



# 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](http://www.uptonma.gov)

♥ February 2023 ♥

## THE UPTON CENTER STAFF

### **Director of Elder & Social Services**

Maggie Gundersen

### **Social Services Coordinator**

Katie San Clemente

### **Interim Department Specialist**

Karen Varney

### **COA Assistants**

Deb Saulen

### **Driver**

John Saulen

### **Nutrition Center Mgr.**

Al Vautour

## COUNCIL ON AGING MEMBERS

### **Chair**

Laurie Fantini

### **Vice Chair**

Josephine McLaughlin

### **Secretary**

Linda Sanders

### **Members**

Myra Bigelow  
Betty Consigli  
Paula Lepore  
Gregg Manning  
Richard Provost  
Grace Wadsworth  
Margaret Watson

A Message from the Director:

Greetings everyone and thank you again for a warm welcome to the Upton Community. My first few months here have been busy getting to know all of you, and getting to know more about the programs and services offered at the Upton Senior Center. December was full of holiday parties and January allowed me the opportunity to spend time in the great room participating in some programs with you.

My time has also been spent learning about and preparing for our move to the new Community Center. It will still be a few more months before we can move into the new Center, but our remaining time here at Millhaus is scheduled to be full of great programs throughout the winter.

February is known for being a cold month, but the Senior Center will be introducing a few new programs that will definitely bring you in from the cold. We are introducing a new exercise class called Essentrics, which is a blend of Tai Chi and yoga movements designed to increase your mobility. We are also offering a program to learn about and taste a variety of Teas. Tea keeps you warm and provides some health benefits as February is known as the heart health month.

Please join me in these programs this month or stop-by my office to introduce yourself. I'm looking forward to getting to know all of you.

Warmly,

Maggie  
Director,  
Senior & Social Services

**"Roses are red, Violets are blue  
Be happy and healthy  
In all that you do!"**

♥ Happy Valentines Day ♥

**Our office will be closed on Monday, February 20th  
in observance of the President's Day holiday. We  
will return on Tuesday, February 21st.**

### **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 1<sup>st</sup>.

These programs include: the Senior Exemption (age 65 by July 1<sup>st</sup>), Disabled Veteran's Discount, Discounts for Legally Blind residents, and programs for Surviving Spouses or Minors of Deceased Parent(s).

Residents may also apply for tax relief due to hardship and/or residents may choose to defer their tax obligation or for a specific period of time.

The Senior Center also has information on the Circuit Breaker tax relief program that can be applied to your April 15<sup>th</sup> tax filings (specific age and income requirements apply). Residents are encouraged to call the Assessor's office for more information 508-529-1002.

### **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](http://www.uptonma.gov), or stop by the COA office for further information.

### **Transportation Notice**

Our Senior Center Van will be available Mondays, Tuesdays and Thursdays for medical appointments and weekly shopping trips. We ask for as much notice as possible when scheduling rides with us.

## 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 1-2 group shopping trips 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



- **Monday, February 6th at 12:30 pm**—Market Basket, Hudson
- **Thursday, February 16th at 12:30 pm**—Shaw's/Job Lot/Walmart Loop, Northbridge
- **Wednesday, February 22nd at 11:00 am**—Market Basket, Shrewsbury
- **Tuesday, February 28th at 9:15 am**—Hannaford's Supermarket, Uxbridge



### NEW MARKET BASKET, SHREWSBURY WEDNESDAY, 2/22—11 AM DEPARTURE

\*Lunch in dining area upon arrival, followed by grocery shopping—please plan accordingly\*

## Seated Exercise with Robin

**Tuesdays at 10:00**



Robin Natanel will be back with a seated exercise class at 10:00 each Tuesday in December. 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 2/8 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!

**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).**

## Trivia Time

**Wednesday, February 8th at 12:15**



Our trivia theme this month is "Mysteries!" with a bonus section of brainteasers. Instead of a video trivia from Sentimental Productions, our questions are handcrafted by Regina Young and will be read by Library Director Matthew Bachtold.

**Please RSVP by Tues. Feb 7.**

## Tea Time With Herbs Make Scents

**Wednesday, February 8th at 2:00**

Are you an avid tea drinker or would you like to learn more about types of tea that you may enjoy? Please join us for "tea time" with the owner of *Herbs Make Scents* of Mendon. We will be tasting a variety of teas while also learning about the different types of tea. Light refreshments will also be served. **Please RSVP by Mon. Feb 6.**



## Lunch Trip to Empire Buffet

**Tuesday, February 7th—11:30 am departure**

Grab a friend or meet a new one and join us on a lunch trip to Empire Buffet in Woonsocket! Empire Buffet offers a wide variety of all of your Chinese food favorites.

**Please RSVP by Fri. Feb 3** to reserve a ride on the bus.



## Coffee Hour with Friends

**Friday, February 10th 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. Feb 9.**



## Nutrition Talk with Wendy

**Monday, February 13th 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.



## Valentine's Day Social with Musical Bingo



**Tuesday, February 14th at 12:30**

We hope you'll be our Valentines and join us to celebrate our love for all of you! J.A.G.S Entertainment will be back for a fun game of Musical Bingo with plenty of love songs to fill your hearts. We will also have delicious Valentine's Day desserts and treats to fill your stomachs too! **Please RSVP by Fri. Feb 10.**



## Mindfulness with Robin

**Wednesday, February 15th 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. Feb 13**. No fee.

## BVT Salon Visit

**Thursday, February 16th—**

**8:45 departure for 9:00 visit**



Treat yourself to some pampering at discounted prices at the Salon at BVT. Services include haircuts, manicures, pedicures and more. Please call the Center to RSVP by Mon. Feb 13. and let us know if you need a ride for \$1.

## NEW! Essentrics Exercise Class

**Friday, February 17th at 9:00**



Come and join Laura Gilbert for a demo class to learn about Essentrics. The Essentrics workout is a cross between Tai-Chi and yoga, but with more fluid movements to help strengthen and stretch your muscles to develop full range of motion throughout your body. Laura is a level 1 and 2 certified Essentrics instructor and is eager to meet you and help you reach new goals in your mobility!

Open to all ages and abilities. Please **RSVP by Thurs. Feb 16**.

## Afternoon Movie

**Friday, February 17 at 12:30**



We'll continue to spread the love this Valentine's week with a showing of *27 Dresses (2008)*. This Rom-Com is a story about a young woman who has served as a bridesmaid 27 times.

Lead actress, Jane (Katherine Heigl), is secretly in love with her boss, who falls for Jane's younger, manipulative sister. Jane meets a handsome reporter (James Marsden) who finds interest in Jane's story and uses it as his ticket to writing success while also falling for Jane.

## Men's Club Supper

**Friday, February 17th at 5:15**

Enjoy catching up with old friends over dinner, or meet some new ones, as the Men's Club treats you to a delicious meal. Open to men and women of all ages! No fee, thanks to the generosity of the Men's Club.

Please **RSVP by Fri. Feb 10**.

## Birthday Bash

**Friday, February 24th at 12:45**

Join us for pizza, cake and ice cream in celebration of February's Birthdays! It's free for those with a birthday this month; a \$3 donation is suggested for others. Please **RSVP by Tues. Feb 21**.



## Crafts with Betty

**Friday, February 24th at 9:00**

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. Feb 17**.

## AARP Tax Appointments

**Mondays, Feb. 6—March 27, 9:00-2:00**



### \*By appointment only\*

It's that time of year again! Tax volunteers from AARP will be back at the Center every Monday, starting February 6th through Monday, March 27th (with the exception of Feb 20th).

AARP Tax Aide Volunteers can help you prepare and file your federal and state tax returns, free of charge.

Please call the Senior Center at 508-529-4558 to schedule your appointment and pick up your tax prep paperwork!

## Healthy Mind & Body

- **Strength & Stretch** — Join Wendy Reid **Mondays, Wed's. & Fri's. at 10:30**. \$3 donation suggested. (except for Monday, February 20th)
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Mon. Feb 13th at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin on **Wed., Feb 15th at 1:00** for a session on healing the body, mind and spirit. Please **register by Feb. 21**. 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., Feb. 22nd at 12:30**. Please **RSVP by Feb. 20th**. See notes on availability of more Flu vaccines on back page.

## Sand for Seniors

The Upton Fire Department has developed a "sand for seniors" program from a Senior SAFE Grant. The Upton Fire Department can provide seniors with a full bucket of sand/salt or ice melt for no charge. These buckets have easy off lids and scoops provided with the sand/salt or ice melt. If you would like to arrange to receive a bucket, **please contact Lieutenant Bonnie Lopez at 508-529-3421**.







## 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 1<sup>st</sup> through April 30<sup>th</sup> 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.

Household of 1: \$42,411

Household of 2: \$55,461

### 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 mail is returned to MassHealth you may lose your coverage as well. 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 lunch and/or frozen evening dinners.

### New Upton Community Center Updates

Work continues on the Community Center and progress is starting to pick up as this project moves into its final stages. Once the windows were finally delivered, process really began to pick-up.

To date, many milestones have been completed. The exterior painting is finished and interior painting continues. The children's playground is complete, and the sidewalks and patios are installed. Furniture is scheduled for somewhere in early April and we are hoping to be all moved-in and ready to open on May 1<sup>st</sup>. For more information visit:

<https://uptonlibrarystaff.wixsite.com/uptonccc>

### MEDICAL EQUIPMENT NOTICE

At this time, we are not accepting any donations of durable medical equipment due to our upcoming move to the new Upton Community Center.

Thank you for your understanding.



### Wish List

Our food pantry could use: Crackers, sugar-free items, fruit cups, juice, nuts, healthy soups, canned hams, toilet paper, paper towels, tissues, toothpaste, hand & bar soap, canned cat food. Thanks for your help!

## 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

### Nominations for Annual Town Election

Nomination papers for Elected Offices at the Annual Town Election on Tuesday, May 9, 2023, will be available at the Town Clerk's office beginning Monday, February 6, 2023. Nomination papers must be returned to the Town Clerk's office by Tuesday, March 21, 2023 at 5:00 pm. The list of offices on the Annual Election Ballot will be available on the Upton website or please contact our office

### 2023 Upton Census

This month the 2023 Upton Census Forms will be mailed to all households. Please review and return those forms as soon as possible either by mail or email ([census@uptonma.gov](mailto: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.

### Dog Licenses for 2023

Dog licenses for calendar year 2023 are now available. Dogs 3 months or older need to be licensed **each year by April 1**. A current rabies vaccination record and spaying/neutering certificate is required prior to issuing a license. Licenses are available for \$10.00 for all neutered/spayed dogs. The fee for dogs that have not been neutered/spayed is \$20.00. **A late fee of \$10.00 will be assessed beginning April 1.**

Please contact the Town Clerk's office at 508-529-3565.

### Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thursday, February 16th at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

### Can you find the hidden cupid?



Congratulations to **Margaret Kearsley** who was our lucky winner in January for finding the hidden ice skates in our newsletter. This month we challenge you to find the hidden Valentine's Day Cupid! Please call the Center at 508-529-4558 and let us know where you find Cupid for a chance to win!

# February 2023

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong	<b>2</b> 10:00 Knit/Crochet Group 1:00 BINGO	<b>3</b> 10:00 Facebook Fri. 10:30 Strength and Stretch
<b>6</b> 10:30 Strength and Stretch 12:30 Shopping Trip*  9:00-2:00 AARP Tax Appointments*	<b>7</b> 10:00 Seated Exercise 12:30 Hand and Foot Card Game	<b>8</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:15 Trivia Time 1:30 Mahjong** 2:00 Tea Time with Herbs Make Scents	<b>9</b> 10:00 Knit/Crochet Group 11:30 Lunch Trip to Empire Buffet* 1:00 BINGO	<b>10</b> 9:30 Coffee Hour 10:00 Facebook Fri. 10:30 Strength and Stretch
<b>13</b> 10:30 Strength and Stretch 11:15 Nutrition Talk with Wendy 1:00 COA Board Meeting  9:00-2:00 AARP Tax Appointments*	<b>14</b> 10:00 Seated Exercise 12:30 Valentine's Day Social & Musical Bingo 12:30 Hand and Foot Card Game	<b>15</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong 1:00 Mindfulness with Robin	<b>16</b> 9:00 BVT Salon 10:00 Knit/Crochet Group 12:30 Shopping Trip* 1:00 BINGO	<b>17</b> 9:00 Essentric's Exercise—NEW! 10:00 Facebook Fri. 10:30 Strength and Stretch 12:30 Monthly Movie 5:15 Men's Club Supper
<b>20</b> <b>CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</b> 	<b>21</b> 10:00 Seated Exercise 12:30 Hand and Foot Card Game	<b>22</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 11:00 Shopping Trip to new Market Basket—Shrewsbury* 12:30 Blood Pressure Checks	<b>23</b> 10:00 Knit/Crochet Group 1:00 BINGO	<b>24</b> 9:00 Craft Time with Betty 10:00 Facebook Fri. 10:30 Strength and Stretch 12:45 Birthday Bash
<b>27</b> 10:30 Strength and Stretch 12:00 Blue Cross Blue Shield Medicare Presentation  9:00-2:00 AARP Tax Appointments*	<b>28</b> 9:15 Shopping Trip* 10:00 Seated Exercise 12:30 Hand and Foot Card Game			

## February, 2023—Dates to Remember



Check here if you plan to attend !

- Feb 6 ☐ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- Feb 6 ☐ Shopping Trip—Market Basket, Hudson, 12:30
- Feb 8 ☐ Trivia Time; 12:15
- Feb 8 ☐ Tea Time with *Herbs Make Scents*, 2:00
- Feb 9 ☐ Lunch Trip to Empire Buffet, Woonsocket, 11:30 departure for 12:00 reservation
- Feb 10 ☐ **NEW**—Coffee Hour at Senior Center, 9:30
- Feb 13 ☐ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- Feb 13 ☐ Nutrition Talk with Wendy, 11:15
- Feb 13 ☐ COA Board Meeting, 1:00
- Feb 14 ☐ Valentine's Day Dessert Social with Musical Bingo, 12:30
- Feb 15 ☐ Mindfulness with Robin, 1:00
- Feb 16 ☐ BVT Salon Visit—Van departs at 8:50 for 9:00 appts. Do you need a ride? Yes \_\_\_ or No \_\_\_  
What service(s) would you like? \_\_\_\_\_
- Feb 16 ☐ Shopping Trip—Shaw's/Job Lot/Walmart Loop, Northbridge, 12:30
- Feb 17 ☐ **NEW**—Essentric's Demo Exercise Class, 9:00
- Feb 17 ☐ Afternoon Movie, *27 Dresses*, 12:30
- Feb 17 ☐ Men's Club Supper, 5:15
- Feb 20 ☐ PRESIDENT'S DAY HOLIDAY—Upton Center CLOSED, no meals served
- Feb 22 ☐ Shopping Trip—Market Basket, Shrewsbury, **Lunch followed by shopping**, 11:00 departure
- Feb 22 ☐ Blood Pressure Checks with Town Nurse, 12:30
- Feb 24 ☐ Crafts with Betty, 9:00
- Feb 24 ☐ Birthday Bash, 12:45
- Feb 27 ☐ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- Feb 27 ☐ Blue Cross Blue Shield Medicare Presentation, 12:00
- Feb 28 ☐ Shopping Trip—Hannaford's Supermarket, Uxbridge, 9:15

**COMPUTER CLASSES WITH PAULA:** Wednesdays at 9:00—Please call us if you'd like to schedule time with Paula.



**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 #: \_\_\_\_\_

Did you find the hidden Valentine's Day Cupid? \_\_\_\_\_

### WEEKLY EVENTS AT THE UPTON CENTER

- Every Mon., Wed. & Fri. .... Strength & Stretch (except Monday, February 20th) ..... 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