



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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

THE UPTON CENTER STAFF

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December 2016



It's hard to believe the holiday season will soon be here. The COA Staff would like to extend our very warmest wishes for a very Merry Christmas, Happy Hanukkah, Happy Kwanzaa and Happy New Year, too! There are many people in this great little town of ours who are anxious to help you celebrate the joy of the season. Together, we have put together many fun events for the month of December to help you enjoy the holidays. Here are a few highlights to get you in a festive frame of mind!...:

- * Tree Trimming Party—December 2
- * Holiday Craft with Upton Brownie Troop—December 2
- * Holiday Concert at Mechanics Hall in Worcester—December 7
- * Holiday Social & Yankee Swap/Holiday Potato Bar/ Music with Johnny Diamond—December 9 (Special thanks to Senator Moore for sponsoring our Potato Bar!)
- * Holiday Singalong—December 12
- * Birthday Bash & Rockin' Ralph's Holiday Oldies—December 13
- * Holiday Movie & Hot Cocoa—December 16
- * Men's Club Holiday Supper—December 16
- * Memorial School Carolers Visit Millhaus—December 19
- * Holiday Lights Ride—December 21
- * TriValley's Holiday Luncheon—December 22
- * New Year's Masked Soiree with United Parish Youth—December 28
- * Miscoe Hill Chorus Comes Caroling—Date to be announced

As you can see—there are plenty of opportunities to gather with friends and share some holiday cheer! Read on for all the details and please plan to join us.

Finally—the COA Staff would like to extend a fond farewell to Blythe Robinson who will be leaving her position as Town Manager at the end of the year for a new job opportunity. Blythe has been extremely supportive of the COA's mission to provide services for the residents of Upton. We wish her all the best with her new endeavor. Please stop by our Holiday Social at 10:00 on December 9 to wish her a fond farewell in person.

Happy Holidays and Happy New Year to all!

 Janice

Please note our holiday hours

Monday, December 26—Closed for Christmas Holiday

Monday, January 2—Closed for New Year's Holiday



Weather Policy

Just a reminder that we may need to cancel programs due to severe weather. Please call ahead if weather is questionable.

Great Gift Idea for Local Seniors... SENIOR CENTER BUCKS!



Looking for a practical gift for the Seniors you know in town? Why not treat them to some "Upton Center Bucks" which can be used for any activity with a fee at the Upton Center, such as a van ride, pizza & cake at our monthly Birthday Bash, Bingo cards, or lunch at the Center? Our bucks are available in any denomination. Call 508-529-4558 or stop by for more information.

FUN FACT for SENIORS



On December 31, 2016, for the first time in recorded history, Massachusetts will have more adults age 60+ than persons under the age of 20! (Data Source: UMass/Amherst Donahue Institute).



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.*

Thursday, Dec. 1 at 10:00—**Shaw's & Walgreens**, Milford

Monday, Dec. 5 at 12:30—**Market Basket**, Hudson

Monday, Dec. 12 at 9:00—**Christmas Tree Shop**, Millbury

Wednesday, Dec. 14 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, Dec. 19 at 9:00—**Market Basket**, Oxford

Friday, Dec. 30 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge



Caroling at the Center

Stay tuned for Date! We will post it soon...

Join us for this fun and festive tradition as Miscoe Hill School's 6th Grade Chorus comes caroling for the holidays!

Podiatrist Appointments

Thursday, December 1, 8:45-12:00



Podiatrist Dr. Biancamano will be holding appointments at the Center. Please call the Center to register.



Tree Trimming Party

Friday, December 2 at 12:30

Join us for some holiday cheer as we deck the halls and decorate the Upton Center Christmas tree! Light refreshments will be served; no fee. Please call to register.



Holiday Craft with Upton Brownie Troop

Friday, December 2, 3:45–5:00

A local Brownie Troop will be returning to the Upton Center to spread some holiday cheer to our seniors. There will be plenty of young girls on hand to share a snack and help you make your own holiday craft. Please join them for this fun event! No fee. Please call the Center to register.



Lunch Trip to Dynasty Chinese Restaurant

Tuesday, December 6 at 11:45

Join us for a delicious Chinese feast at Dynasty Restaurant in nearby Hopkinton. You can opt for their lunch buffet for \$7.95 or order off the menu. Please call the Center to register and let us know if you need a ride.



SHINE

Wed. Dec. 7, 10:00–11:00 & Wed. Dec 21, 9:00–12:00

SHINE Counselor Marcy Singer will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.



Holiday Concert at Mechanics Hall

Wednesday, December 7 at 12:00

Join us for a Brown Bag Holiday Concert at Mechanics Hall in Worcester. The New England Conservatory Symphonic Winds & Chamber Singers will be joined by the U.S. Navy Band Northeast, a 35-musician ensemble, to serve up plenty of holiday cheer. The performance is free; it starts at 12 and ends at 1:00. Bring your own "brown bag" lunch or purchase one at the Hall while they last. Please call the Upton Center to register if you'd like a ride on our van (\$4 round-trip); space is limited. **Van will depart the Center at 11:00.**

Friends of Rachel BVT Dinner

Thursday, December 8 at 5:00



Attend an all you can eat buffet (Pot Roast dinner, dessert & beverage) at BVT High School in Upton to benefit Shriner's Hospital. Please **RSVP by December 2** and let us know if you need a free ride on our van. We will reserve a 5 pm seating for our group. Tickets are \$15 at the door. Van will pickup at Millhaus Lobby at 4:45 and Coach Road at 4:50.

CHRISTMAS PARTY—FRIDAY, DECEMBER 9

10:00 Holiday Social Begins

10:30 Yankee Swap

12:00 Holiday Potato Bar

1:00 Johnny Diamond Sings



Join us for a day of holiday fun! We'll start with a Holiday Social at 10. Enjoy coffee and donuts and holiday cheer. We'll also get a chance to wish Town Manager, Blyth Robinson, well as she leaves her role in Upton for a new position. Next we'll enjoy the annual Yankee Swap gift exchange! If you'd like to participate, just bring along a new, wrapped gift valued at about \$10. Each player picks a number from a hat to determine the order for picking a gift, and then the swapping begins! At Noon we'll enjoy a delicious Holiday Potato Bar with all the fixings provided by Senator Moore (thank you Senator!). And at 1:00 Johnny Diamond returns to entertain us with holiday songs you'll all remember. Don't miss this chance to gather for a festive afternoon with friends to get you in the holiday spirit! Please call the Center to register for any or all parts of the day's events!

Senator Moore Office Hours

Monday, December 12, 9:00–10:00

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

Holiday Singalong

Monday, December 12 at 2:00

Senior Winona Bouthiette's grandson has kindly offered to come play the piano and lead us in a holiday singalong. Join us for some fun!



Birthday Bash with Holiday Oldies by Rockin' Ralph

Tuesday, December 13 at 12:45



Join us as we enjoy pizza and cake in celebration of this month's birthdays. The event is free for those of you with December birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" Fantini will be back with an extra special treat for us. He'll be spinning a variety of oldies holiday tunes from his record collection to get us all in the holiday spirit. Don't miss it!

Visit to BVT Salon

Friday, December 16 at 9:00



Treat yourself to some pampering at the Salon at BVT, a full-service salon housed within the BVT High School here in Upton. Choose from their full menu of services at their discounted prices. Manicures are just \$5. Stop by our front office for a full price list. **Please RSVP to the Upton Center by December 8 to reserve a time.** Our van will provide transportation for a fare of \$1 roundtrip.

Holiday Movie & Hot Cocoa

Friday, December 16 at 12:30



Come enjoy a holiday classic: ELF (Rated PG)! Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father, a cynical businessman, played by James Caan, which results in plenty of holiday chaos, lots of laughs, and a heart-warming message too. Join us!

Men's Club Supper

Friday, December 16 at 5:30

The holidays are a great time to gather with friends for a delicious meal, courtesy of the Upton Men's Club. It's for ALL seniors, not just the men! Call the Center to register.



Wellness Talk with Jessica

Monday, December 19 at 12:30

Join Jessica for a Wellness talk covering a variety of health issues. Please call the Center to register and let her know if you have any topics to suggest.



Students Come Caroling at Millhaus

Monday, December 19 at 4:45

Memorial School students will visit the circle outside Millhaus Apartments to serenade residents with holiday carols. Watch from your apartments or the lobby, or join them outside if weather permits. Raindate: Dec. 20th.



Holiday Lights Ride

Wednesday, December 21 at 6:00

Join us for a ride on our van to marvel at some of the beautiful holiday light displays around town. We'll drive by some of the prettiest lights around and enjoy some holiday tunes along the way, followed by hot cocoa. Please call the Center to register. No fee. Space is limited.



TriValley's Holiday Luncheon

Thursday, December 22 at 11:45

Enjoy a festive feast as TriValley hosts a Holiday luncheon of chicken with sage stuffing at the Center. Please call Al Vautour to register at 508-529-9094. Lunch fee is \$3.



Holiday Social

Friday, December 23 at 9:15

Before you head out for the holiday—join us to share in the spirit of the season with your friends at the Upton Center! We'll have some fun and enjoy some holiday treats. Please call the Center to register. No fee.



New Year's Masked Soiree

Wednesday, December 28 at 12:30

Children from United Parish have kindly offered to treat us to a New Year's Celebration. Enjoy a fun craft with the kids along with fancy petit hors d'oeuvres to ring in the New Year. Please call the Center to register. No fee.

Exercise Classes

Tai Chi Mondays at 1:00

Strength & Stretch Wednesdays at 10:00

Classes are appropriate for all fitness levels. Come join us! Suggested donation is \$3 per class.

Elder Affairs Officer

Wednesdays at 9:00



The Upton Police Department will be holding office hours at the Center. Please call the Center to set up a time to speak with an Officer.



Computer Classes

Wednesdays, 9:00—10:00

Come see Paula for help with your computer questions.

Blood Pressure Check

Wednesday, December 28 at 12:30



The Town Nurse will be here to do blood pressure checks on December 28 at 12:30. Come get yourself checked out!

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).

JESSICA'S SOCIAL SERVICES CORNER



Medicare Enrollment

Don't forget—Medicare Open Enrollment ends December 7th. This is an opportunity for Medicare beneficiaries to make any changes to their Medicare Advantage plans for Prescription Drug Plans. If you are considering making changes to your Medicare Insurance or have questions regarding your Medicare, please call the Center at 508-529-4558 as soon as possible to speak with a SHINE Counselor. We have a SHINE counselor on site and a volunteer SHINE counselor who visits at various times throughout the month.

Fuel Assistance



The SMOG Heating Assistance Programs run through the end of April. If you need any heating assistance please contact the Upton Center at 508-529-4558 for an appointment to determine eligibility based on the income guidelines.



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday at 11:45. Please call Al Vautour at 508-529-9094 by 10 am the day before a meal is served to reserve a spot or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Wish List



We are in need of the following at the Center:

- Holiday themed paper goods.
- Do you have a hobby or talent to share with our seniors? If so we'd love to hear from you!
- Healthy snacks for our social gatherings.

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



Food Pantries in the Upton Area

Below is a listing of local food pantries for those of you in need:

St. Gabriel's Food Pantry
151 Mendon St., Upton
508-603-1430

United Parish Food Pantry
1 Church St., Upton
508-529-3192

Mendon Food Pantry
Mendon Senior Center
62 Providence St., Mendon
508-478-6175

The Upton Center
2 Farm St., Upton
508-529-4558

Blessing Barn Food Pantry
15 Cape Rd., Mendon
508-478-6603

Daily Bread Food Pantry
21 Exchange St., Milford
508-478-4225



Please consider donating if you are able!

COMMUNITY CORNER

Flu Shots



Flu shots are available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call ahead to schedule an appointment at 508-529-3110.



St. Gabriel's Christmas Fair

St. Gabriel's Parish will hold its traditional Christmas Fair Saturday, **December 3** from 9 a.m. to 3 p.m. The fair features fresh balsam wreaths, indoor plants, Christmas crafts and decorations along with attic treasures, gifts, knit and crocheted items and many raffles. Lunch will be available along with baked goods to go. A children's corner will allow parents to browse while their children enjoy fun activities. Take your own picture with Santa from 9-11 a.m.

United Parish Holiday Bazaar



Visit United Parish at 1 Church Street in Upton for their Holiday Bazaar from 10—4 on Saturday, **December 3**. Vendors, craft sale, raffles, and photos with Santa. Proceeds will benefit United Parish Early Learning Center.



Blackstone Valley Community Concert Band

Blackstone Valley Community Concert Band invites you to attend their free concert on Sunday, **December 4** at 2pm at Uxbridge High School, 300 Quaker Highway in Uxbridge.



Community Breakfast in Sutton

The St. John's Episcopal Church will hold a Community Breakfast on Friday, **December 9** from 8-9 a.m. at 3 Pleasant St. in Sutton. Suggested donation is \$5. All are welcome. For more information call Cyndy at 508-529-4437.

Bloomer Girls Holiday Fundraiser



Please join the Bloomer Girls **December 13** at 6pm at Nipmuc Rod & Gun Club for a fun night of fundraising as you make a wonderful holiday centerpiece with Kerrie, owner of Petal & Crumb florist. Cost is \$50. Raffles, door prizes, bartender on duty. Please call Lori at 508-529-3826 for tickets.



Community Supper

United Parish of Upton invites you to attend their monthly Community Supper on **Thursday, December 15 at 5:30**. Please RSVP by December 13 at 508-529-3192. There is no fee but donations are always appreciated.

Where's the Snowflake?! ❄️

Congratulations to **Marie Lamanuzzi** who was our lucky winner for finding our hidden pumpkin last month. This time we've hidden a little snowflake. Can you find it?! Call the Center if you do and be entered to win a prize!



December 2016

Mon

Tue

Wed

Thu

Fri

Happy Holidays!

* Please see Newsletter for details on our shopping trips.



1
8:45—12:00 Podiatrist Appointments
10:00 Knit/Crochet Group
10:00 Shopping Trip*
1:00 BINGO
BBQ Chicken

2
12:30 Tree Trimming Party
3:45—5:00 Holiday Craft With Upton Brownie Troop

Catch of the Day

5
10:00 COA Board Mtg. (Note time change)
12:30 Shopping Trip*
1:00 Tai Chi

6
10:00 Card Players Group
11:45 Lunch Trip to Dynasty Chinese Restaurant
12:30 Wii Games 

7
9:00—10:00  Computer Class
9:00 Upton Police
10:00 Strength & Stretch
10:00—11:00 SHINE
11:00 Library Table
12:00—1:00 Concert at Mechanics Hall
12:30 Canasta
Chicken Primavera w/ Penne Pasta

8
10:00 Knit/Crochet Group
1:00 BINGO
5:00 Friends of Rachel BVT Dinner

9 
10:00 Holiday Social
10:30 Yankee Swap
12:00 Holiday Potato Bar
1:00 Johnny Diamond Sings

Hot Dog on Bun

Salmon Boat w/Dill

Stuffed Pepper Casserole

Lasagna 

12
9:00 Shopping Trip*
9:00—10:00 Senator Moore's Office Hours
1:00 Tai Chi
2:00 Holiday Singalong 
Roast Pork w/Gravy

13
10:00 Card Players Group
12:45 Birthday Bash with Holiday Oldies by Rockin' Ralph 
Shepherd's Pie

14
9:00 Shopping Trip*
9:00—10:00 Computer Class
9:00 Upton Police
10:00 Strength & Stretch
11:00 Library Table
12:30 Canasta
Bacon Omelet

15
10:00 Knit/Crochet Group
1:00 BINGO

16
9:00 BVT Salon Visit
12:30 Holiday Movie & Hot Cocoa 
5:30 Men's Club Supper

19
9:00 Shopping Trip*
12:30 Wellness Talk with Jessica
1:00 Tai Chi
4:45 Memorial School Christmas Carolers Visit Millhaus 

20
10:00 Card Players Group
12:30 Wii Games

21 
9:00—10:00 Computer Class
9:00 Upton Police
10:00 Strength & Stretch
9:00—12:00 SHINE
11:00 Library Table
12:30 Canasta
6:00 Holiday Lights Ride
Turkey a La King

22
10:00 Knit/Crochet Group
11:45 TriValley's Holiday Luncheon 
1:00 BINGO

23 
9:15 Holiday Social

26 DAY AFTER CHRISTMAS

27
10:00 Card Players Group
12:30 Wii Games

28
9:00—10:00 Computer Class
9:00 Upton Police
10:00 Strength & Stretch
11:00 Library Table
12:30 Canasta
12:30 Blood Pressure
12:30 New Year's Masked Soiree with United Parish Youth 
Swedish Meatballs

29
10:00 Knit/Crochet Group
1:00 BINGO

30
9:00 Shopping Trip*

Christmas Day, Sunday, December 25 

Hanukkah begins, Saturday, Dec. 24 at sunset. 

New Year's Eve, Saturday, December 31 

Center is Closed
No Meals Served

Cracker Crumb Fish

Pork Rib-i-que w/ Sandwich Roll

Beef & Bean Chili w/ Cornbread

December, 2016 — Dates to Remember

Check  here if you plan to attend !*

- Dec. 1 Podiatrist, 8:45—12:00
- Dec. 1 Shopping Trip—Shaw's & Walgreens, Milford, 10:00
- Dec. 2 Tree Trimming Party, 12:30
- Dec. 2 Holiday Craft with Upton Brownie Troop, 3:45—5:00
- Dec. 5 COA Board Meeting, 10:00 (NOTE: Time change)
- Dec. 5 Shopping Trip—Market Basket, Hudson, 12:30
- Dec. 6 Lunch Trip to Dynasty Chinese Restaurant (Do you need a ride there? Yes No)
- Dec. 7 SHINE appointments, 10:00—11:00
- Dec. 7 Concert at Mechanics Hall, Worcester, 12-1. Van departs at 11 (Do you need a ride? Yes No)
- Dec. 8 Friends of Rachel BVT Dinner, 5:00. Van departs at 4:45 (Do you need a ride? Yes No)
- Dec. 9 Holiday Social, 10:00
- Dec. 9 Yankee Swap, 10:30
- Dec. 9 Holiday Potato Bar, 12:00
- Dec. 9 Johnny Diamond Sings, 1:00
- Dec. 12 Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:00
- Dec. 12 Senator Moore's Office Hours, 9:00—10:00
- Dec. 12 Holiday Singalong, 2:00
- Dec. 13 Birthday Bash w/Holiday Oldies by Rockin' Ralph, 12:45
- Dec. 14 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- Dec. 16 BVT Salon Visit, 9:00 (What service would you like done? _____)
- Dec. 16 Holiday Movie & Hot Cocoa, 12:30
- Dec. 16 Men's Club Supper, 5:30
- Dec. 19 Shopping Trip—Market Basket, Oxford, 9:00
- Dec. 19 Wellness Talk with Jessica, 12:30
- Dec. 19 Memorial School Christmas Carolers Visit Millhaus, 4:45
- Dec. 21 SHINE appointments, 9:00—12:00
- Dec. 21 Holiday Lights Ride, 6:00
- Dec. 22 TriValley's Holiday Luncheon, 11:45
- Dec. 23 Holiday Social, 9:15
- Dec. 26 DAY AFTER CHRISTMAS. The Center is Closed; no meals served.
- Dec. 28 Blood Pressure Checks, 12:30
- Dec. 28 New Year's Masked Soiree with United Parish Youth, 12:30
- Dec. 30 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00



**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).**



EASY SIGN-UPS!!

*Turn your sheet in to our office and we'll make a copy and sign you up!

Your name:

Your Phone Number:

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wie on 12/13 due to Bday Bash)	12:30
Every Wednesday	Strength & Stretch.	11:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00