

The Upton Center is open  
Monday—Friday from 9:00am—3:00pm  
(weather and staff permitting).

The Upton Center serves as the gateway  
to the elder service network under the  
advisory of the Upton Council on Aging,  
and provides an array of opportunities for  
programs, activities, and services directed  
towards individuals over the age of 60,  
low-income families, and disabled  
individuals living in the Town of Upton.



*"We are a sturdy, reliable  
generation; proud and resilient."*

*~unknown*

## THE UPTON CENTER



*We can take you places*



2 Farm Street  
Upton, MA 01568  
Phone: 508-529-4558  
508-529-4559  
[www.uptonma.gov](http://www.uptonma.gov)

WELCOME TO  
THE UPTON CENTER



**Upton Council on Aging**

508-529-4558

508-529-4559

# THE UPTON CENTER

The Upton Center, under the advisory of the Upton Council on Aging are both dedicated to:

- Protecting the rights of elders to live independently
- Preserving the dignity of aging
- Offering support to low-income families, disabled individuals, and elders
- Responding to individual and family needs
- Creating a positive relationship between all ages through intergenerational programming
- Providing opportunities for involvement within the community
- Acting as a resource to the community
- Providing different activity, program, and social service opportunities to elders residing in the Town of Upton



The programs, activities, and services that are available at The Upton Center do change from time to time. Please feel free to call us or just stop in with any questions, or ideas you may have.

## Current Programs & Activities

Tri Valley Meal Program & M.O.W.  
Transportation for medical appointments  
Monthly newsletter (Upton Chronicle)  
Entertainment, Events & Parties  
Food of the Month program  
Computers  
Grocery Shopping Trips  
Tai Chi  
Gentle Yoga  
Red Hat Society  
Wii Bowling  
Active Adult Exercise  
Chair Exercise  
BINGO  
Bridge & Canasta  
Movie Days  
Monthly Trips  
Out to Eat (restaurant trips)  
Library Table  
Knitting & Crochet Club  
Birthday Celebrations  
Educational Seminars  
Monthly Men's Club Supper

## Social Services

Certified S.H.I.N.E. Counselors onsite  
**Information and Assistance on:**  
MassHealth  
Medicare  
Social Security & Disability  
Low income healthcare programs  
Fuel assistance  
The Salvation Army  
Food Stamps (SNAP) benefits  
Food pantry/grocery referral  
Legal assistance referral  
Money management  
Elderly housing referral  
Holiday assistance

## Other Services

Monthly blood pressure clinics  
Podiatry clinics offered every other month by appointment  
Annual flu shot clinics  
Home visit assessments/outreach or office appointments  
Tax work-off programs for elders  
Annual Tax Preparation Services



## Volunteer Opportunities

We believe that volunteers are a vital resource and commodity in making activities and programs successful. The Upton Center is always appreciative of those individuals willing to donate their time to enrich the lives of deserving families and elders in our community.



*A Great Place to Age Gracefully!*