



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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



May 2016



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Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. In 1963, we began to acknowledge the contributions of older people by using the month of **May to celebrate Older Americans Month**. The annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

celebrate
Older
Americans Month!

Here are a few interesting facts about Older Americans Month:

- When Older Americans Month was first established in 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+. In the next 25 years, 1 in 5 Americans will be an older adult.
- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.
- Older Americans are more active and engaged than ever. 19% of older Americans are employed. 4.9 million of them have full time year-round jobs.
- It is estimated that by 2033, the number of Americans aged 65+ will outnumber Americans aged 18 or under.

While the Upton Center provides a variety of programs year-round, Older Americans Month is a great time to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. So we hope you'll get involved in May!

You can start by celebrating Mother's Day at the Center on Tuesday, May 3 at 1:00 with a **"Musical Journey Through the Years" with Tommy Rull**. We'll also be hosting a **Summer Kickoff Cookout** on Friday, May 27 at 11:45—so save the date! Then on Tuesday, May 31 at 12:45 we'll host a **Hat Factory Reunion** at the Center. If you once worked at the Knowlton Hat factory (now the home of Millhaus Apartments), come gather for refreshments with others to share your memories of that important time in Upton's history. Please read on for details on those and other May programs.

- Janice



Please note that the Upton Center will be closed in observance of Memorial Day on Monday, May 30th (no meals will be served). Memorial Day is a day of remembrance for those who have died while serving in the country's armed forces.

Thank
You!

Special thanks to our Social Services Coordinator, **Jessica Mauro**, for going the extra mile to help the town residents affected by the recent fire in Upton. Our thoughts are with all those affected by this tragic event.

Many thanks to our volunteer driver **Jim Earl** for doing some after hours driving to get our seniors to some nice dinners in the area. Thanks to Jim, our seniors have enjoyed monthly visits to the Friends of Rachel Dinners at BVT, along with the recent Tri-Valley Spaghetti Supper in Milford.

Also a big thanks to members of the **Upton Junior Grange #39** who created and delivered mini Easter baskets to our seniors. We truly appreciate it!

Happy
Mother's
Day! 



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*.

Wednesday, May 4 at 12:30—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Friday, May 6 at 9:15—**Christmas Tree Shop**, Shrewsbury

Friday, May 13 at 9:15—**Market Basket**, Hudson

Monday, May 16 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Friday, May 20 at 10:00—**Price Chopper**, Hopkinton

Friday, May 27 at 9:15—**Hannaford's**, Uxbridge



Transportation to Upton Town Election

Monday, May 2, 1:00—2:00

Upton will hold its Annual Town Election at Nipmuc High School from 7:00 am to 8:00 pm on Monday, May 2. The COA Van will provide Upton Seniors with free transportation to Nipmuc from 1:00—2:00 pm that day. If you'd like a ride, please call the Center to register.



Mother's Day Celebration & Musical Journey

Tuesday, May 3 at 1:00

Take some time out to celebrate Mother's Day with a "Musical Journey Through the Years". Singer Tommy Rull will join us at the Center to entertain us. Refreshments will be served. There is no fee for this event, but please call the Center to register. This program is supported in part by a grant from the Upton Cultural Council, a state agency.

Foxwoods Casino Trip

Wednesday, May 4, 6:45 a.m.—5:30 p.m.



Join Foxy Travel of Northbridge for their daytrip to Foxwoods Casino. Cost of \$22 includes deluxe motor coach transportation, \$10 in food (or free buffet), and \$10 of slot play. Our van will be available to get you to and from Foxy Travel for an additional \$2 each way. Please call the Center to register. No refunds/transfers within 7 days of trip.



Elder Affairs Officer

Wednesdays, May 4, 11, 18 and 25 at 9:00

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



Wednesday, May 4, 9:00—12:00

& Wednesday, May 18, 9:00—12:00

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



Annual Senior Spaghetti Supper

Wednesday, May 4 at 5:30

The Upton Police Department will hold its annual Spaghetti Supper for seniors at the Upton Center once again. Come on down for a great meal. Please call the Center to register.

Cinco de Mayo Celebration

Thursday, May 5 at 12:15



Join us for chips, salsa and virgin margaritas as we enjoy our very own Cinco de Mayo celebration! Suggested donation is \$2; please call the Center to register.



Trip to JJ's Ice Cream

Monday, May 9 at 12:45

Take a ride on the van for a sweet treat—JJ's delicious ice cream! Please call the Center to register and let us know if you need a ride on our van.



Personal Training Appointments

Tuesday, May 10, 1:00—2:00

& Tuesday, May 24, 1:00—2:00

Wendy Reid, our instructor for Strength and Stretch, will be holding personal training sessions for Upton residents age 50 and older to help set personal fitness goals. Appointments can be done in person or by phone for 15 minutes, with one session per person. Call the Center to register.

Wellness Talks with Jessica

Wednesdays, May 11 & 25 at 12:30



Join Jessica for Wellness talks covering a variety of health issues. Please call the Center to register.



Podiatrist Visit

Thursday, May 12, 8:45-12:00

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

Friends of Rachel BVT Dinner

Thursday, May 12 at 5:00



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

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).



Medication Safety Talk

Friday, May 13 at 12:45

Members of the Patient and Family Advisory Council will be here to talk about the importance of maintaining an accurate list of your medications. They'll review "My Medical Record", an online form that can be completed, printed and saved to your personal computer. There is no fee for the program.

Birthday Bash

Tuesday, May 17 at 12:45



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



Afternoon Movie & Popcorn

Wednesday, May 18 at 1:00

Now that Spring is here, we're mixing things up a bit with our afternoon movie. Beginning in May we'll show a monthly movie (rather than weekly) - - but we'll make it more of an "event" - - with some fresh popped popcorn—yum! This month we'll be showing "My Big Fat Greek Wedding". Join us!

A Walk in the Park

Friday, May 20 at 1:00



Join us for a walk along the Milford bike trail. Please call the Center to register. We'll transport Upton seniors on our van for \$1. Open to all fitness levels!

Men's Club Supper

Friday, May 20 at 5:30

Don't miss the last Men's Club Supper of the season! (Don't worry—they'll be back in the Fall!) No fee, thanks to the Upton Men's Club. Please call the Center to register. As a reminder, please do not park in the lot across the street.



Senator Moore Office Hours

Monday, May 23, 9:00—10:00

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

Nipmuc Fine Arts Festival

Wednesday, May 25 at 2:00



Nipmuc High School's most talented artists will display their art at the Nipmuc Fine Arts Festival. The show is free. Call to reserve a ride for \$1 if you'd like to come. You'll be amazed by the outstanding talent on display!

Continental Breakfast

Thursday, May 26 at 9:15



Join us for a delicious continental breakfast to start your day! Please call the Center to register. A donation of \$2 is suggested. We hope you'll plan to join us afterwards for our Elder Law Education Program (see details below).



Elder Law Education Program

Thursday, May 26 at 9:45

Local seniors can learn about Elder Law issues related to healthcare proxies, wills, and more at this free event which is part of the statewide Elder Law Education Program presented by the Mass. Bar Association. The talk will be given by Attorney Jason Port. There is no fee. We hope you will plan to join us for continental breakfast before hand (see details above).

Summer Kickoff Cookout

Friday, May 27 at 11:45



We're kicking off summer with a Cookout! Join us for hotdogs and hamburgers as we usher in the cookout season! This is also a chance to celebrate **Older Americans Month** by "Blazing a Trail" for seniors, as noted on the cover of this issue. So if you'd like to wear your cowboy hat and cowboy boots for the occasion—go right ahead!! Please call the Center to register; \$3 fee.



Hat Factory Reunion

Tuesday, May 31 at 12:45

Calling all Hat Factory employees—we know you're out there! And we know you like to get together and share your stories from an important time in Upton's history. Whether you worked at the Hat Factory or just remember what it was like back in the day, join us to share your memories. Light refreshments will be served. No fee.

Lunch at The Three Seasons, BVT

Tuesday, May 24 at 11:30



Enjoy a delicious lunch right around the corner at the Three Seasons Restaurant at BVT High School. You'll be amazed by the delicious food the students prepare! Please call the Center to register and let us know if you need a ride.



Blood Pressure Checks

Every Friday at 10:30 + Wed., May 25 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, May 25 at 12:30. Come on down and get yours checked!



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.

JESSICA'S SOCIAL SERVICES CORNER

Does Medicare Cover Fitness Programs?

Original Medicare does not cover gym memberships or fitness programs, but some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a fitness benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers.



Walking Club

The Upton Center's Walking Club continues! Walking journals are available at the Center! Stay tuned for information on our Annual Walking Challenge this summer and see our insert for details of monthly walks at the Milford bike trail.

Wish List



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

- Vinyl tablecloths—5 round (70" tables) & 4 rectangular (tables are 30x60")
- Paper napkins and bowls.
- Healthy snacks & drink mixes for the Center.
- Non-perishables for our food pantry.

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



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.

Congratulations



Congratulations to **Grace Wadsworth**, the lucky winner of one of the quilts raffled off at the Tri-Valley Italian Dinner to benefit the annual March for Meals Campaign. Visit the Upton Center's Facebook page to see a picture of it!

Calendar Notes



Magic Wings & the Bridge of Flowers Trip with Northbridge seniors—Thursday, June 9, 7:45 am— 5:45 pm. Visit Magic Wings, New England's Butterfly Conservatory and Gardens. Enjoy lunch on your own and visit the Bridge of Flowers and Yankee Candle Company. \$66 per person. Call Jeannine Dionne at 508-234-2002 for details.



Computer Classes Ending for the Summer—Thank you to Nipmuc student **Dan Whitcomb** who kindly volunteered to hold computer class for our seniors this year. Dan graduates in May, and we wish him well! His last class will be May 18 at 2:30. Stay tuned for classes resuming in the fall.

COMMUNITY CORNER

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Friends of Upton State Forest Potluck

Join Friends of Upton State Forest on Friday, May 20th for their annual potluck supper at the United Parish Vestry, 1 Church St., Upton, followed by a talk on the post-CCC history of Upton State Forest. The public is welcome to come to the potluck at 6pm, or come at 7pm for the free program. Please RSVP for supper to 508-529-6610 or news@friendsofuptonstateforest.org. No need to RSVP for the program.



Community Supper at United Parish

United Parish of Upton will hold its monthly Community Supper on Thursday, May 19 at 5:30. Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are gratefully accepted.



Palliative Care Forum

A free informational session about palliative care and how it helps patients and families cope with serious or chronic illnesses will be held at Milford Regional Medical Center, Conference Room A&B, on Thursday, May 19, 6:00—7:30 pm. Light refreshments will be served, and book raffle. For more information call Denise at 508-478-3109. Pre-registration encouraged by calling 508-422-2280.

Introduction to Estate Planning



A free session will be presented by Attorney John Rexford at United Parish of Upton Church, 1 Church St. in Upton, on Monday, May 23, 7:00—8:30 pm. Call 508-234-9160 to register.



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 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.

Where's the Ladybug?!



Congratulations to **Sylvia Crosby** who was our lucky winner for finding the hidden tulip last month. This time we've hidden a little lady bug. Can you find it?! Call the Center if you do and be entered to win a prize in May. Good luck!



May 2016

Mon

Tue

Wed

Thu

Fri

<p>2 10:30 COA Mtg. 1:00 Tai Chi 1:00—2:00 Rides to Upton Town Election at Nipmuc</p>  <p>Jambalaya</p>	<p>3 10:00 Card Players Group 12:30 Wii Games 1:00 Mother's Day Celebration with Singer Tommy Rull</p>  <p>Meatballs w/Onion Gravy</p>	<p>4 6:45—4:30 Foxwoods Trip 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* 2:30 Computer Class 5:30 Annual Senior Spaghetti Supper</p>  <p>Pork Chow Mein</p>	<p>5 10:00 Knit/Crochet Group 12:15 Cinco de Mayo Celebration 1:00 BINGO</p>  <p>Mother's Day Meal: Stuffed Chicken</p>	<p>6 9:15 Shopping Trip* 10:30 Blood Pressure Checks</p> <p>Fish w/Crumb</p>
<p>9 12:45 Trip to JJ's Ice Cream 1:00 Tai Chi</p>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Happy Mother's Day, Sun. May 8</p> </div> <p>Beef Mediterranean</p>	<p>10 10:00 Card Players Group 12:30 Wii Games 1:00—2:00 Personal Training Appts.</p> <p>Hot Dog</p>	<p>11 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 2:30 Computer Class</p> <p>Chicken Primavera</p>	<p>12 8:45—12:00 Podiatrist Appointments</p>  <p>10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner Salmon Boat w/Dill</p>	<p>13 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Medication Safety Talk Lasagna</p> 
<p>16 9:15 Shopping Trip* 1:00 Tai Chi</p> <p>Roast Pork w/Gravy</p>	<p>17 10:00 Card Players Group 12:45 Birthday Bash 2:00 Wii Games</p>  <p>Shepherd's Pie</p>	<p>18 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Afternoon Movie & Popcorn 2:30 Computer Class (last one until Fall) Bacon Omelet</p> 	<p>19 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>BBQ Chicken</p>	<p>20 10:00 Shopping Trip* 10:30 Blood Pressure Checks 1:00 Walk in the Park 5:30 Men's Club Supper Potato Crunch Fish</p> 
<p>23 9:00—10:00 Senator Moore 1:00 Tai Chi</p> <p>Chicken Mornay</p>	<p>24 10:00 Card Players Group 11:30 Lunch at Three Seasons Restaurant at BVT 12:30 Wii Games 1:00—2:00 Personal Training Appts.</p>  <p>Pot Roast Stew</p>	<p>25 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 12:30 Blood Pressure Checks 2:00 Nipmuc Fine Arts Festival</p>  <p>Turkey a La King</p>	<p>26 9:15 Continental Breakfast</p>  <p>9:45 Elder Law Education Program 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Meatloaf & Gravy</p>	<p>27 9:15 Shopping Trip* 10:30 Blood Pressure Checks 11:45 Summer Kickoff Cookout</p>  <p>Macaroni & Cheese</p>
<p>30 MEMORIAL DAY</p>  <p>Center is Closed No meals served</p>	<p>31</p>  <p>10:00 Card Players Group 12:45 Hat Factory Reunion 2:00 Wii Games</p> <p>Buttermilk Chicken</p>		<p>Spring</p> 	<p>* Please see Newsletter for details on our shopping trips.</p>

May, 2016 — Dates to Remember

Check  here if you plan to attend !*

- May 2 _____ COA Meeting, 10:30
- May 2 _____ Rides to Upton Town Election at Nipmuc, 1:00—2:00
- May 3 _____ Mother's Day Celebration with Singer Tommy Rull, 1:00
- May 4 _____ Foxwoods Trip, 6:45 am—5:30 pm
- May 4 _____ Upton Police, 9:00
- May 4 _____ SHINE Appointments, 9:00—12:00
- May 4 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- May 4 _____ Annual Senior Spaghetti Supper, 5:30
- May 5 _____ Cinco de Mayo Celebration, 12:15
- May 6 _____ Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:15
- May 9 _____ Trip to JJ's Ice Cream, 12:45
- May 10 _____ Personal Training Appointments, 1:00—2:00
- May 11 _____ Upton Police, 9:00
- May 11 _____ Wellness Talk with Jessica, 12:30
- May 12 _____ Podiatrist Appointments, 8:45—12:00
- May 12 _____ Friends of Rachel BVT Dinner, 5:00
- May 13 _____ Shopping Trip—Market Basket, Hudson, 9:15
- May 13 _____ Medication Safety Talk, 12:45
- May 16 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- May 17 _____ Birthday Bash, 12:45
- May 18 _____ Upton Police, 9:00
- May 18 _____ SHINE Appointments, 9:00—12:00
- May 18 _____ Afternoon Movie & Popcorn, 1:00
- May 20 _____ Shopping Trip—Price Chopper, Hopkinton, 10:00
- May 20 _____ A Walk in the Park at Milford Bike Trail, 1:00
- May 20 _____ Men's Club Supper, 5:30
- May 23 _____ Senator Moore, 9:00—10:00
- May 24 _____ Lunch at Three Seasons Restaurant, BVT, 11:30
- May 24 _____ Personal Training Appts., 1:00—2:00
- May 25 _____ Upton Police, 9:00
- May 25 _____ Wellness Talk with Jessica, 12:30
- May 25 _____ Blood Pressure Checks, 12:30
- May 25 _____ Nipmuc Fine Arts Festival, 2:00
- May 26 _____ Continental Breakfast, 9:15
- May 26 _____ Elder Law Education Program, 9:45
- May 27 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- May 27 _____ Summer Kickoff Cookout, 11:45
- May 30 _____ Memorial Day Holiday—Center is closed; no meals are served
- May 31 _____ Hat Factory Reunion, 12:45



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!**

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:

Your Phone:

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 May 17 & May 31) 12:30
- Every Wednesday Strength & Stretch 10:00
- Every Wednesday Library Table 11:00
- Every Wednesday Canasta 12:30
- Every Wednesday Computer Class (Ends May 18; will return in the Fall) 2:30
- Every Thursday Knit/Crochet Group 10:00
- Every Thursday BINGO 1:00
- Every Friday Blood Pressure Checks with EMT 10:30

Afternoon Movies are now a monthly event with popcorn. See details above on May 18.