



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



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Spring is here, and we have a lot of exciting activities planned for you this month! Please mark your calendars for Friday, April 15, which is **Volunteer Appreciation Day** here at the Center. We want ALL of our volunteers to know they are truly appreciated! Whether you have helped out with our Meals on Wheels service, volunteered in the office, helped us decorate the Center at holiday time, distributed our newsletters, served lunch, or helped us in another way, come let us show our appreciation!

We'll kick things off at 11 am on Friday, April 15 with some fun and informative "Super Stress Busters". We know you volunteers lead busy lives, and we want to be sure you remember to take time to take good care of yourselves. So come enjoy some cheese and crackers and pick up some tips on managing all the priorities in your busy lives. Next we'll enjoy a delicious lunch beginning at 11:45. Back by popular demand we'll be providing a delicious "Potato Bar" for all to enjoy. Volunteers eat for free, and all others are asked to donate \$3. Following lunch, we'll be entertained by singer Paul Lamoureux beginning at 12:45 who will entertain us with a wonderful assortment of nostalgic songs. So please save the date and join us!!



Those of you who have had an opportunity to volunteer at the Center know how rewarding it can be. For those of you who have not had a chance to help us out, it's never too late to join us! There are a whole range of ongoing volunteer opportunities, such as:

- Folding and stuffing our newsletters each month
- Helping to maintain our bulletin boards
- Making reminder calls to seniors who have signed up for various programs
- Assisting with preparation and service of our communal meal at the Center
- Helping to repaint some of the rooms at the Center
- Doing a deep spring clean of various parts of the Center (windows, kitchen area, etc.).
- Teaching workshops on cooking, photography, literature, travel, golf, fishing, woodworking, astrology, or just about any other topic that may be of interest to our seniors.
- Starting up a Friends group that can help fundraise for the Center.

As you can see, there are so many options that it's easy to find one that will fit just about any schedule. It really does "take a village" to make it possible to provide the various services and programs we offer here at the Center, so we'd love your help!

Read on for all the news this month. And please be sure to note that the Annual Spaghetti Supper for seniors sponsored by the Upton Police Department is coming up at the Center on Wednesday, May 4 at 5:30. This is always an extremely popular event, and space is limited, so please give us a call at the Center if you plan to join us. Happy Spring!

Janice



Please note that the Upton Center will be closed in observance of Patriots' Day on Monday, April 18th.



Shopping Trips

Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop.*

Monday, April 4 at 9:15—**Shaw's/Walgreens**, Milford

Wednesday, April 6 at 12:30—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, April 11 at 12:30—**Market Basket**, Hudson

Tuesday, April 19 at 9:15— **Price Chopper**, Hopkinton

Friday, April 22 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Tuesday, April 26 at 12:30—**Market Basket**, Oxford



Tax Appointments

Fridays, April 1 & 8, 9:00—1:00

It's that time of year again!...AARP tax preparers will be here to help seniors prepare their taxes at no charge. Appointments are currently full. Please call the Center if you'd like to be added to our wait list for cancellations.

SHINE

Wednesday, April 6, 9:00—12:00
& Wednesday, April 20, 9:00—12:00

SHINE Counselor Marcy Singer will hold appointments at the Center. Please call the Center to register.



Ice Cream Social with Talk on Identity Theft & Online Safety

Friday, April 8 at 12:45

Now that Spring is finally here, join us for an ice cream social! We'll also be joined by Robin Putnam of the state Office of the Consumer Affairs & Business Regulation who will speak about identity theft and online safety. Please plan to join us for this important presentation to learn how to protect your private information and steer clear of scams. Please call the Center to register. No fee.



Senator Moore Office Hours

Monday, April 11, 9:00—10:00

Senator Moore's office will hold office hours at the Upton Center to discuss any concerns you may have.



Breakfast by Jan

Monday, April 11 at 9:15

You won't want to miss one of Jan's famous breakfasts! Please call the Center to register. A donation of \$3 is suggested. We hope you'll plan to join us afterwards for some "Heart Healthy Trivia" (see details below).

Heart Healthy Trivia

Monday, April 11 at 10:00



Registered Nurse and Hospice specialist Jeanne Brown of Gentiva Hospice will be here to test your knowledge with some heart healthy trivia. Come join us for a fun way to help ensure you get the facts on heart health. We hope you'll attend Jan's breakfast beforehand as well (see details above). Please call the Center to register.

NEW!...Personal Training Appointments

Tuesday, April 12, 1:00—2:00

& Tuesday, April 26, 1:00—2:00

See Jessica's Social Services column on the back of this issue for details on our new Personal Training Appointments.

Wellness Talk with Jessica

Wednesday, April 13 at 12:30



Join Jessica for one of her Wellness talks covering a variety of health issues. Join us for a "Walk in the Park" afterwards if you'd like (details below).

A Walk in the Park

Wednesday, April 13 at 1:00



Join us for another walk along the Milford bike trail. Please call the Center to register. We'll transport Upton seniors on our van for \$1. See the back of this issue for details on our walking incentives and new personal training sessions!



Friends of Rachel BVT Dinner

Thursday, April 14 at 5:00

Attend an all you can eat buffet (fish & chips, dessert & beverage) at BVT in Upton to benefit Autism Speaks. Please RSVP by April 7 and let us know if you need a free ride. We will reserve a seating for our group at 5pm. Tickets are \$15 at the door. Van will depart from Millhaus Lobby at 4:45.



BVT Salon Visit

Friday, April 15 at 9:00

We'll return to the Salon at BVT. Choose from their full menu of services at discounted prices. Tips are appreciated. Stop by our front office for price list. **Please RSVP to the Upton Center by April 5 so we can reserve times.** Our van will provide transportation for a fare of \$1 roundtrip.

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

VOLUNTEER APPRECIATION

Friday, April 15



Super Stress Busters at 11:00

We know that those of you who volunteer here and elsewhere can sometimes feel pulled in many different directions and stretched too thin. That's why we're kicking off our Volunteer Appreciation with some super stress buster strategies to help you take care of yourself first, and others afterwards. Come join us for cheese and crackers and learn some helpful tips. Please call the Center to register.



Employee Recognition Luncheon at 11:45

Help us show our many volunteers just how much we appreciate them!! Join us for our Potato Bar lunch (free for our volunteers; \$3 for others). Please call Al Vautour at 508-529-9094 to sign up. And stick around for some great music afterwards!

Singer Paul Lamoureux at 12:45



Singer Paul Lamoureux will be here to entertain us with nostalgic music at its best! Please call the Center to register.



Trinity Big Band

Tuesday, April 19 at 12:45

Join us for the big band music of the ever popular Trinity Big Band. They'll have you dancing in the aisles! Light refreshments will be served. Please call the Center to register.

Lunch at Jubes

Wednesday, April 20 at 11:30



Enjoy a delicious lunch with friends at Jubes Family Restaurant in Whitinsville. They've got everything from breakfast to pizza, sandwiches, Italian specialties, seafood and more. Please call the Center to register and let us know if you need a ride on our van.



Blood Pressure Checks

Every Friday at 10:30 + Wed., April 20 at 12:30

An EMT visits the Center every Friday at 10:30 to check blood pressure. The Town Nurse will also be here to do checks on Wednesday, April 20 (note—that's a week earlier than her normal visit) - at 12:30.

Creature Teacher

Friday, April 22 at 12:45



It's school vacation week so grab your grandkids and join us for a visit from the Creature Teacher. Come meet an assortment of fascinating and friendly little creatures! The Creature Teacher will give you an up close and personal look at plenty of animals while sharing a wealth of information about them. Light refreshments will be served. Suggested donation \$2.



Birthday Bash

Wednesday, April 27 at 12:45

Join us for pizza and cake in celebration of this month's birthdays! The event is free for those with April birthdays; a donation of \$3 is suggested for all others. Please call the Center to register.

Men's Club Supper

Friday, April 29 at 5:30

Don't miss this month's Men's Club Supper! No fee, thanks to the Upton Men's Club. And remember—it's not just for men! Please call the Center to register. Please do not park in the lot across the street.



Exercise Programs

Mondays at 1:00 and Wednesdays at 10:00

Come learn the ancient Chinese exercise of **Tai Chi on Mondays at 1:00**. Improve strength and balance while relieving stress! Then join Wendy and her dog, Ben, for **Strength & Stretch on Wednesdays at 10:00**. All ages and abilities welcome and a \$3 donation is suggested for each.



COMING SOON!...



Mother's Day Celebration

Tuesday, May 3 at 1:00

Save the date for a special Mother's Day celebration which will include a musical journey through the years featuring Tommy Rull. Stay tuned for details.

Annual Senior Spaghetti Supper

Wednesday, May 4 at 5:30



The Upton Police Department will be holding its annual Spaghetti Supper for seniors at the Upton Center once again. Come on down for a fantastic meal. Space is limited. Please call the Center to register.

Next Podiatrist Appts. — Thursday, May 12, 8:45—12:00



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday at 11:45. Please call Al at 508-529-9094 to reserve your spot at least 48 hours in advance, and see the calendar insert for details on menu selections. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Where's the Tulip?!



Congratulations to **Judi Pitts** who was our lucky winner for finding the hidden leprechaun hat last month. This time we've hidden a tulip. Can you find it?! Call the Center if you do and be entered to win a prize in mid-April. Good luck!

Thank You!

Chris and I would like to thank everyone for joining us in February at the Center to celebrate our marriage. We had a wonderful time with wonderful company! Everything was perfect and so much fun, from the food to the 'minute to win it' games. For those who could not make it, thank you for all your well wishes. We are so grateful for all the hugs and well wishes as we start on our new journey!



New Personal Training Sessions!

Starting April 12th, Wendy Reid, our instructor for Strength and Stretch, will be holding personal training information appointments for Upton residents age 50 and older. This will give you a chance to set realistic goals for yourself and to ask those questions you've always wanted to ask. Wendy specializes in Senior Fitness and has a Master's in Fitness and Life Sciences. Appointments will be limited to 15 minutes, with one appointment per person. If for some reason you are not able to physically meet for an appointment you can still sign up and Wendy will call you at your scheduled time. You must sign up in advance by calling 508-529-4558 and complete a questionnaire prior to your appointment. Appointment dates are as follows: April 12th & 26th, May 10th & 24th and June 7th & 21st between 1:00 pm-2:00pm.



Walking Club

The Upton Center's Walking Club is back! Walking journals are available at The Center and you can turn them in for monthly prizes! Stay tuned for a date for our Annual Walking Challenge this summer! We will also be walking monthly at the Upper Charles Trail in Milford. Refer to insert for dates. Free transportation is available for Upton residents.

Powerful Program for Caregivers

The Mendon COA is pleased to offer this program sponsored by Tri-Valley, Inc. This free 6 week program is designed to provide caregivers the tools to care for themselves while caring for an older adult. It will be held on Wednesdays from 1-3 pm beginning March 30 at the Mendon Sr. Center, 62 Providence St. To register call 508-478-6175 or email coa@mendonma.gov



Wish List

We are in need of the following items at the Center:

- Healthy snacks & drink mixes for the Center.
- Non-perishables for our food pantry.

Please call 508-529-4558 if you can help us. Thanks!



Grief & Technology

The VNA and Hospice are holding informational sessions on how you can utilize technology as a way to support your grief and access the help you need. Meet Wed., **April 6** from 12-2 pm at VNA Office, 534 School St. in Webster, or Wed., **April 20** from 5-7 pm at Central MA Hospice, 191 Pachachoag St., Auburn. Call 508-755-4500 to register.

Psychic Gary McKinstry

The Upton Bloomer Girls are sponsoring a visit from Psychic Gary McKinstry at Upton Town Hall on Friday, **April 8** at 7pm. Tickets are \$20 ahead or \$25 at the door. Call Upton Town Clerk's office (508-529-3565) or Ida Jette (508-529-2822) for tickets to benefit a good cause.



Navigating Your Hearing Loss

Attend this free session by Hearing Loss Assoc. of America at Northborough Library on **April 9** from 2-4 pm. You'll learn valuable information to help you and your family provide context on communication issues. No RSVP required.

Upton Community Garden



Do you want the joy of raising your own local food, but don't have the space? Garden plots are available at the Upton Community Garden for individuals with disabilities, seniors, and community groups. To be entered in a lottery for a plot, email uptonlandstewardship@charter.net by **April 15**.



Community Supper at United Parish

United Parish of Upton will hold its monthly Community Supper on Thursday, **April 21** at 5:30. Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are gratefully accepted.



Bingo Bonanza at Wright's Chicken Farm

Join Foxy Travel for a family style lunch and an afternoon of Bingo at Wright's Chicken Farm on **May 5**. Cost of \$57 includes transportation from Foxy in Northbridge, lunch, and Bingo. Depart at 10:30 am, return at 3:30 pm. Payment due by **April 5**. Call Foxy at 508-234-4585 for details.



Senior Art Exhibit

Art show sponsored by the Office of the Secretary of the Commonwealth of Mass. Theme is "Paint Your Favorite Memory", open to ages 62 and older. Contact Upton Center for registration form, or call Dolores McCray at 617-773-5924 for details on the exhibit. Entry **deadline: July 1**.

Bridge at Hopedale Senior Center



Seniors from all towns are invited to play Bridge Tuesdays at 1:00 at the Hopedale Sr. Center (43 Hope St.). Free Refreshments. Sign up required at 508-634-2208.

April 2016

Mon

Tue

Wed

Thu

Fri

	<p>* Please see Newsletter for details on our shopping trips.</p>			<p>1 9:00—1:00 AARP Tax Appts. 10:30 Blood Pressure Checks Stuffed Shells</p>
<p>4 9:15 Shopping Trip* 10:30 COA Meeting 1:00 Tai Chi</p> <p>Beef Burgundy</p>	<p>5 10:00 Card Players Group 12:30 Wii Games</p> <p>Chicken w/Asparagus</p>	<p>6 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Shopping Trip* 12:30 Canasta 1:00 Afternoon Movie 2:30 Computer Class</p> <p>American Chop Suey</p>	<p>7 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Beef w/Peppers & Onions</p>	<p>8 9:00—1:00 AARP Tax Appts. 10:30 Blood Pressure Checks 12:45 Ice Cream Social with Talk on Identity Theft & Online Safety</p>  <p>Alaskan Salmon w/ Dill</p>
<p>11 9:00—10:00 Senator Moore 9:15 Breakfast by Jan 10:00 Heart Healthy Trivia 12:30 Shopping Trip* 1:00 Tai Chi</p>  <p>Lemon Thyme Chicken</p>	<p>12 10:00 Card Players Group 12:30 Wii Games 1:00—2:00 Personal Training Appts.</p>  <p>Beef Jardiniere</p>	<p>13 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Walk in the Park 1:00 Afternoon Movie 2:30 Computer Class</p>  <p>Herb Roasted Pork</p>	<p>14 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner</p> <p>Spaghetti & Meatballs</p>	<p>15 9:00 BVT Salon Visit 10:30 Blood Pressure 11:00 Super Stress Busters 11:45 Volunteer Lunch 12:45 Singer Paul Lamoureux</p>  <p>Cheese & Spinach Omelet</p>
<p>18 PATRIOTS' DAY</p>  <p>Center is Closed</p> <p>No meals served</p>	<p>19 9:15 Shopping Trip* 10:00 Card Players Group 12:45 Trinity Big Band 2:00 Wii Games</p>  <p>Greek Chicken</p>	<p>20 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to Jube's 12:30 Canasta 12:30 Blood Pressure Checks 1:00 Afternoon Movie Meatloaf & Gravy</p>	<p>21 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Turkey Stew</p>	<p>22 Passover Begins 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Creature Teacher</p>  <p>Breaded Fish Fillet</p>
<p>25 1:00 Tai Chi</p> <p>Beef Stew</p>	<p>26 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* 1:00—2:00 Personal Training Appts. Vegetable Cheese Bake</p> 	<p>27 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:45 Birthday Bash 2:30 Computer Class Chicken Murphy</p> 	<p>28 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Salisbury Steak</p>	<p>29 10:30 Blood Pressure Checks 5:30 Men's Club Supper</p>  <p>Macaroni & Cheese</p>

April, 2016 — Dates to Remember

Check  here if you plan to attend !*

- April 1 _____ AARP Tax Appointments, 9:00—1:00
- April 4 _____ Shopping Trip—Shaw’s & Walgreens, Milford, 9:15
- April 6 _____ SHINE Appointments, 9:00—11:00
- April 6 _____ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop, Northbridge, 12:30
- April 8 _____ AARP Tax Appointments, 9:00—1:00
- April 8 _____ Ice Cream Social with Talk on Identity Theft & Online Safety, 12:45
- April 11 _____ Senator Moore, 9:00—10:00
- April 11 _____ Breakfast by Jan, 9:15
- April 11 _____ Heart Healthy Trivia, 10:00
- April 11 _____ Shopping Trip—Market Basket, Hudson, 12::30
- April 12 _____ Personal Training Appointments, 1:00—2:00
- April 13 _____ Jessica’s Wellness Talk, 12:30
- April 13 _____ A Walk in the Park at Milford Bike Trail, 1:00
- April 14 _____ Friends of Rachel BVT Dinner, 5:00
- April 15 _____ BVT Salon Visit, 9:00
- April 15 _____ Super Stress Strategies, 11:00
- April 15 _____ Volunteer Recognition Luncheon, 11:45
- April 15 _____ Singer Paul Lamoureux, 12:45
- April 18 _____ PATRIOTS’ DAY—Center is closed; no meals are served.
- April 19 _____ Shopping Trip—Price Chopper, Hopkinton, 9:15
- April 19 _____ Trinity Big Band, 12:45
- April 20 _____ SHINE Appointments, 9:00—12:00
- April 20 _____ Lunch Trip to Jube’s Family Restaurant, Whitinsville, 11:30
- April 20 _____ Blood Pressure Checks with Town Nurse, 12:30
- April 22 _____ PASSOVER BEGINS
- April 22 _____ Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop, Northbridge, 9:15
- April 22 _____ Creature Teacher Visit , 12:45
- April 26 _____ Shopping Trip—Market Basket, Oxford, 12:30
- April 26 _____ Personal Training Appointments, 1:00—2:00
- April 27 _____ Birthday Bash, 12:45
- April 29 _____ Men’s Club Supper, 5:30

***EASY SIGN UPS!**

We’d like to make it even easier for you to sign up for our activities. If you’d like, write your name at the bottom of this box and check off all the activities you’d like to attend. Turn it into our office and we’ll make a copy and sign you up!

Your name:



Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Tuesday..... Card Players Group 10:00
- Every Tuesday..... Wii Games (Moved to 2:00 on April 19 due to Trinity Big Band) 12:30
- Every Wednesday Strength & Stretch 10:00
- Every Wednesday Library Table 11:00
- Every Wednesday Canasta 12:30
- Every Wednesday Afternoon Movie (no movie April 27 due to Bday Bash)..... 1:00
- Every Wednesday Computer Class (no class April 20 due to School Vacation) 2:30
- Every Thursday Knit/Crochet Group 10:00
- Every Thursday BINGO 1:00
- Every Friday Blood Pressure Checks with EMT..... 10:30