



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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November 2016



As we approach Thanksgiving, we have much to be thankful for here at the Upton Center. First off, many thanks to our Social Services Coordinator, **Jessica Mauro**, for all of her hard work in organizing our third annual Health and Wellness Fair which was held at the Upton Town Hall on October 19. It was a great way to get the word out about the many healthy living resources available to our residents. See the back of this issue for more details from Jes on the many vendors and town agencies who contributed to the success of this event.

We also have a number of citizens to thank this month for their valuable contributions to the Center:

- ◆ Thanks to **Ralph Fantini**, now known as "Rockin' Ralph" here at the Center, for his kind offer to share his fantastic music collection with us at our monthly Birthday Bashes. Attendance is up, which is a clear sign that people are enjoying Ralph's music. We hope other people out there will be inspired by Ralph's example and let us know what YOU can offer to the Center. Do you have a talent or hobby to share? If so, please let us know!
- ◆ Many thanks to our neighbor, **Katie Kelley**, who recently donated a bench to be used by Coach Road residents as they await rides on our van. We are currently making arrangements to have the bench moved to its new location. We appreciate Katie's kind donation!
- ◆ Thanks also to the **Upton Fire Department** for providing the Center with a defibrillator to keep on site. We are thankful for their donation and their willingness to provide training to all of our staff on how to use this life saving tool.

National Alzheimer's Disease Awareness Month



November is National Alzheimer's Disease Awareness month. It is important to be aware that Alzheimer's is not a normal part of aging; it's a disease that attacks the brain, and the most common form of dementia. If you or a loved one have concerns about memory loss or other symptoms of Alzheimer's or a related dementia, please stop by the Center for information regarding awareness of symptoms, 10 early warning signs, early detection, diagnosis and caregiver support.

Finally—the COA Staff wishes you a wonderful Thanksgiving! In addition to your family celebrations we hope you'll join us for our **Veteran's Breakfast** on November 10, **Senator Moore's Turkey Dinner** on November 4 and our **Thanksgiving Social** on November 23. Please read on for all the details!

Janice



Please note that the Upton Center will be closed in observance of **Veterans Day** on Friday, November 11. We will also be closed Thursday, November 24 and Friday, November 25 in observance of Thanksgiving.



Also—a friendly reminder to set your clocks back on Sunday, November 6 at 2 a.m.



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, Nov. 3 at 9:00—**Shaw's & Walgreens**, Milford

Wednesday, Nov. 9 at 12:30 —**Market Basket**, Hudson

Wednesday, Nov. 16 at 12:30—**Salvation Army/Shaw's/Job Lots/Walmart Loop***

Monday, Nov. 21 at 12:30—**Market Basket**, Oxford

Monday, Nov. 28 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

SHINE



Wednesday, November 2, 10:00—12:00

Wednesday, November 9, 16, & 30, 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.



Senator Moore's Turkey Dinner

Friday, November 4 at 12:00

Senator Moore will be providing us with a special treat this month. Come gather with friends to enjoy a delicious turkey dinner, courtesy of Senator Moore's office. Space is limited; please call the Center to register. (THANKS Senator Moore!)

Ride to the Polls to Vote

Tuesday, November 8

It's Election Day! Give us a call by Nov. 4 if you need a ride to the polls to vote at Nipmuc. See more voting details on back page.



Lunch Trip to Three Seasons Restaurant

Tuesday, November 8 at 11:15

Join us for lunch out with friends at the Three Seasons Restaurant at BVT High School right here in Upton. If you haven't been there before, you're in for a treat. BVT's Culinary Arts students operate a full-service kitchen, bake shop, and dining room with an ever changing menu that offers a great lunch time selection. Please call the Center to register and let us know if you need a ride.



Veterans Concert at Memorial School

Wednesday, November 9 at 10:00/Van departs 9:40.

Join us as we head to Memorial School in Upton for a musical celebration of the men and women who have served in the Armed Forces. Students from Kindergarten through grade 4 will entertain us at Memorial with patriotic favorites! Please call the Center to register if you'd like a free ride on our van. We are happy to transport Upton seniors and Veterans to the school to enjoy the celebration!



Veterans Breakfast & Pinning



Thursday, November 10 at 9:00

We'll be gathering for a delicious breakfast in honor of our country's Veterans, followed by a pinning ceremony for the Veterans in attendance. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please join us in honor of their service. Please call the Center to register and let us know your name and military branch if you are a Veteran. The breakfast is free to Veterans. A donation of \$3 is suggested for all others.

Friends of Rachel BVT Dinner



Thursday, November 10 at 5:00

Attend an all you can eat buffet (Roast turnkey dinner, dessert & beverage) at BVT High School in Upton to benefit My One Wish. Please **RSVP by November 4** 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.



Senator Moore Office Hours

Monday, November 14, 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.

Wellness Talk with Jessica

Monday, November 14 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.

A Walk in the Park



Monday, November 14 at 1:00

Join us for a walk along the Milford bike trail. All fitness levels are welcome and there are plenty of benches to take a break and enjoy the scenery. Please call the Center to register and let us know if you need a ride (\$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).

Nature Talk with Park Ranger Viola

Tuesday, November 15 at 12:30



Join us for a fascinating talk by Park Ranger Viola Brummel of US Army Corp. of Engineers. Ranger Viola works at the West Hill Park & Dam in Uxbridge and always shares a wealth of information about animals and nature. Her talk will focus on the signs of the seasons, seasonal predictions, and hibernation patterns. Light refreshments will be served. No fee. Please call the Center to register.



Bake Sale

Thursday, November 17, 11:00—1:00

We'll be holding a bake sale with plenty of delicious treats on hand to benefit Tri-Valley Inc. Tri-Valley provides in-home and community services throughout Central Massachusetts. Please consider baking a treat, buying one, or both—to help support this worthy cause! Please call the Center if you'd like to volunteer to bake.

Visit to BVT Salon

Friday, November 18 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 November 10 to reserve a time.** Our van will provide transportation for a fare of \$1 roundtrip.



Afternoon Movie & Snack

Friday, November 18 at 12:30

Come enjoy a movie and a snack with friends! This month we'll be showing "The Intern" (rated PG-13). Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. He soon becomes popular with his younger co-workers, including his boss (played by Anne Hathaway). Join us!

Men's Club Supper

Friday, November 18 at 5:30

Join with friends for a delicious meal, courtesy of the Upton Men's Club. Remember—it's for ALL seniors, not just the men! Please call the Center to register.



Medicare Presentation

Tuesday, November 22 at 12:30

Medicare can be confusing. A representative of Blue Cross Blue Shield of Massachusetts will be here to provide an overview of Health Plan options for people with Medicare. This seminar explains your health insurance options, including the rules for Medicare, so you can be confident you've made the right choices. Please call the Center to register.



Thanksgiving Social

Wednesday, November 23 at 12:30

Before you head out for the holiday—join us here at the Center as we give thanks for all of YOU. We'll have some fun, gobble some treats, and enjoy giving thanks for one another. Please call the Center to register. No fee.



Birthday Bash with Rockin' Ralph's Oldies



Tuesday, November 29—Pizza 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 November birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" Fantini will be back by popular demand! Many thanks to Ralph for offering to share his record collection with us. Come sing, dance, or just listen.

Blood Pressure Check



Wednesday, November 30 at 12:30

The Town Nurse will be here to do blood pressure checks on Nov. 30 at 12:30. Come get yourself checked out! (Note—our regular Friday BP checks with the EMT will not be happening in November; but will resume in December).



Tai Chi

Mondays at 1:00

Come learn more about this wonderful ancient Chinese exercise which can improve your strength, balance and mobility and relieve stress. Suggested donation is \$3. Note: There will be no class 10/10 due to holiday, or 10/31 due to Halloween Party.

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

Paula Lepore has kindly volunteered to help with your computer issues. Stop in to see her for help with your computer questions.

Strength & Stretch Program

Wednesdays at 10:00

Join Certified Personal Trainer, Wendy Reid, and her dog Ben for Strength & Stretch class! This class is appropriate for all fitness levels and focuses on strengthening, stretching, balance and flexibility. Suggested donation is \$3 per class. Please call the Center to register.



JESSICA'S SOCIAL SERVICES CORNER

Annual Health & Wellness Fair

Thank you to those of you who attended our Health and Wellness Fair in October, to the wonderful vendors who came, and to the staff of the many town departments who participated or helped in some way, including: the Town Manager's Office, Board of Health, Town Clerk's Office, Police Department, Fire Department, Library and DPW. We appreciate your help!



Medicare Enrollment

Medicare Open Enrollment has begun and runs through December 7th. This is an opportunity for Medicare beneficiaries to make any changes to their Medicare Advantage plans for Prescription Drug Plans. If you have any questions pertaining to Medicare options please contact The Upton Center 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



Fuel assistance applications through SMOC will be available November 1st. If you need any heating assistance please contact the Upton Center at 508-529-4558 to schedule 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!

Save the Dates

- **Men's Club Supper Date:** December 16.
- **Podiatrist Appointments at the Center**—December 1 from 8:45—12:00. Please call 508-529-4558 for an appointment.

Where's the Pumpkin?!

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



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.

EZ Pass Information

Please be aware that the Mass Pike is switching to all-electronic tolling beginning **October 28**. Those without a transponder who have to be billed will pay higher rates for their tolls. For details on how to apply for a transponder, visit www.massdot.state.ma.us/highway.



Thanksgiving Supper at United Parish

United Parish of Upton invites you to their Annual Turkey Supper with all the fixings on Saturday, **November 5** at 5:30. Adults: \$10; Children: \$5. Tickets can be purchased from the parish office or by calling 508-529-3192. The Upton Center will provide Upton seniors with free transportation; call 508-529-4558 to reserve your ride.

Women's Club Fair

Start your holiday shopping early at the Upton Women's Club Fair at BVT High School on Sat., **Nov. 5**, 9 am-3 pm. Crafts, vendors, pre-owned items, services, food and more.



Leaf Raking for Seniors

Students from Nipmuc Regional High School are available to help Upton seniors rake leaves in their yard, free of charge, on **November 11**. If interested, please email Willow Dunster at dunsterw19@student.mursd.org by October 31 and provide your name and address in the email.

Community Supper



United Parish of Upton invites you to attend their monthly Community Supper on **Thurs., Nov. 17** at 5:30. Please RSVP by Nov. 15 at 508-529-3192. No fee; donations appreciated.



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.

Voting & Town Meeting Info. **Vote**

Early voting is available at the Upton Center on October 31 from 10 am—Noon. Please visit the Upton Town website for details of additional early voting hours available at Town Hall from Oct. 24-Nov 4. Election Day voting will take place at Nipmuc High School from 7 am—8pm on Nov. 8. The Upton Center will provide free rides to Nipmuc that day; please call 508-529-4558 by Nov. 4 to arrange a ride. Also note that the Annual Town Meeting will be held at Nipmuc on November 15 at 7pm.

November 2016

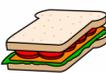
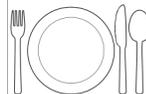
Mon

Tue

Wed

Thu

Fri

	<p>1 10:00 Card Players Group 12:30 Wii Games</p> <p>Chicken w/Asparagus</p>	<p>2 9:00—10:00 Computer Class 9:00 Upton Police 10:00 Strength & Stretch 10:00—12:00 SHINE 11:00 Library Table 12:30 Canasta American Chop Suey</p>	<p>3 9:00 Shopping Trip * 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Hot Dog</p>	<p>4 12:00 Senator Moore's Turkey Dinner</p>  <p>Catch of the Day</p>
<p>7 10:30 COA Board Mtg. 1:00 Tai Chi</p>  <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Daylight Savings Time Ends Sun., Nov. 6 at 2 a.m.; Move clocks back 1 hour!</p> </div> <p>Lemon Thyme Chicken</p>	<p>8  ELECTION DAY— Call by Nov 4 if you need a ride to vote 10:00 Card Players Group 11:15 Lunch Trip to BVT's 3 Seasons 12:30 Wii Games</p>  <p>Beef w/Jardinere Sauce</p>	<p>9  9:00—10:00 Computer Class 9:00 Upton Police 9:00—12:00 SHINE 10:00 Veterans Day Concert at Memorial School 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* Herb Roasted Pork</p>	<p>10  9:00 Veterans Day Breakfast & Pinning Ceremony 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner</p>  <p>Spaghetti & Meatballs</p>	<p>11 The Center is Closed</p>  <p>VETERANS DAY</p> <p>No meals served</p>
<p>14 9:00—10:00 Senator Moore's Office Hours 12:30 Wellness Talk with Jessica 1:00 Walk in the Park 1:00 Tai Chi</p> <p>Turkey Pot Pie</p>	<p>15 10:00 Card Players Group 12:30 Nature Talk with Park Ranger Viola 1:30 Wii Games</p>  <p>Greek Chicken</p>	<p>16 9:00—10:00 Computer Class 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* Meatloaf w/Gravy</p>	<p>17 10:00 Knit/Crochet Group 11:00—1:00 Bake Sale 1:00 BINGO</p>  <p>Macaroni & Cheese</p>	<p>18  9:00 BVT Salon Visi 12:30 Afternoon Movie & Snack 5:30 Men's Club Supper</p> <p>Breaded Fish</p>
<p>21 12:30 Shopping Trip* 1:00 Tai Chi</p> <p>Vegetable Cheese Bake</p>	<p>22 10:00 Card Players Group 12:30 Medicare Presentation 12:30 Wii Gam...</p>  <p>Roast Turkey w/Gravy</p>	<p>23  9:00—10:00 Computer Class 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Thanksgiving Social Chicken Murphy</p>	<p>24 The Center is Closed</p>  <p>Happy Thanksgiving</p> <p>THANKSGIVING DAY</p> <p>No meals served</p>	<p>25 The Center is Closed</p> <p>DAY AFTER THANKSGIVING</p> <p>Regular Meals on Wheels deliveries will take place but there will be no congregate meal served.</p> <p>Pork Chow Mein</p>
<p>28 9:00 Shopping Trip* 1:00 Tai Chi</p> <p>Chicken Sausage</p>	<p>29  10:00 Card Players Group 12:30 Wii Gam 12:45 Birthday Bash with Oldies Music by Rockin' Ralph </p> <p>Meatballs w/Onion Gravy</p>	<p>30 9:00—10:00 Computer Class 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Salisbury Steak</p>	 <p>Give Thanks!</p>	<p>* Please see Newsletter for details on our shopping trips.</p>

November, 2016 — Dates to Remember

Check  here if you plan to attend !*

- Nov. 2 Upton Police, 9:00
- Nov. 2 SHINE appointments, 10:00—12:00
- Nov. 3 Shopping Trip—Shaw’s & Walgreens, Milford, 9:00
- Nov. 4 Senator Moore’s Turkey Dinner, 12:00
- Nov. 8 Election Day (Do you need a ride to Nipmuc? Yes No)
(Reminder—If you prefer, you could vote early at the Upton Center instead on Oct 31, 10—12)
- Nov. 8 Lunch trip to BVT’s 3 Seasons , 11:15(Do you need a ride there? Yes No)
- Nov. 9 Upton Police, 9:00
- Nov. 9 SHINE appointments, 9:00—12:00
- Nov. 9 Veterans Day Concert at Memorial School, 10:00 (Van departs 9:40. Do you need a ride ? Yes No)
- Nov. 9 Shopping Trip—Market Basket, Hudson, 12:30
- Nov. 10 Veterans Day Breakfast & Pinning Ceremony, 9:00
- Nov. 10 Friends of Rachel BVT Dinner, 5:00 (Do you need a ride there? Yes No)
- Nov. 11 Veterans Day—The Center is closed; No meals served.
- Nov. 14 Senator Moore’s Office Hours, 9:00—10:00
- Nov. 14 Wellness Talk w/Jessica, 12:30
- Nov. 14 Walk in the Park, 1:00 (Do you need a ride there? Yes No)
- Nov. 15 Nature Talk w/Park Ragner Viola, 12:30
- Nov. 16 Upton Police, 9:00
- Nov. 16 SINE appointments, 9:00—12:00
- Nov. 16 Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop,
Northbridge, 12:30
- Nov. 17 Bake Sale, 11:00—1:00 (Would you be interested in baking for the sale? Yes No)
- Nov. 18 BVT Salon Visit, 9:00 (What service would you like done? _____)
- Nov. 18 Afternoon Movie & Snack, 12:30
- Nov. 18 Men’s Club Supper, 5:30
- Nov. 21 Shopping Trip, Market Basket, Oxford, 12:30
- Nov. 22 Medicare Presentation, 12:30
- Nov. 23 Upton Police, 9:00
- Nov. 23 Thanksgiving Social, 12:30
- Nov. 23/24 The Center is closed for Thanksgiving holiday
- Nov. 28 Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart
Loop, Northbridge, 9:00
- Nov. 29 Birthday Bash w/Oldies Music by Rockin’ Ralph, 12:45
- Nov. 30 Upton Police, 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 (Moved to 1:30 on Nov 15)	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
Every Friday.....	Blood Pressure Checks with EMT (no Fri. checks in Nov; will resume in Oct) ...	10:30