

OCT 16 '17 PM 1:01

## Council on Aging Minutes for Sept. 12, 2017

Received by  
Uxbridge  
Town Clerk

Date: Sept. 12, 2017

Place: Uxbridge Senior Center

Attendance: Jean McElreath, Shirley Schultzberg, Edwina Porter, Marie Potter,

Cathy Thornton, Director Marsha Petrillo

Director's Report included financial updates and statistics for past fiscal year.

Budget for 2017-2018

Updates on ongoing projects:

Shed is still a work in progress. No deadline set.

Repair of sign and replacement of pineapple ornament

Surveillance cameras a consideration for future security

Very active fall events. See Sept. and October calendars

Uxbridge Senior Academy planning Adult Coloring Session Sept 19

Computer classes on Tuesdays ongoing from 3-4 weekly.

Upcoming entertainments being explored. Spartones on tap for Thanksgiving.

Reorganization of COA Board to be on agenda for October.

*Respectfully submitted*  
*Catherine Thornton*

Council on Aging Minutes  
Approval Sept. 12, 2017

Catherine Thornton

Ann Spady

MASS Pitkin Co

Jean Mc Elreath



Christina Porter

1000 S. W. 10th Ave.  
 Suite 100  
 Ft. Lauderdale, FL 33304  
 (954) 333-2007

SEPTEMBER 2017

Thank you for your order!  
 Please call 954-333-2007  
 to place your order.  
 We are open 7 days a week.  
 1000 S. W. 10th Ave.  
 Suite 100  
 Ft. Lauderdale, FL 33304  
 (954) 333-2007

Please call 954-333-2007 to place your order.

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS ARE SERVED WITH WATER OR MILK MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE				1. CLOSED NO LUNCH SERVED 
4. CLOSED NO LUNCH SERVED 	5. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	6. JAPANESE CHICKEN STIR-FRY JASMINE RICE APPLE CAKE	7. CHICKEN POT PIE MIXED VEGETABLES FRESH FRUIT	8. BAKED FISH ROASTED POTATOES GREEN BEANS SUGAR FREE PIE
11. THREE CHEESE MANICOTTI GARDEN SALAD ITALIAN BREAD PEACHES AND CREAM	12. SPAGHETTI W/BOLOGNESE SAUCE GARDEN SALAD ITALIAN BREAD APPLE CRISP	13. TUSCAN CHICKEN JASMINE RICE SUMMER VEGETABLES FRESH FRUIT	14. POT ROAST MASHED POTATOES CARROTS SUGAR FREE PUDDING	15. BAKED FISH RICE PILAF MIXED VEGETABLES ASSORTED CAKES
18. BROCCOLI-CHEESE SOUP FINGER SANDWICHES GARDEN SALAD SUGAR FREE PUDDING	19. MEATLOAF W/GRavy MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	20. PESTO CHICKEN FLORENTINE W/PENNE GARDEN SALAD PEACH CAKE	21. BEEF STEW W/BISCUIT GARDEN SALAD FRESH FRUIT	22. BAKED FISH ROASTED SWEET POTATOES BROCCOLI SUGAR FREE ICE CREAM
25. CREAMY PENNE FLORENTINE GARDEN SALAD FRESH FRUIT	26. SHEPHERD'S PIE MIXED VEGETABLE SUGAR FREE PUDDING	27. ROASTED CHICKEN MASHED POTATOES GREEN BEANS APPLE CAKE	28. HOT DOG W/ROLL COLESLAW BAKED BEANS SUGAR FREE JELLO	29. BAKED FISH JASMINE RICE CARROTS BIRTHDAY CAKE

Menu is served on 10 days a week. Please call 954-333-2007 to place your order. If you need the menu for the week, please call 954-333-2007. We are open 7 days a week. 1000 S. W. 10th Ave. Suite 100 Ft. Lauderdale, FL 33304 (954) 333-2007

# UXBRIDGE SENIOR CENTER

Lunch Menu



36 South Main Street, Uxbridge, MA 01569

(508) 278-8622

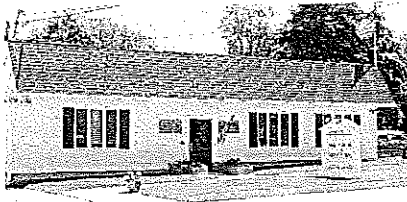
Marsha Petrillo - Director  
Lynne McPherson - Chef  
Omer Boucher- Van Driver  
Donna Oncay - Transportation Coordinator  
Gail Bouettette - Outreach Coordinator

# OCTOBER 2017

*Please call 48 hours in advance to order your meal.*

Monday	Tuesday	Wednesday	Thursday	Friday
2. CORN CHOWDER CORN BREAD GARDEN SALAD FRESH FRUIT	3. BEEF STROGANOFF EGG NOODLES MIXED VEGETABLE SUGAR FREE PUDDING	4. CRANBERRY HARVEST CHICKEN JASMINE RICE GREEN BEANS APPLE CAKE <b>BLUE CROSS/BLUE SHIELD 2:00</b>	5. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD CAKE <b>THAI CHI 1:30</b>	6. BAKED FISH BAKED POTATOES BROCCOLI SUGAR FREE PIE <b>POLICE CHIEF</b>
9.  <b>COLUMBUS DAY CLOSED NO LUNCH SERVED</b>	10. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING <b>PAGE TURNERS 1:00</b>	11. CHICKEN CORDON BLEU MASHED POTATOES STEAMED CARROTS SUGAR FREE JELLO	12. STUFFED CABBAGE JASMINE RICE STEAMED CARROTS PEACH CAKE <b>THAI CHI 1:30</b>	13. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE SUGAR FREE ICE CREAM <b>UNIBANK - MIKE SULHAM</b>
16. VEGETABLE SOUP GRILLED CHEESE GARDEN SALAD PEACHES AND CREAM <b>FLU SHOT CLINIC 1:00-2:30</b>	17. MEATLOAF W/ GRAVY MASHED POTATOES STEAMED CARROTS FRESH FRUIT	18. <b>ROAD TRIP</b> SALEM CROSS INN SIGN UP EARLY NO LUNCH SERVED AT SENIOR CENTER	19. CHICKEN POT PIE MIXED VEGETABLES SUGAR FREE PUDDING <b>THAI CHI 1:30</b>	20. BAKED FISH ROASTED POTATOES GREEN BEANS CAKE AND BERRIES <b>ED ROTH - SHINE</b>
23. THREE CHEESE VEGETABLE TOSS GARDEN SALAD FRESH FRUIT	24. BEEF AND CORNBREAD PIE GARDEN SALAD APPLE CAKE <b>FALLON - 12:30-2:00</b>	25. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH SUGAR FREE PUDDING	26. SWEDISH MEATBALLS EGG NOODLES GREEN BEANS SHERBERT <b>THAI CHI 1:30</b>	27. BAKED FISH RICE PILAF ITALIAN MIXED VEGETABLE BIRTHDAY CAKE
30. STUFFED SHELLS SPINACH ITALIAN BREAD	31. HALLOWEEN PARTY 			

Lunch is served at 12 noon each day. *Please call 48 hours in advance to order your meal.* If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.



Location: 36 South Main St.  
Hours of Operation: M - F 8 AM - 4 PM  
Phone: (508) 278- 8622

# The Silver Center News

## Newsletter of the Uxbridge Council on Aging

### & Lunch Menu

Marsha Petrillo - Director  
Omer Boucher - Transportation  
Gail Boutiette - Outreach Coord.  
Lynne McPherson - Head Chef  
Donna Oncay - Administrative Assist.



Happy Halloween

Mail  
from Gail



Happy Fall to us all !! Here's what we have going on in October! Sue Flannagan, BC/BS will be here to answer questions on health plan options Wednesday, October 5<sup>th</sup> at 2:00 PM. Chief Lourie will hold his monthly Lunch & Learn on Friday, October 6<sup>th</sup> and he will have important updates. His guest speaker will be Fire Chief Kessler and he will be giving us information on the new fire station. Friday is also World Smile Day! Tai Chi classes will be held on Thursdays, starting October 5<sup>th</sup> - October 26<sup>th</sup> from 1:30 - 2:30 PM. Senior center will be closed on Monday, October 9<sup>th</sup> in observance of Columbus Day. Page Turners will be here on Tuesday, October 10<sup>th</sup> at 1:00 PM. Friday, October 13<sup>th</sup>, Mike Sullivan, Uni-Bank Mgr. will be here to help serve lunch for UniBank's "Random Act of Kindness Week"! Flu Clinic will be on Monday, October 16<sup>th</sup> from 1:00 - 2:30 PM.

We will be taking a senior trip to Salem Cross Inn and Brookfield Orchards on Wednesday, October 18<sup>th</sup>. Ed Roth, SHINE rep will be here for an important Medicare update meeting on Friday, October 20<sup>th</sup>. Brian Guagnini from Fallon will be here to answer any questions you may have on Tuesday, October 24<sup>th</sup> from 12:30 - 2:00 PM. Dr. Biancamano will be here in the morning on Monday, October 30<sup>th</sup>. Computer Classes are held every Tuesday from 3:00 - 4:00 PM.

And last, but not least, we will hold our Annual Halloween Party on Tuesday, October 31<sup>st</sup>! Be sure to come join us for these events.

We have our meal program that runs Monday - Friday, prepared by our own Chef Lynne McPherson! If you would like to come in for a delicious heart healthy meal, call by 10:00 AM to reserve your lunch @508-278-8622. \*October will be a BOGO Month!! If you bring in a New Friend for lunch, you will get your meal for free!

If you have questions about any of our upcoming events, please feel free to give us a call. We will look forward to hearing from you! Be sure to check out our Facebook page and web page to keep updated! We will be planning more senior center trips, so stay tuned!

From ghoulies and ghosties  
And long leggedy beasties



And things that go bump in the night.  
Good Lord deliver us.

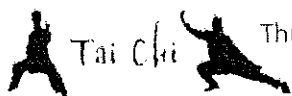
See links to the web page and Facebook page below

- Please call the Senior Center before 10 AM to reserve/cancel your midday meal and/or arrange transportation to/from lunch. If you are planning a medical trip to your Doctor, Dentist, or Hospital Van, etc., scheduling transportation requires 24 hours advance notice. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Newsletter & Lunch Menu. [www.uxbridge-ma.gov/coa](http://www.uxbridge-ma.gov/coa)
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 P.M.

# 2017 UXBRIDGE COUNCIL ON AGING - OCTOBER NEWSLETTER



**BlueCross Wednesday, October 4 – 2:00 PM - Health Plan Options** - presented by a Blue Cross Blue Shield representative. Health Plan Options for Seniors is a 45-minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. This is a great presentation to attend during open enrollment so that you can understand your options. Everyone is welcome to join us!



**Tai Chi** Thursday, October 5– 1:30 PM – 2:30 PM – Tai Chi Classes! Ron Allen from Lark Studio will be here to start a 4-week trial session of Tai Chi classes. These will be held here at the Senior Center on Thursdays in October from 1:30 – 2:30 PM. First class is on October 5<sup>th</sup> and run through October 26<sup>th</sup>. Sessions will be free, but a suggested donation of \$2.00 per class is welcome. Please call 508-278-8622 to register or just stop in!



- 11% of people are left handed
- August has the highest percentage of births
- unless food is mixed with saliva you can't taste it
- the average person falls asleep in 7 minutes
- a bear has 42 teeth
- an ostrich's eye is bigger than its brain
- lemons contain more sugar than strawberries
- 8% of people have an extra rib
- 85% of plant life is found in the ocean
- Ralph Lauren's original name was Ralph Lifshitz
- rabbits like licorice



The Senior Center will be closed on Monday, October 9 in observance of Columbus Day.

## Computer Classes



will be held EVERY Tuesday at the Senior Center from 3:00 PM – 4:00 PM. Students from UHS and BVT *will continue* to teach and also a big thank you to these students for coming in during their summer vacation!

You can call ahead to sign up 508-278-8622 or just stop in. Everyone is welcome! Our student teachers can help you on your tablet, phone, nooks, iPads, Kindles, etc. Bring in your device and learn.

We are wireless at the Senior Center so please feel free to come take advantage of this service. You do not need to register for the classes, just stop on by!



## LUNCH & LEARN with POLICE CHIEF LOURIE



Friday, October 6 - 11:30 AM – 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bu-

reau Presentation. His guest speaker will be Fire Chief Kessler and he will give us information on the new fire station. Chief Lourie will also have important updates as well. Today is also World Smile Day! Do an act of Kindness, help one person smile! If you are not able to attend his lunch & learn, Uxbridge Community Television will film this event and it will be aired on local cable access. It will also be on our Facebook page in the near future. We are thankful to be working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these events.



• FOR YOUR INFORMATION •

*The Senior Center drivers are not Emergency Responders or Medical Providers and therefore are legally limited in what they can do. Please don't ask them to do anything they're not trained, authorized, or certified to do.*

# 2017 UXBRIDGE COUNCIL ON AGING - OCTOBER NEWSLETTER



As Ghost Busters rid the Library of pervasive ghosties and ghoulies, some of the Library programs will be held at the Senior Center such as: **Tuesday, October 10 - 1:00 PM** – Uxbridge Free Public Library will hold “Page Turners”. Chris Powloka and Zach Parrish will be here to talk about some of their newest books at the library. Handouts will be available as well as the newest issue of Book-Page.

You are welcome to have lunch with us on this day and we will provide you transportation home after if you ride in on the van. Please call and sign up 508-278-8622.

We also want to thank Ann-Margaret Thomas for all her help while she was the Library Director. Wishing you well on your new chapter in life!

Coming up, **November 14<sup>th</sup>** will be the next Senior Center Book group meeting at 1 PM. “*Lillian Boxfish Takes a Walk*” by Kathleen Rooney- the book is available in large print, regular print, and as an audio cd. We also have book group discussion questions for it. Stop by the library (if you dare) to pick up your copy!



**Man** – Will you go out with me this Saturday?  
**Woman** – Sorry, I'm having a headache this weekend.

**PUPIL** – “Would you punish me for something I didn't do?”

**TEACHER** – “Of course not.”

**PUPIL** – “Good, because I haven't done my homework.”

There was a fisherman named Fisher  
who fished for some fish in a fissure.  
Till a fish with a grin,  
pulled the fisherman in.  
Now they're fishing the fissure for Fisher.

**S**harps containers are available at the Uxbridge Board of Health office located on the 2nd floor in the Uxbridge Town Hall. They are currently free while this supply lasts. The BOH will receive another shipment of Sharps containers once these are gone, and there will be a minimal cost for each one. You can bring them back to the Board of Health office when they are full and they will give you another empty container. If you cannot get up to the 2nd floor, please call the BOH office and someone will come down to assist you. If you use diabetic syringes and you have questions, please contact Denise at 508-278-8600 ext. 2015.

**T**hank you to Hannaford's and Shaw's for your donations to the Senior Center. Everyone enjoys them as snacks before our meals, and also as desserts. We appreciate your generosity!

**F**riday, **October 13** –11:30 AM – 12:30 PM – **Mike Sulham, UniBank Manager**, will be here to help serve lunch as part of UniBank's “Random Act of Kindness Week”. Be sure to come in and meet Mike and learn what UniBank has to offer you!

- I stopped understanding math when the alphabet decided to get involved.

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER for

**August 2017?**



Telephone Calls	1,326
Meals Served	444
Daily Visitors	686
Medical Runs (Round Trips)	81
Hannaford Shopping (Round Trips)	25
Walmart Shopping (Round Trips)	3
Lunch Pick Up	140
Computer Classes	25
Senior Academy	8
SMOC Applications	12

# 2017 UXBRIDGE COUNCIL ON AGING - OCTOBER NEWSLETTER



**Salem Cross Inn**  
RESTAURANT & TAVERN

Wednesday, October 18, 2017 -

Senior Bus Trip to Salem Cross Inn, West Brookfield, MA. Space is limited on the vans, please sign up early to reserve your seat & meal. Price is \$25.00 per person including gratuity. Payment will be non-fundable after the October 13<sup>th</sup> cutoff date. We will need to arrive at 11:30am, so you are required to meet at the Senior Center for 10:00 am. The van will pick up those who are not able to drive and they should be ready for 9:00am. We will also visit the Brookfield Orchards on our way home. No lunch will be served and no medical transportation will be available this day at the Senior Center. Be sure to sign up early!

**M**onday, October 16 - 1:00 PM - 2:30 PM. Free Flu Shot Clinic. For all Uxbridge residents 6 months or older. No co-pays. Please bring your insurance cards and wear a short-sleeved shirt. Flu shot clinic brought to you by The Uxbridge Board of Health and Salmon VNA & Hospice.

**T**uesday, October 24 - 12:30 PM - 2:00 PM. - Brian Guagnini, Sales Executive Medicare Sales for FallonHealth will be in to talk about Senior Care Options. If you have any questions, please feel free to join us! You can meet up with Brian after lunch. Call 508-278-8622 by 10:00 am if you would like to join us!

**M**onday, October 30 - The foot doctor will be at the Senior Center. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Also, please let us know if you require transportation to the podiatry clinic.

**SENIOR CENTER WISH LIST** - We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

We also continue to need in kind donations of paper towels, napkins and greeting cards. One can donate



Friday, October 20, 2017 - 11:30 - 12:30 - A SHINE Regional office representative will be at the Uxbridge Senior Center to talk about new Medicare changes. Medicare Open Enrollment begins on October 15<sup>th</sup> and ends on December 7<sup>th</sup>. Bring your insurance ques-

tions and learn about the various Medicare changes so you can make informed insurance decisions. Learn how the various supplemental plans and advantage plans work. Choose the best insurance option for your specific needs. Compare prices and review co-pays and deductibles and understand what plans work within your specific county.

Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During open enrollment, it may take a couple of days to return your call. You can also visit on line at [www.shinema.org](http://www.shinema.org) Call us at 508-278-8622 to reserve your spot for this informational discussion.

Annual Halloween Party Tuesday, October 31.

We will be having our Halloween Party again this year. Come and have some spooky fun with us! There will be plenty of trick-or-treats for everyone. Costumes are optional but don't you worry, we will have plenty of fun hats to lend out!



- **PATIENT:** The problem is that obesity runs in our family.
- **DOCTOR:** No, the problem is that no one in your family runs.
- My sarcasm and my sincerity sound surprisingly similar.

directly to the center at 36 S. Main Street or on-line via the town's web page. Every donation helps and comes enormously appreciated! Thank you to all who have already donated as well!

Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page or by googling Uxbridge Senior Center, or even dropping by.

[Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa)  
[Facebook.com/UxbridgeMASeniorCenter](https://www.facebook.com/UxbridgeMASeniorCenter)



## NEWS FROM SHINE OCTOBER & NOVEMBER 2017

**The Medicare Open Enrollment begins on October 15<sup>th</sup> and ends on December 7<sup>th</sup>  
Don't Wait Until It's Too Late!**

### **Open Enrollment Appointments will begin in mid-October**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

### **MEDICARE UPDATE MEETINGS**

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website [www.shinema.org](http://www.shinema.org) for a list of our local meetings.

### **CENTRAL MASS SHINE WEBSITE**

The Central Mass Region has recently launched its website. You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at [shinema.org](http://shinema.org)**

### **"SHINE'S MEDICARE AND MORE" PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

**D**uring special events, we encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and also at Savers Bank. **If you have any questions about parking, please do not hesitate to call the senior center.**

**G**ames at the Senior Center will be played during our lunches! We will be playing the card game every Tuesday. BINGO will be played on Thursdays. Come join us for a delicious lunch and have fun playing! Be sure to call 508-278-8622 by 10:00am on the day that you would like to come.

*Hannaford* grocery shopping every Tuesday. Pick up begins at 8:30 AM..

*Walmart* shopping will be on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month. Pick up begins at 12:30 PM. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van



Give thanks. Give life.

# 2017 UXBRIDGE COUNCIL ON AGING - OCTOBER NEWSLETTER

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## The Silver Club of the Uxbridge Senior Center Upcoming Trips



The Silver Club of the Uxbridge Senior Center has announced a couple of new trips for 2017.  
Please call Sue at 508-476-5820 for more information.

- 1) Atlantic City and Cape May - Oct. 17<sup>th</sup> to the 19<sup>th</sup> for \$249. There is a day trip to Cape May, a show one night ("The Neverly Brothers"), a \$60. voucher for food and a \$30. voucher for slot play included. The hotel is right on the ocean! You don't have to gamble -- you can just enjoy some beautiful fall days on the water and experience the "Fairybook village" of Cape May. There is an indoor pool, so you can just have a nice relaxing vacation for only a little money!
- 2) Mountain View Grand Resort and Spa in Whitefield, NH: Nov. 13<sup>th</sup> -15<sup>th</sup> - \$419. The Mountain View Grand Resort is a luxurious historic hotel that has been beautifully redone and has many amenities included. There will be a day trip to Vermont with sightseeing, some shopping and sightseeing in NH, 2 dinners, and 2 breakfasts included. A great way to spend some time in November!
- 3) Saratoga, NY: Nov. 30<sup>th</sup> to Dec. 1<sup>st</sup> - \$319. 31st annual Victorian Street Walk. Celebrate the magic of an old-fashioned Victorian Street Walk and Christmas in Saratoga Springs on Thursday, November 30! Each year on the Thursday after Thanksgiving, downtown Saratoga closes to traffic and all of Broadway is blanketed in Victorian holiday magic for the annual Saratoga Springs Victorian Street Walk. Enjoy the spirit of the season in old-fashioned holiday style as the Spa City is transformed into a Victorian winter wonderland on November 30th from 6 PM to 10 PM. A tour of the Batcheller Mansion built in 1873 and a stop for lunch at the Red Lion Inn in Stockbridge along with a stop at the annual Festival of Decorated Trees at the Berkshire Museum is also included for \$319.
- 4) Vermont Christmas: Dec. 8<sup>th</sup> to the 9<sup>th</sup> for \$299. Stay at the beautiful historic Middlebury Inn. A stop at the iconic Vermont Country Store will be made en route and the 2nd day will be spent at the Wassail Celebration complete with the Wassail Parade in Woodstock. This tradition, now in its 33rd year, was voted one of the "Best Christmas Celebrations in New England" by Yankee Magazine. Make some plans to enjoy one of these traditional events!
- 5) Day Trip to Providence to see THE PRICE IS RIGHT -- LIVE!!!!!! Sunday, Oct. 22<sup>nd</sup>; \$87. Don't miss the excitement of seeing THE LIVE PRICE IS RIGHT SHOW right here in Providence! Includes lunch at Davenport's (worth going for the dessert alone!!) in E. Providence, motor coach transportation, the SHOW, and all gratuities. COME ON DOWN!! Why watch it on TV, when you can actually be there and see the audience members get a chance at winning!!

**Please call Sue at 508-476-5820 for more information. All trips pick up passengers at the  
Whitinsville Walmart and at the Westborough Senior Center.**

OCTOBER 2017

Please call 435-255-1234 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
2. CORN CHOWDER CORN BREAD GARDEN SALAD FRESH FRUIT	3. BEEF STROGANOFF EGG NOODLES MIXED VEGETABLE SUGAR FREE PUDDING	4. CRANBERRY HARVEST CHICKEN JASMINE RICE GREEN BEANS APPLE CAKE BLUE CROSS/BLUE SHIELD 2:00	5. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD CAKE THAI CHI 11:30	6. BAKED FISH BAKED POTATOES BROCCOLI SUGAR FREE PIE POLICE CHIEF
9.  COLUMBUS DAY CLOSED NO LUNCH SERVED	10. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING PAGE TURNERS 1:00	11. CHICKEN CORDON ROUGE MASHED POTATOES STEAMED CARROTS SUGAR FREE JELLO	12. STUFFED CABBAGE JASMINE RICE STEAMED CARROTS PEACH CAKE THAI CHI 11:30	13. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE SUGAR FREE ICE CREAM UNIBANK - MIKE SULHAM
16. VEGETABLE SOUP GRILLED CHEESE GARDEN SALAD PEACHES AND CREAM FLU SHOT CLINIC 1:00-2:30	17. MEATLOAF W/ GRAVY MASHED POTATOES STEAMED CARROTS FRESH FRUIT	18. ROAD TRIP SALEM CROSS INN SIGN UP EARLY NO LUNCH SERVED AT SENIOR CENTER	19. CHICKEN POT PIE MIXED VEGETABLES SUGAR FREE PUDDING THAI CHI 11:30	20. BAKED FISH ROASTED POTATOES GREEN BEANS CAKE AND BERRIES ED ROTH - SHINE
23. THREE CHEESE VEGETABLE TOSS GARDEN SALAD FRESH FRUIT	24. BEEF AND CORN BREAD PIE GARDEN SALAD APPLE CAKE FALLON - 12:30-2:00	25. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH SUGAR FREE PUDDING	26. SWEDISH MEATBALLS EGG NOODLES GREEN BEANS SHERBERT THAI CHI 11:30	27. BAKED FISH RICE PILAF ITALIAN MIXED VEGETABLE BIRTHDAY CAKE
30. STUFFED SHELLS SPINACH ITALIAN BREAD	31. HALLOWEEN PARTY 			

Thank you for your support and participation in our programs. We are grateful for your contributions and look forward to serving you in the future. Please call 435-255-1234 for more information.