



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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October 2016



Fall is finally here, and we have a great lineup of activities planned for you. Read on for details of **Upton Heritage Day** on October 1, our third annual **Health and Wellness Fair** on October 19, and our **Halloween Party** on October 31. We hope you'll join us!

Fall also brings Election Day, and we have some news to share about that as well. Kelly McElreath, Upton Town Clerk, is excited to announce that all registered voters will be able to vote before Election Day for the first time ever in Massachusetts. Early voting will begin on October 24th and continue through November 4th, 2016. During this time, early voting will be available at the Upton Town Hall. However, **the Town Clerk will also be available on Monday, October 31 from 10:00 am – 12:00 pm at the Upton Center for early voting!**

Prior to the enactment of this new law, the only way a registered voter was allowed to vote prior to Election Day was through absentee voting. Although absentee voting will still be available for registered voters who qualify, only those who will be absent from their city or town on Election Day, or have a disability that prevents them from going to the polls, or have a religious belief preventing the same, are legally allowed to vote by absentee ballot. Unlike absentee voting, early voting is for every registered voter. Registered voters do not need an excuse or reason to vote early.

So please take advantage of early voting and come to the Upton Center to cast your vote for the November 8th Election! For the first time in Massachusetts, the first choice all voters will make is which day to vote. Early voting will make the most fundamental right of our citizens more convenient than ever to exercise. We encourage all of our citizens to exercise that right and take advantage of the opportunity to vote.

Calling All Seniors!...

Would you like to earn money towards your real estate tax bill? Did you know that there is a program which allows seniors who meet the requirements to work and earn money towards their real estate taxes each year? In 2006, the Town Of Upton Board of Selectmen, accepted the provisions under Mass General Law Chapter 59, section 5K and established the **Senior Tax Work-Off Abatement Program**. To qualify, the taxpayers must be 60 years or over and own the property for 5 years on which the tax is to be abated. The maximum amount taxpayers may earn is \$1,000 per year. You will be abated at the current minimum wage.

Our Town Departments are always in need of "fill-ins" when staff is out sick, on vacation, or just looking for someone to help with general office, telephone or filing work. Experience in a general office setting is preferred, but not mandatory. There are also evening positions available from our Boards and Committees who are in need of someone to take meeting minutes.

If you need further information, please contact Janice Nowicki at the Upton Senior Center at 508-529-4559 or go on line at www.uptonma.gov go to the Council on Aging page and select the Senior Tax Work-off Abatement Program for an application. Completed applications can be dropped off at the Upton Center (2 Farm Street in Upton). Hope to see you!!



The Upton Center will be closed for Columbus Day on Monday, October 10th.



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, October 5 at 12:30—**Market Basket**, Hudson

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

Mon., October 17 at 10:00—**Shaw's & Walgreens**, Milford

Thursday, October 20, 9:00—**Christmas Tree Shop**, Shrewsbury

Monday, October 24 at 12:30—**Market Basket**, Oxford

Thursday, October 27 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

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, October 5, 12 & 26

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.

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. The class will be moved to the Upton Town Hall on Wed., October 19 at 10:00 as part of our Health Fair (no fee that day).



SHINE



Wednesday, October 5, 10:00—12:00

Wednesday, October 26, 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. Marcy will also be at our Health Fair on October 19.

SHINE = Serving the Health Insurance Needs of Everyone.



Computer Classes

Wednesdays, October 5, 12 & 26, 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. (Note: There will be no class held on October 19 due to our Health Fair.)

Visit to BVT Salon

Friday, October 7 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 Oct. 3 to reserve a time.** Our van will provide transportation for a fare of \$1 roundtrip.



Afternoon Pumpkin Social

Friday, October 7 at 12:30

Join us for some time with friends and enjoy some pumpkin themed treats to celebrate the season! Suggested donation is \$1. Please call the Center to register.

Lunch Trip to TGI Fridays

Tuesday, October 11 at 11:30



Even though it's Tuesday, it's still a great day to enjoy lunch out with friends at TGI Fridays in Milford. Fridays offers a huge selection to satisfy every taste. Please call the Center to register and let us know if you need a ride.



Friends of Rachel BVT Dinner

Thursday, October 13 at 5:00

Attend an all you can eat buffet (Italian dinner, dessert & beverage) at BVT High School in Upton to benefit Special Olympics. Please **RSVP by October 7** 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 leave Millhaus Lobby at 4:45.

Representative Muradian's Pasta Lunch

Friday, October 14 at 11:30

State Representative Muradian will be providing us with a special treat this month. Come enjoy a delicious pasta luncheon, courtesy of Rep. Muradian's office! Please call the Center to register. (THANKS Rep. Muradian!)



Senator Moore's Office Hours

Monday, October 17, 9:00—10:00



A representative from Senator Moore's office will be here to hold office hours at the Center. Please stop by to discuss any concerns you may have.

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).

Wellness Talk with Jessica

Monday, October 17 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, October 17 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 for Upton seniors).

Community Health & Wellness Fair at Upton Town Hall
 Wednesday, October 19
 10:00—2:00



Join us for our Community Health and Wellness Fair!! A variety of health and wellness vendors will be on hand to offer information and resources on all aspects of health—including physical, emotional, spiritual, social and financial well-being. Stop by to pick up information, enjoy free demonstrations, and improve your awareness of all the healthy living resources available to you. Admission is free to all ages and there will be door prizes! Free van rides will be available from 10:00—2:00; please call the Center for a ride.

Birthday Bash with Rockin' Ralph's Oldies

Friday, October 21 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 October birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" Fantini will be back by popular demand! We all had such fun listening to his fantastic collection of oldies last month, and we are pleased he has offered to entertain us once again. Thanks Ralph! Come sing, dance, or just listen.



medicare

Medicare Presentation by SHINE

Monday, October 24 at 10:00

Medicare Open Enrollment begins on October 15th and ends on December 7th. Please join us to review 2017 Medicare drug and Medicare Advantage plan changes and learn how to select the best plan for you. Certified SHINE counsellors Marcy Singer and Jessica Mauro will be here to share valuable information on the ins and outs of Medicare. Please call the Center to register.



Being a Good Ancestor

Friday, October 28 at 9:30

Many of us have tried to trace our heritage at one time or another. But have you ever thought about what information to leave behind in order to be a good ancestor? Certified Legacy Planner Seema Kelley will be here to tell you how to leave information for generations yet to come. Light refreshments will be served. No fee. Please call the Center to register.

Afternoon Movie

Friday, October 28 at 12:30



Come enjoy a movie and a snack with friends! This month we'll be showing "Love & Friendship" (rated PG), based on Jane Austen's comic gem in which a beautiful young widow, Lady Vernon (played by Kate Beckinsale) visits her in-laws' estate while waiting for social chatter about her personal indiscretions to pass. While there, she decides to secure a husband for herself and her rather reluctant daughter, leading to all kinds of complications. Join us!

Men's Club Supper

Friday, October 28 at 5:30

Don't miss the ever-popular Men's Club Supper! It's always a delicious meal and a great chance to catch up with friends from around town. Remember—it's for ALL seniors, not just the men! No fee, thanks to the generosity of the Upton Men's Club. Please call the Center to register, and please do not park across the street at the restaurant.



Blood Pressure Checks

Every Friday at 10:30

An EMT visits the Center each Friday at 10:30 to check blood pressure. The Town Nurse will also be at our Health Fair on October 19th doing checks. Come get yourself checked out!

Halloween Party

Monday, October 31 at 12:45



Join us for a scary good time at our Halloween Party! We'll enjoy food and games to celebrate the holiday. Costumes are encouraged. No fee. Please call the Center to register if you dare!....

Save the Dates

- **Men's Club Supper Dates:** Oct. 28, Nov. 18, Dec. 16.
- **Podiatrist Appointments at the Center**—December 1 from 8:45—12:00. Please call 508-529-4558 for an appointment.

JESSICA'S SOCIAL SERVICES CORNER

Annual Health & Wellness Fair

Come learn about all the health and wellness resources available to you at our 3rd Annual Health and Wellness Fair on Wednesday, October 19th from 10am-2pm at the Upton Town Hall! There will be door prizes and free transportation is available. Further details can be found on the prior page of this newsletter. We hope to see you there!!



Medicare Enrollment

Medicare Open Enrollment starts October 15th and 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 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:

- We'd love some volunteers to present programs of interest to our seniors. Are you a retired teacher? Or perhaps you have a hobby or interest that you'd be willing to share? We'd love to hear from you!
- Healthy snacks to have on hand for our social gatherings.

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



Welcome to our newest COA Members, **Josephine McLaughlin** and **Laurie Fantini**. We appreciate your willingness to volunteer!



Many thanks to the anonymous couple who made an generous donation to the Upton Center. We truly appreciate your generosity!

COMMUNITY CORNER



Flu Shots

Flu shots are now available at the Board of Health office at the Upton Town Hall, Monday-Thursday. Please call ahead to schedule an appointment at 508-529-3110. A limited amount of flu shots will also be available at the Health Fair at Town Hall on October 19 (see details on the fair on previous page). If possible, please complete the flu insurance form found on the Upton Board of Health website and bring it with you, along with your insurance cards.

Upton Heritage Day



Join in a celebration of Upton's heritage on Saturday, **October 1** from 9:00—2:00. There will be a variety of activities at and around the Town Common, including a vendor fair, face painting, entertainment by Johnny Diamond, Pony rides, Library book sale, Fire Station Open House, and Heritage Park cave tours. Further details and scheduled times can be found on the Upton Historical Society's Facebook page. Please stop by to visit the Upton Center staff at the Council on Aging's table!

Mendon Lions Country Fair



The Mendon Lions Country Fair will be held on Saturday, **October 8** from 10:00—5:00 at 5 Hastings Street in Mendon (near the Blessing Barn). The fair features farm animals, wagon rides, petting zoo, crafters, vendors and plenty of food. Admission is free. Rain date is October 9.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly Community Supper on **Thurs., Oct. 20 at 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee, but donations are appreciated.



Youth Group Textile Fundraiser



The YNIA group at Saint Gabriel's church in Upton is organizing a textile fundraiser to raise money towards the cost of their next mission trip. Donations can include clothes, shoes, boots, hats, belts, purses, backpacks, blankets, sheets and towels. Items with rips, tears and stains are acceptable as long as they are clean and dry. Drop donations to room 1 on lower level of St. Gabriel's **by October 23**. If you can't drop off, call 508-277-9794 to arrange pick-up.

Walkers Available

The Bloomer Girls have received a donation of new walkers. If anyone is in need of one, call Lori McGann 508-529-3826.

Where's the Owl?!



Congratulations to **Laurie Fantini** who was our lucky winner for finding our hidden acorn last month. This time we've hidden a little owl. Can you find it?! Call the Center if you do and be entered to win a prize in October. Good luck!

October 2016

Mon

Tue

Wed

Thu

Fri

			<p>Note: Upton's Heritage Day is Saturday, October 1st, 9-2. See newsletter for details. </p>	
<p>3 1:00 Tai Chi</p>  <p>Roast Pork</p>	<p>4 10:00 Card Players Group 12:30 Wii Games</p> <p>Shepherd's Pie</p>	<p>5 9:00—10:00 Computer Class 9:00 Upton Police 10:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Bacon Omelet</p>	<p>6 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Cacciatore</p>	<p>7 9:00 BVT Salon Appointments 10:30 Blood Pressure 12:30 Afternoon Pumpkin Social</p>  <p>Baked Fish</p>
<p>10 The Center is Closed</p>  <p>COLUMBUS DAY No meals served</p>	<p>11 10:00 Card Players Group 11:30 Lunch Trip to TGI Fridays 12:30 Wii Games</p>  <p>Pot Roast Stew</p>	<p>12 9:00—10:00 Computer Class 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Chicken a La King</p>	<p>13 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner</p>  <p>Meatloaf & Gravy</p>	<p>14 10:30 Blood Pressure 11:30 Representative Muradian's Pasta Lunch</p>  <p>Macaroni & Cheese</p>
<p>17 9:00—10:00 Senator Moore's Office Hours 10:00 Shopping Trip* 12:30 Wellness Talk with Jessica 1:00 Walk in the Park 1:00 Tai Chi Swedish Meatballs</p> 	<p>18 10:00 Card Players Group 12:30 Wii Games</p> <p>Buttermilk Chicken</p>	<p>19 10:00—2:00 Health & Wellness Fair at Upton Town Hall (free van rides) 12:30 Canasta</p>  <p>Pork w/Apples</p>	<p>20 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Salmon Boat</p>	<p>21 10:30 Blood Pressure  12:45 Birthday Bash & Rockin' to the Oldies with the Fantastic "Rockin' Ralph" Fantini!</p> <p>Beef & Bean Chile</p>
<p>24 10:00 Medicare Presentation by SHINE 12:30 Shopping Trip* 1:00 Tai Chi</p>  <p>Roast Turkey & Gravy</p>	<p>25 10:00 Card Players Group 12:30 Wii Games</p> <p>Pork Rib-i-que</p>	<p>26 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</p> <p>Cracker Crumb Fish</p>	<p>27 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Stuffed Shells</p>	<p>28 9:30 Being a Good Ancestor  10:30 Blood Pressure 12:30 Afternoon Movie 5:30 Men's Club Supper Garlic Herbed Chicken</p>
<p>31 HALLOWEEN 10-12 Early Voting for Election 12:45 Halloween Party</p>  <p>Beef w/Onion</p>				<p>* Please see Newsletter for details on our shopping trips.</p>

October, 2016 — Dates to Remember

Check  here if you plan to attend !*

- Oct. 5 Upton Police, 9:00
- Oct. 5 SHINE appointments, 10:00—12:00
- Oct. 5 Shopping Trip—Market Basket, Hudson, 12:30
- Oct. 7 BVT Salon Visit , 9:00 (Do you need a ride? Yes No)
- Oct. 7 Afternoon Pumpkin Social, 12:30
- Oct. 10 COLUMBUS DAY—Center is Closed; no meals served.
- Oct. 11 Lunch Trip to TGI Fridays, 11:30
- Oct. 12 Upton Police, 9:00
- Oct. 12 Shopping Trip—Salvation Army/Shaw’s/Job Lots/Walmart Loop, Northbridge, 12:30
- Oct. 13 Friends of Rachel BVT Dinner, 5:00 (Do you need a ride? Yes No)
- Oct. 14 Representative Muradian’s Pasta Lunch, 11:30
- Oct. 17 Senator Moore’s Office Hours, 9:00—10:00
- Oct. 17 Shopping Trip—Shaw’s/ Walgreens, Milford, 10:00
- Oct. 17 Wellness Talk with Jessica, 12:30
- Oct. 17 Walk in the Park, 1:00
- Oct. 19 Health and Wellness Fair at Upton Town Hall, 10:00—2:00 (Do you need a ride? Yes No)
- Oct. 20 Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:00
- Oct. 21 Birthday Bash & Rockin’ to the Oldies with the Fantastic “Rockin’ Ralph” Fantini, 12:45
- Oct. 24 Medicare Presentation by SHINE, 10:00
- Oct. 24 Shopping Trip—Market Basket, Oxford, 12:30
- Oct. 26 Upton Police, 9:00
- Oct. 26 SHINE appointments, 9:00—12:00
- Oct. 27 Shopping Trip—Salvation Army/ Shaw’s/Job Lots/Walmart Loop, Northbridge, 9:00
- Oct. 28 Being a Good Ancestor Presentation, 9:30
- Oct. 28 Afternoon Movie, 12:30
- Oct. 28 Men’s Club Supper, 5:30
- Oct. 31 Halloween Party, 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!!

***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 (no Tai Chi 10/10 due to holiday or 10/31 due to Halloween Party) 1:00
- Every Tuesday..... Card Players Group 10:00
- Every Tuesday..... Wii Games 12:30
- Every Wednesday Strength & Stretch. (will be held at our Fair at Town Hall on 10/19) 11:00
- Every Wednesday Library Table (will be held at our Fair at Town Hall on 10/19) 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 10:30