

September 2018

Mon

Tue


Wed

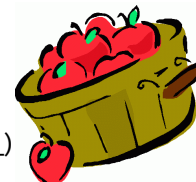
Thu

Fri

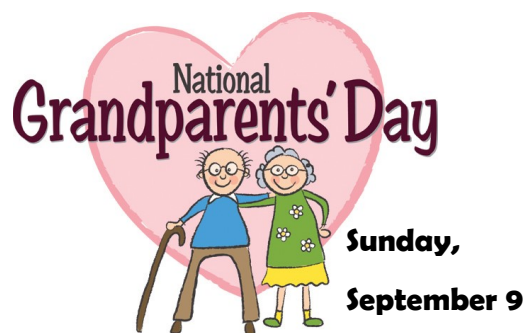
<p style="text-align: center; font-size: 24pt;">3</p> <p style="text-align: center;">Center is Closed</p> <p style="text-align: center; font-weight: bold; color: blue;">LABOR DAY</p> <p style="text-align: center;">No meals served</p>	<p style="text-align: center; font-size: 24pt;">4</p> <p>10:00 Card Players Group 12:30 Wii Games 12:30 Trip to JJ's Ice Cream & Kelly's Farm Stand Salmon Boat w/Dill Sauce</p>	<p style="text-align: center; font-size: 24pt;">5</p> <p>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p style="text-align: center;">Chicken Fajitas</p>	<p style="text-align: center; font-size: 24pt;">6</p> <p>10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner</p> <p style="text-align: center;">Hot Dog on Bun</p>	<p style="text-align: center; font-size: 24pt;">7</p> <p>9:15 Shopping Trip* 12:30 "Go 4 Life" Family Walk & Grandparents Day Celebration</p> <p style="text-align: center;">Lasagna</p>
<p style="text-align: center; font-size: 24pt;">10</p> <p>9:00—10:00 Senator Moore's Office Hours 10:30 COA Meeting 1:00 Tai Chi 4:00** ZENgevity</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; display: inline-block;"> <p style="text-align: center;">Sunday, Sept. 9: Grandparents' Day</p> </div> <p style="text-align: center;">Italian Braised Beef</p>	<p style="text-align: center; font-size: 24pt;">11</p> <p>10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games</p> <p style="text-align: center;">Chicken Mornay</p>	<p style="text-align: center; font-size: 24pt;">12</p> <p>9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Afternoon Movie</p> <p style="text-align: center;">Roast Pork</p>	<p style="text-align: center; font-size: 24pt;">13</p> <p>9:00 Breakfast with the Town Manager 9:45—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO</p> <p style="text-align: center;">Cold Roast Beef Sandwich</p>	<p style="text-align: center; font-size: 24pt;">14</p> <p>9:30 Tea Time Wellness Talk with Jessica 12:30 Shopping Trip* 5:30 Ham & Bean Supper</p> <p style="text-align: center;">Lasagna</p>
<p style="text-align: center; font-size: 24pt;">17</p> <p>9:15 Shopping Trip* 1:00 Tai Chi 4:00** Volleyball</p> <p style="text-align: center;">Chicken Cacciatore</p>	<p style="text-align: center; font-size: 24pt;">18</p> <p>10:00 Card Players Group 12:30 Wii Games 12:30 "Get in the Act" with Phyllis</p> <p style="text-align: center;">Baked Potato</p>	<p style="text-align: center; font-size: 24pt;">19</p> <p>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Ice Cream Social and "Aging Memory" Talk</p> <p style="text-align: center;">Turkey Supreme</p>	<p style="text-align: center; font-size: 24pt;">20</p> <p>10:00 Knit/Crochet Group 11:45 "Sweet Talk"—Are you TOO Sweet? 1:00 BINGO</p> <p style="text-align: center;">Meatloaf w/Gravy</p>	<p style="text-align: center; font-size: 24pt;">21</p> <p>12:30 Cheese Tasting Social 5:30 Men's Club Supper Returns!</p> <p style="text-align: center;">Mac 'n Cheese</p>
<p style="text-align: center; font-size: 24pt;">24</p> <p>9:15 Shopping Trip* 1:00 Tai Chi 4:00** ZENgevity</p> <p style="text-align: center;">Swedish Meatballs</p>	<p style="text-align: center; font-size: 24pt;">25</p> <p>9:30 Fire Safety Talk with Coffee & Donuts 10:00 Card Players Group 12:30 Wii Games 12:30 "Get in the Act" with Phyllis</p> <p style="text-align: center;">Pork Rib-i-que</p>	<p style="text-align: center; font-size: 24pt;">26</p> <p>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to the Beef Barn 12:30 Canasta 12:30 Blood Pressure Checks Sloppy Joe</p>	<p style="text-align: center; font-size: 24pt;">27</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p style="text-align: center;">Catch of the Day</p>	<p style="text-align: center; font-size: 24pt;">28</p> <p>9:15 Shopping Trip* 12:45 Birthday Bash with Music by Rockin' Ralph</p> <p style="text-align: center;">Buttermilk Chicken</p>
<p>* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p>	<p>** Note Time Change from 3:30 to 4:00</p>		<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p style="text-align: center;">Saturday, Sept. 29: Upton Heritage Day on Town Common, 10am—2pm & Heritage Dance at the Upton Center at 6pm</p> </div>	

September, 2018 — Dates to Remember

Check  here if you plan to attend !



- Sept 3 _____ LABOR DAY—Center is closed; no meals served
- Sept 4 _____ Trip to JJ's Ice Cream and Kelly's Farm Stand, 12:30
- Sept 6 _____ BVT Charity Dinner, 5:00 (Do you want a ride on van departing at 4:45? Yes___ or No___)
- Sept 7 _____ Shopping Trip—Market Basket, Hudson, 9;15
- Sept 7 _____ "Go 4 Life" Family Walk & Grandparents Day Celebration, 12:30
- Sept 10 _____ Senator Moore's Office Hours, 9:00—10:00
- Sept 10 _____ COA Meeting, 10:30
- Sept 11 _____ Craft Time with Betty, 10:30
- Sept 12 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:15
- Sept 12 _____ Afternoon Movie, 12:30
- Sept 13 _____ Breakfast with the Town Manager, 9:00
- Sept 13 _____ Podiatrist Appointments, 9:45—12:00 (Please call for appointment time)
- Sept 14 _____ Tea Time Wellness Talk with Jessica, 9:30
- Sept 14 _____ Shopping Trip—Franklin Farmer's Market, 12:30
- Sept 14 _____ Ham & Bean Supper, 5:30
- Sept 17 _____ Shopping Trip—Market Basket, Oxford, 9:15
- Sept 18 _____ "Get in the Act" with Phyllis, 12:30
- Sept 19 _____ Ice Cream Social and "Aging Memory" Talk, 1:00
- Sept 20 _____ "Sweet Talk" - Are you TOO Sweet?, 11:45
- Sept 21 _____ Cheese Tasting Social, 12:30
- Sept 21 _____ Men's Club Supper Returns, 5:30
- Sept 24 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Sept 25 _____ Fire Safety Talk with Coffee & Donuts, 9:30
- Sept 25 _____ "Get in the Act" with Phyllis, 12:30
- Sept 26 _____ Lunch Trip to the Beef Barn, 11:30
- Sept 26 _____ Blood Pressure Checks, 12:30
- Sept 28 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge ,9:15
- Sept 28 _____ Birthday Bash with Music by Rockin' Ralph, 12:45. Is it your bday this month? Yes___ or No___
- Sept 29 _____ Bloomer Girls' Heritage Dance at the Center, 6:00 p.m.



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 maple leaf? 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	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

Note: Friday Belly Dancing Classes have been discontinued due to a lack of participation.