment Day—includes free breakfast, lunch and assessment. Van will depart at 8 am; program runs until Noon. Do you need a ride? Yes\_\_\_ or No\_\_\_.

**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 (**No Tai Chi on 10/28**).....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