



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES
2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

April 2023

THE UPTON CENTER STAFF

Director of Elder & Social Services

Maggie Gundersen

Social Services Coordinator

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Interim Department Specialist

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COA Assistants

Deb Saulen

Driver

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Nutrition Center Mgr.

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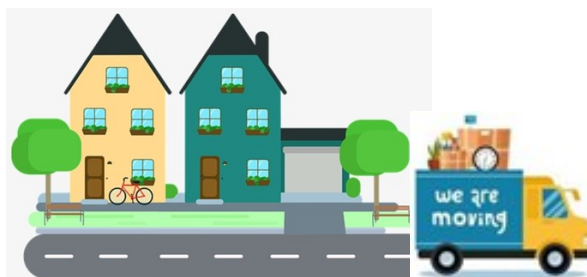
A New Home For The Upton Senior Center

*We are excited to share our
new space with you at the new
Upton Community Center!*

*Please join us as we move all of our
programming to the new
Upton Community Center
beginning Monday, May 1st, 2023*

*We invite you to take a ride on our new
Upton Community Center bus
to our new home at **9 Milford Street** to
enjoy programs both new and old.
Please call us to schedule a tour
of our new space!*

*Stay tuned for more information on our
Grand Opening event on
Upton Founder's Day,
Wednesday, June 14th, 2023*



Exciting New Service at The Upton Community Center! Hearing Aide Cleaning Service



Professionals from At Home Hearing Healthcare will now be available at the Upton Community Center to provide bi-monthly hearing aide cleanings as well as hearing assessments. Please call us at 508-529-4558 to inquire and set up an appointment!

When: Wednesday, May 3rd,
10:30-12:00



EXPLORING....

Shuttle Services to Community Center

The Senior Center is undertaking a Pilot Program to explore the usage and frequency of daily shuttle services to the new Community Center from the Millhaus and Coach Road communities. Services would begin May 1st. Please call the Senior Center if interested.

Medical Visits & Shopping Trips

Our van is available to get seniors and individuals with a disability to their medical appointments. Please contact us at 508-529-4558 with as much notice as possible to schedule van service. We also run a group shopping trip each week. Time spent in stores is typically 60—90 minutes. Please register with as much notice as possible and choose one store for drop off on a loop. Stores/times may change due to medical appointments



Upcoming Shopping Trips:

- ⇒ **Tuesday, April 4th at 9:15 am—**
Market Basket, Hudson
- ⇒ **Monday, April 10th at 12:45 pm—**
Shaw's/Job Lot/Walmart Loop, Northbridge
- ⇒ **Wednesday, April 19th at 9:15 am—**
Hannaford's, Uxbridge
- ⇒ **Thursday, April 27th at 12:30 pm—**
Shaw's/Job Lot/Walmart Loop, Northbridge

Seated Exercise with Robin

Tuesdays at 10:00



Robin Natanel will be back with a seated exercise class at 10:00 each Tuesday in April. It's a great option for those with balance issues. Please **RSVP at least one day ahead** of each class. A \$3 donation is suggested.

Mahjong

Wednesdays at 12:30



Calling all Mah-jong players (and would be players!). Mah-jong games are in full swing every Wednesday at 12:30. Whether you're a seasoned player, or a beginner who would like to learn a new game—come join us! Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since then.

Come see what it's all about!

Time change on 4/12 to 1:30 pm



Hand and Foot Canasta Card Games

Tuesdays at 12:30

Our group of Canasta card players are looking for new card players to join their group as well as ideas for new games to play. Whether you are a beginner or an expert, you are welcome to join and play the hand and foot version of Canasta. New players are welcome to join a seasoned player to learn more about the game!

Time change on 4/11 to 2 pm

Please call the Upton Center at 508-529-4558 with any questions on our services.

Hours of operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

Coffee Hour with Friends

Friday, April 7th at 9:30



Escape the winter weather and come down to the Senior Center for a coffee hour and light pastries! We are excited to welcome you to our new monthly coffee hour! Grab a friend, or meet some new ones here at the center.

Please RSVP by Thurs. April 6.



Nutrition Talk with Wendy

Monday, April 10th at 11:15

Please join our exercise instructor, Wendy Reid, for her monthly nutrition talk and learn about more ways to better your health and nutrition habits! Health topics vary each month.

Volunteer Appreciation Celebration and Magic Show

Tuesday, April 11th at 12:00

In honor of National Volunteer Month, please join us for a volunteer celebration to show our many volunteers how much we appreciate and value all of their dedication and hard work! Lunch will be served and *Dennis the Magician* will join us for an entertaining magic show.

\$3 fee for non-volunteer attendees.

Please RSVP by Thurs. April 6.



Trivia Time

Wednesday, April 12th at 12:15

Library Director, Matthew Bachtold, will be back this month with the ever-so-popular Trivia Time! This month's theme is "National Parks: America's Beauty". Trivia time is now hosted every 2nd Wednesday of the month at the Senior Center—so join us if you can and exercise your mind!

Please RSVP by Tues. April 11.

Men's Club Supper

Friday, April 14th at 5:15



Enjoy catching up with old friends over dinner, or meet some new ones, as the Men's Club treats you to delicious **Macaroni and Cheese and Spiraled Ham**. Open to men and women of all ages! No fee, thanks to the generosity of the Men's Club. **Please RSVP by Fri. April 7.**

Birthday Bash

Tuesday, April 18th at 12:45



Join us for pizza, cake and ice cream in celebration of April's Birthdays! It's free for those with a birthday this month; a \$3 donation is suggested for others. **Please RSVP by Fri. April 14.**



Mindfulness with Robin Wednesday, April 19th at 1:00

Join Robin Natanel for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **RSVP by Mon. April 17**. No fee.

Crafts with Betty

Friday, April 21st at 9:30

Betty Brault will be back with another great craft project!



Bring your crafty hands and you'll be sure to have fun.

No fee. Please **RSVP by Fri. April 14**.

Lunch Trip to Sorrento Café

Tuesday, April 25th at 11:30



Join us for an Italian lunch at the Sorrento Café in Milford!

Enjoy pizza, pasta & meatballs, chicken parm and more.

Please **RSVP by Fri. April 21** to reserve a seat on the bus.

Cheers to 35 Years Celebration

Friday, April 21st 12:00



You're Invited!

Join us in celebrating the 35 wonderful years and special moments experienced here at the Upton Senior Center at Millhaus.

Wear a hat, if you wish, to honor and remember the Knowlton Hat Factory of Upton.

We also encourage you to bring a photo or memory to share from your time spent at the Upton Senior Center over the last 35 years.

Lunch will be served and musical entertainment will be provided by Tom and Friends!

We hope you will join us for our last big event before our move to the new Upton Community Center!



Podiatrist Appointments

Thursday, May 4th, 8:30-12:30

Dr. Biancomano will have his bi-monthly appointments at The Upton Center. Please call the Center to schedule an appointment, these time slots fill up quickly These appointments will be held at the new Upton Community Center



Healthy Mind & Body

- **Strength & Stretch** — Join Wendy Reid **Mondays, Wed's. & Fri's. at 10:30**. \$3 donation suggested.
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Mon., April 10th at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin on **Wed., April 19th at 1:00** for a session on healing the body, mind and spirit. Please **register by April 18**. No fee.
- **Seated Exercise with Robin**—Tuesdays at 10:00. \$3 donation suggested. Please RSVP a day or more ahead.
- **Blood Pressure Checks**—The Town Nurse will be here **Wed., April 19th at 12:30**. Please **RSVP by April 17th**.

Memories at Millhaus





SOCIAL SERVICES CORNER



SMOC Fuel Assistance

If you or someone you know is struggling financially with the rise in costs of heat this season, the Fuel Assistance Program through SMOC (Southern Middlesex Opportunity Council) may be able to help you. The Fuel Assistance season runs from November 1st through April 30th and is an income-based program. Please contact the Upton Social Services Coordinator, Katie San Clemente, to inquire about applying for Fuel Assistance at 508-529-4558.



SNAP Emergency Allotments Ending

During the Covid-19 Pandemic, many SNAP recipients received an increase in their monthly SNAP benefit. Due to the pandemic slowing, these emergency allotments will be ending and SNAP recipients will see their monthly benefit return to the pre-pandemic amount. Some seniors who have more than \$35/month in medical bills may be able to receive additional funds. Please call the Senior Center to hear more about

Mass Health Mailings



Over the next several months MassHealth will be sending numerous notices detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or you may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If you need help, call the Upton Center at 508-529-4558.



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, call 508-529-9094 by 10 am the day before a meal is served to reserve or cancel a meal. Meals are \$3 (including milk and bread). You can also inquire about delivery of frozen lunch and/or evening dinners.



Real Estate Tax Relief Programs

In addition to the Senior Tax Work-off program, the Town of Upton offers residents a variety of real estate tax relief programs. Applications are due on or before April 1st. These programs include: the Senior Exemption (age 65 by July 1st), Disabled Veteran's Discount, Discounts for Legally Blind residents, and programs for Surviving Spouses or Minors of Deceased Parent(s). The Senior Center also has information on the Circuit Breaker tax relief program that can be applied to your April 15th tax filings (specific age and income requirements apply). Residents are encouraged to call the Assessor's office for more information 508-529-1002.

COMMUNITY CORNER

Flu Shots Available

The Town Nurse has plenty of high dose flu vaccine in the office at the Board of Health. It is **not too late**. The flu is particularly prevalent so far this year and it looks like there is no slow-down in sight. Remember, a COVID booster does not protect you against the flu. Stay home if you're sick, consider masking in large gatherings or gatherings of people not in your immediate circle, and WASH YOUR HANDS

Please reach out to Trish Parent, RN at the Board of Health
508 529 3110—pparent@uptonma.gov

Annual Town Meeting & Town Election

The Annual Town Meeting will be held on **Thursday, May 4th at 7 pm**. The Annual Town Election will be held on **Tuesday, May 9th**. The last day for voter registration for the Annual Town Meeting and Election is **Monday, April 24th at 5 pm**. Voter registration and Vote by Mail information is available on the town website. You may also call the town clerk's office for more information at 508-529-3565.

2023 Upton Census

2023 Upton Census Forms have been mailed to all households. Please review and return those forms as soon as possible either by mail or email (census@uptonma.gov) to the Clerk's office. A full and accurate count of all residents is important for many reasons one of which is for allocation of State and Federal funds. If you did not receive a census form, please contact the Clerk's office.

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thursday, April 20th at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

COA Job Opportunity: Van Driver

We're currently seeking to hire an additional part-time van driver (10 hours/week) at the Council on Aging. If you or someone you know might be interested in applying, please check out all the details at the *Employment* link on the Town of Upton's website which can be found at www.uptonma.gov, or stop by the COA office for further information.

When does the Upton Community Center open?

Congratulations to **Betty Consigli** who found the hidden Leprechaun in March's newsletter! We have announced the opening date of the new Upton Community Center in this newsletter. If you have found the date, please call us at 508-529-4558 and let us know the date to be entered to win a prize this month!



April 2023



Mon

Tue

Wed

Thu

Fri

3 10:30 Strength and Stretch	4 9:15 Shopping Trip 10:00 Seated Exercise 12:30 Hand and Foot Card Game	5 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong <i>Passover Begins</i>	6 10:00 Knit/Crochet Group 1:00 BINGO	7 9:30 Coffee Hour 10:00 Facebook Fri. 10:30 Strength and Stretch <i>Good Friday</i>
10 10:30 Strength and Stretch 11:15 Nutrition Talk with Wendy 12:45 Shopping Trip 1:00 COA Board Meeting	11 10:00 Seated Exercise 12:00 Volunteer Appreciation 2:00 Hand and Foot Card Game**	12 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:15 Trivia Time 1:30 Mahjong**	13 10:00 Knit/Crochet Group 1:00 BINGO <i>Passover Ends</i>	14 10:00 Facebook Fri. 10:30 Strength and Stretch 5:15 Men's Club Supper
Easter Sunday April 9th  17 PATRIOT'S DAY Center is Closed  No meals served	18 10:00 Seated Exercise 12:30 Hand and Foot Card Game 12:45 Birthday Bash	19 9:00 Computer Class 9:15 Shopping Trip 10:30 Strength and Stretch 12:30 Blood Pressure Checks 12:30 Mahjong 1:00 Mindfulness with Robin	20 10:00 Knit/Crochet Group 1:00 BINGO	21 9:30 Crafts with Betty 10:00 Facebook Fri. 10:30 Strength and Stretch 12:00 Cheers to 35 Years Celebration
24	25 11:30 Lunch Trip	26	27 12:30 Shopping Trip	28
C E N T E R C L O S E D M O V I N G				
				

April, 2023—Dates to Remember



Check ☐ here if you plan to attend !

- April 4 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- April 7 ☐ Coffee Hour at Senior Center, 9:30
- April 10 ☐ Nutrition Talk with Wendy, 11:15
- April 10 ☐ Shopping Trip—Shaw's/Job Lot/Walmart Loop, Northbridge, 12:45
- April 10 ☐ COA Board Meeting, 1:00
- April 11 ☐ Volunteer Appreciation Lunch with Magic Show, 12:00
- April 12 ☐ Trivia Time, 12:15
- April 14 ☐ Men's Club Supper, 5:15
- April 17 ☐ **CENTER CLOSED IN OBSERVANCE OF PATRIOT'S DAY**
- April 18 ☐ Birthday Bash, 12:45
- April 19 ☐ Shopping Trip—Hannaford's, Uxbridge, 9:15
- April 19 ☐ Blood Pressure Checks with Town Nurse, 12:30
- April 19 ☐ Mindfulness with Robin, 1:00
- April 21 ☐ Crafts with Betty, 9:30
- April 21 ☐ Cheers to 35 Years at Millhaus Lunch with Musical Entertainment, 12:00
- April 25 ☐ Lunch Trip to Sorrento Café, Milford, 11:30 departure for 11:45 reservation
- April 27 ☐ Shopping Trip—Shaw's/Job Lot/Walmart Loop, Northbridge, 12:30

There will be no special programs/activities at the Senior Center the week of April 24th—April 28th
as we pack up and move to the new Upton Community Center.

Please call the center at 508-529-4558 with any questions or needs for medical rides/transportation.

We look forward to seeing you all at the new Community Center at 9 Milford Street beginning May 1st!



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up! Or call 508-529-4558.

Name: _____ Phone #: _____

What is the opening date at the new Upton Community Center? _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri.	Strength & Stretch	10:30
Every Tuesday.....	Seated Exercise	10:00
Every Tuesday.....	Hand & Foot Card Players Group.....	12:30
Every Wednesday	Library Table	11:00
Every Wednesday	Mahjong Group	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday.....	Facebook Friday.....	10:00