



The Upton Chronicle

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

May 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
Dave Loeper

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



Shuttle Service to the new Upton Community Center Beginning May 1st

The Town of Upton is pleased to offer a free shuttle service to and from the new Upton Community Center. This service will begin on Monday May 1st for residents of Millhaus, Coach Road, and seniors or disabled residents who live in other parts of town without transportation. This is a pilot program that will only continue if there is enough interest or availability for this service.

This will be a fixed-route, fixed-schedule program with morning pickups at 8:45am and return transportation provided at 3:00pm. There will also be a noontime pick up and return shuttle for individuals who wish to leave the Center or arrive at the Center at 12:00. Individuals wishing to participate in this shuttle service must call the Senior Center to book their ride 24-hours in advance.

Rides to medical appointments, shopping, errands/prescriptions will continue, but now on a limited basis.

Transportation for these services will now only be available from 9:00-12:00 and 1:00-3:00, Monday through Thursday.

Individuals needing transportation to medical appointments outside of the above-mentioned hours are advised to use the new Tri Valley Elder Services "Home With You" transportation program.

Seniors with questions about the shuttle service or the new limited hours for medical appointment transportation are advised to speak directly with the Senior Center Director at 508-529-4558.

Tri-Valley Elder Services Transportation Program:



Tri-Valley Elder Services has received a grant to provide seniors and disabled individuals with transportation services. Individuals needing transportation to medical appointments, errands, or shopping should call TVES to book a ride. Services are door-to-door, and are provided by Blackstone Valley Livery and/or JYL Transportation. Requests should be made with 48-hour notice (two business days). Please call TVES at 800-286-6640.

Join Our Team!

Join our team and help out at the new Upton Community Center. There are a number of volunteer opportunities available with flexible hours and different levels of commitment.

Examples of available opportunities:

Community Center greeters, newsletter assistance, confirmation phone calls, assistance with event room set-up/break-down, event photographers, assistance with refreshments and/or serving, program leaders, pen-pals or phone-pals. Please inquire with our Senior Center Director at 508-529-4558 if interested.



Transportation Services

Upton Community Center Shuttle: Monday-Friday
Pick-up/Drop off service at Millhaus, Coach Road and Upton residents. Reservations required 24 hours in advance.
8:45-9:00: Pickup at residences and Drop off to UCC
12:00: Pickup and Drop off at residences and UCC
3:00: Pickup at UCC and return to residences

Medical /Errand Transportation: Monday-Thursday
Medical rides will now be available on a limited basis. Transportation for medical rides and other errands will now be available 9:00-12:00 and 1:00-3:00, Monday-Thursday. For ride requests outside of these hours, please refer to Tri-Valley Elder services at 508-949-6640



Weekly Shopping Trip Schedule:

Monday, May 1st at 12:30 pm—
Walmart/Job Lot/Shaw's Loop, Northbridge

Tuesday, May 9th at 12:30 pm—
Hannaford's Supermarket, Uxbridge

Wednesday, May 17th at 9:15 am—
Walmart/Job Lot/Shaw's, Northbridge

Thursday, May 25th at 9:15 am—
Market Basket, Shrewsbury

Card and Game Programs



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!

Mahjong

Wednesdays at 12:30



Calling all Mah-jong players (and would be players!). 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!

Health and Wellness Programs



New! Hearing Aid Cleaning Services

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

Professionals from At Home Hearing Healthcare will now be available at the Upton Community Center to provide monthly hearing aid cleanings as well as hearing assessments. Please call us at 508-529-4558 to inquire and set up an appointment. No fee!

Additional dates include:

June 7th, July 5th, and August 2nd

Podiatrist Appointments

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

Thursday, July 13th, 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.



Nutrition Talk with Wendy Reid

Monday, May 15th at 11:15 am

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

Please bring an item for our Community Center food pantry as a donation for this class.

New! Mindful Eating—6 week Course

Beginning May 16th at 11:00 am

Come and join us for a 6 week course on mindful eating, led by Robin Natanel. This course will help you discover mindful eating habits that will lead you to enjoy and savor food while being in charge of your diet in a judgment-free way!

**This session will run every Tuesday from
May 16th-June 20th.**

Please bring an item for our Community Center food pantry as a donation for this class.



Mindfulness with Robin Natanel

Wednesday, May 17th at 1:00 pm

Join our exercise instructor, Robin Natanel, for a session on healing the body, mind and spirit using meditation and mindfulness techniques.

Please RSVP by Mon. May 15th.

Please bring an item for our Community Center food pantry as a donation for this class.

Blood Pressure Checks

Wednesday, May 24th, 12:30-1:30 pm

Come by the Upton Community Center to meet with our Town Nurse, Trish Parent, for a check-in on your blood pressure and to discuss any health concerns you may have. Blood pressure checks are offered on a monthly basis.

Please RSVP by Tues. May 23rd.



Exercise Programs

New! Chair Yoga

Thursdays at 9:00 am



Come and join us for a new chair yoga class, led by Crystal Lee. This class is great for those with balance or mobility issues, but open to all abilities!

\$3 participation fee due upon arrival.

New! Tai-Chi

Thursdays at 10:15 am

Harvard University says, "This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life." Join Robin Natanel for our new Tai-Chi class, you will be happy you did!



\$3 participation fee due upon arrival.

Strength and Stretch

Monday, Wednesday & Fridays at 10:30 am

Join our exercise instructor, Wendy Reid, for an upbeat exercise to help strengthen and stretch your body to increase mobility and allow for more enjoyable daily activities! **\$3 participation fee due upon arrival.**



Seated Exercise

Tuesdays at 10:00 am

Join our exercise instructor, Robin Natanel, for a seated exercise class every Tuesday!

This is a great class for those with balance or mobility concerns, but open to all abilities.

\$3 participation fee due upon arrival.



Special Programs and Socials



Coffee Hour with Friends

Friday, May 5th at 9:30 am

Come and see the new Upton Community Center and join us for a coffee hour! Grab a friend or meet some new ones here at the center. Complimentary coffee and pastries will be served.

Please RSVP by Thurs. May 4.

Trivia Time

Wednesday, May 10th at 12:15 pm

Library Director, Matthew Bachtold, will be back this month with the ever-so-popular Trivia Time! This month's theme is "Rivers and Landmarks". 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. May 9.



Men's Club Supper

Friday, May 12th at 5:15 pm

Final Men's Club Supper before Summer break

This event will be held at the OLD SENIOR CENTER

Enjoy catching up with friends over dinner as the Men's Club treats you to a delicious summer barbeque with hamburgers and hot dogs! Open to men and women of all ages! No fee, thanks to the generosity of the Men's Club.

Please RSVP by Fri. May 5.

Afternoon Movie

Monday, May 15th at 12:30 pm



Join us for a Monday Matinee at the UCC for a showing of the new movie *The Lost City* (2022), starring Sandra Bullock and Channing Tatum. *The Lost City* is the story of a romance novelist who lands on a jungle adventure with her cover model after she's abducted by an eccentric billionaire in search of a lost treasure. Join us to see what it's all about!

Please RSVP by Fri. May 12th.



Elder Law Presentation

Tuesday, May 16th at 1:00 pm

Join Attorney George Pember for an Elder Law Education Program. Topics may include, veteran benefits, protection of home and assets, power of attorney and healthcare proxies, reverse mortgages, estates, medicare/medicaid changes and alternatives to nursing home care. This event is free of charge and generously sponsored by the Massachusetts Bar Association. **A donation to the Upton Food Pantry is appreciated. Please RSVP by Mon. May 15th.**

Crafts with Betty

Friday, May 19th at 9:30 am



Betty Brault will be back with another great craft project! Bring your creative minds and you'll be sure to have fun.

No fee. Please RSVP by Fri. May 12.



Musical Performance by Roger Tincknell

Sponsored by the Upton Cultural Council

Tuesday, May 23rd at 1:00 pm

Come on down to the UCC for an Old Time Sing-along! Music will include 40's swing, 50's & 60's pop, musicals, classic country, cowboy yodeling and traditional American folk sing-alongs. This program is free of charge and is supported in-part by a grant from the Upton Cultural Council.

Please RSVP by Fri. May 19th.

Birthday Bash

Wednesday, May 31st at 12:30 pm



Join us for pizza, cake and ice cream in celebration of May's Birthdays!

This event is free for those with a birthday this month.

A \$3 fee is due for others.

Please RSVP by Fri. May 26th.

SOCIAL SERVICES CORNER

Mass Health Renewal Mailings

As of April 1st, MassHealth began their redetermination process for eligibility. Over the course of the next year, MassHealth recipients will receive communication from MassHealth directly about renewing their insurance coverage. These mailings have deadlines involved, in which you need to respond by, or you will risk losing your coverage. Please contact Katie San Clemente, the Social Services Coordinator, at 508-529-4558 if you have any questions or need assistance with your renewal application.

SMOC Fuel Assistance

Fuel Assistance season has ended as of April 30th. All communication about your application will be received via mail. Please contact the Social Services Coordinator with any questions regarding your application.

SNAP Food Stamp Updates

Massachusetts Governor, Maura Healey, recently signed a bill to extend food stamp benefits due to the loss of the emergency COVID-19 extra snap payments. Previously, SNAP eligible residents were receiving an emergency SNAP payment on top of their regular monthly payment. This emergency allotment ended as of March 2nd. This new Massachusetts bill will provide recipients equal to 40% of the previous emergency allotment over the course of the next 3 months. Please contact our office at 508-529-4558 if you have any questions about changes in your SNAP benefits.

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

Annual Town Meeting & Town Election

The Annual Town Meeting is Thursday, May 4th at 7 pm in the auditorium at Nipmuc High School, 90 Pleasant St.

The Annual Town Election is Tuesday, May 9th from 7 am to 8 pm at the Nipmuc HS gymnasium. Voter registration and Vote by Mail information is available on the town website www.uptonma.gov or please call the Town Clerk's office for more information at 508-529-3565.

2023 Upton Census—2nd Mailing

The 2023 Upton Census Forms were mailed to all households in January. A second notice was mailed in April to all households that did not return the first mailing. Please review and return by **May 31st**. Forms can be returned 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. Please contact the Clerk's office if you have any questions.



2023 Sheriff's Annual Senior Picnic

Saturday, June 10th, 11am-1pm

Join the Worcester County Sheriff's Department for their **FREE** annual picnic! Located at Sac Park—

438 Lake Street, Shrewsbury. The picnic includes a BBQ meal, organic produce, giveaways and a raffle bonanza.

Attendees must register by Fri, May 19th via email at nydia@worcestercountysheriff.org or by phone at 508-796-2638 with name, phone # and address.

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thursday, May 18th 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.

Can you find the basket of flowers?

Congratulations to **Norman "Buzzy" Mason** who reported the new Community Center address and won our drawing for the month of March!

We have hidden a basket of flowers in honor of May Day in this month's newsletter. If you have found the basket of flowers, please call us at 508-529-4558 and let us know to be entered to win a prize!



May 2023



Mon

Tue

Wed

Thu

Fri

1 12:30 Shopping Trip 10:30 Strength and Stretch	2 10:00 Seated Exercise 12:30 Hand and Foot Card Game	3 10:30-12:00—Hearing Aide Cleaning 10:30 Strength and Stretch 12:30 Mahjong	4 8:30-12:30—Podiatrist Appointments 9:00 NEW! Chair Yoga 10:15 NEW! Tai-Chi 10:00 Knit/Crochet Group 1:00 BINGO	5 9:30 Coffee Hour 10:00 Facebook Fri. 10:30 Strength and Stretch
8 10:30 Strength and Stretch 1:00 COA Board Meeting	9 10:00 Seated Exercise 12:30 Shopping Trip 12:30 Hand and Foot Card Game	10 10:30 Strength and Stretch 12:15 Trivia Time 12:30 Mahjong	11 9:00 NEW! Chair Yoga 10:15 NEW! Tai-Chi 10:00 Knit/Crochet Group 1:00 BINGO	12 10:00 Facebook Fri. 10:30 Strength and Stretch 5:15 Men's Club Supper (At 2 Farm Street)
15 10:30 Strength and Stretch 11:15 Nutrition Talk with Wendy 12:30 Afternoon Movie	16 10:00 Seated Exercise 11:00 Mindful Eating Session 1 of 6 12:30 Hand and Foot Card Game 1:00 Elder Law Program	17 9:15 Shopping Trip 10:30 Strength and Stretch 12:30 Mahjong 1:00 Mindfulness with Robin	18 9:00 NEW! Chair Yoga 10:15 NEW! Tai-Chi 10:00 Knit/Crochet Group 1:00 BINGO	19 9:30 Crafts with Betty 10:00 Facebook Fri. 10:30 Strength and Stretch
22 10:30 Strength and Stretch	23 10:00 Seated Exercise 11:00 Mindful Eating Session 2 of 6 12:30 Hand and Foot Card Game 1:00 Old Time Sing-along Concert with Roger Tincknell	24 10:30 Strength and Stretch 12:30 Mahjong 12:30 Blood Pressure Checks	25 9:00 NEW! Chair Yoga 9:15 Shopping Trip 10:15 NEW! Tai-Chi 10:00 Knit/Crochet Group 1:00 BINGO	26 10:00 Facebook Fri. 10:30 Strength and Stretch
29 MEMORIAL DAY Center is closed  No meals served	30 10:00 Seated Exercise 11:00 Mindful Eating Session 3 of 6 12:30 Hand and Foot Card Game	31 10:30 Strength and Stretch 12:30 Mahjong 12:30 Birthday Bash		

Happy Mother's Day!
 Sunday,
 May 14th



May, 2023—Dates to Remember



Check here if you plan to attend !

- May 1 ☐ Shopping Trip—Walmart/Job Lot/Shaw's Loop, 12:30 pm
- May 3 ☐ Hearing Aide Cleaning with At Home Hearing Healthcare, 10:30-12:00, by appointment only
- May 4 ☐ Podiatrist Appointments with Dr. Biancomano, 8:30-12:30, by appointment only
- May 5 ☐ Coffee Hour at the new Community Center, 9:30 am
- May 8 ☐ COA Board Meeting, 1:00 pm
- May 9 ☐ Shopping Trip—Hannaford's Supermarket, 12:30 pm
- May 10 ☐ Trivia Time with Upton Library, 12:15 pm
- May 12 ☐ Men's Club Supper, 5:15 pm ***EVENT HELD AT OLD SENIOR CENTER, 2 FARM STREET***
- May 15 ☐ Nutrition Talk with Wendy Reid, 11:15 am
- May 15 ☐ Afternoon Movie, *The Lost City (2022)*, 12:30 pm
- May 16 ☐ Mindful Eating with Robin Natanel, *Session 1 of 6*, 11:00 am
- May 16 ☐ Elder Law Program with Attorney George Pember, 1:00 pm
- May 17 ☐ Shopping Trip—Walmart/Job Lot/Shaw's Loop, 9:15 am
- May 17 ☐ Mindfulness with Robin Natanel, 1:00 pm
- May 19 ☐ Crafts with Betty Brault, 9:30 am
- May 23 ☐ Mindful Eating with Robin Natanel, *Session 2 of 6*, 11:00 am
- May 23 ☐ Musical Performance by Roger Tincknell, *Old Time Sing-Along*, 1:00 pm
- May 24 ☐ Blood Pressure Checks with Upton Town Nurse, 12:30 pm
- May 25 ☐ Shopping Trip—Market Basket, Shrewsbury, 9:15 am
- May 26 ☐ Birthday Bash, 12:30 pm
- May 29 ☐ **CENTER CLOSED—MEMORIAL DAY, no meals served**
- May 30 ☐ Mindful Eating with Robin Natanel, *Session 3 of 6*, 11:00 am



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 #: _____

Where is the hidden basket of flowers? _____

WEEKLY EVENTS AT THE UPTON COMMUNITY 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.....	NEW! Chair Yoga.....	9:00
Every Thursday.....	NEW! Tai-Chi.....	10:15
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO *TO BE HELD AT OLD SENIOR CENTER UNTIL FURTHER NOTICE.	1:00
Every Friday.....	Facebook Friday.....	10:00