



# The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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

## THE UPTON CENTER STAFF

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

Janice Read Nowicki

### **Social Services Coordinator**

Jessica Mauro

### **Department Specialist**

Bernadette Denson

### **COA Assistants**

Deb Saulen  
Karen Varney

### **Drivers**

Jim Earl  
Lori McGann  
John Saulen

### **Nutrition Center Mgr.**

Al Vautour

## COUNCIL ON AGING MEMBERS

### **Chair**

Myra Bigelow

### **Vice Chair**

Josephine McLaughlin

### **Secretary**

Laurie Fantini

### **Members**

Betty Consigli  
Maria Griffin  
Paula Lopore  
Judie Pitts  
Richard Provost  
Grace Wadsworth



## December 2017



The cold temperatures are finally here, which reminds us that the holidays will soon be here too. We have a great line up of festive events planned for you in December. We hope you'll read all the details in our newsletter and plan to take part in the festivities!

And along with the holidays, we will soon be marking the close of yet another year and 2018 will be upon us. I was recently browsing through a list of various holidays online and one in particular caught my eye, which was "Tick Tock Day", on December 29. In looking a bit further into the origin of Tick Tock Day, I came across some background information that I'd like to share with you here.

Tick...Tock...Tick...Tock...This is the sound of the year...slowly slipping away. Every year people look forward to New Year's Eve to establish their New Year's Resolutions, which of course rarely if ever come to pass. But what about the last precious moments still left in the year? Tick Tock Day reminds us just how much can be done in a short amount of time if we truly put our minds to it.

Every moment not spent living life to the fullest is another moment that is gone forever, impossible to reclaim. The celebration of Tick Tock Day reminds us that the year is almost at an end, and there are things still left to be doing. Don't let the year end with regret—get out there and beat the Tick Tock!

Did you intend to learn a new skill or clean out that closet? All of these things are possible in the last fading moments of the year; don't let them go to waste! Maybe your unfinished work is of a more personal nature. Did you intend to reconcile an old friendship this year? Or mend an old rift between you and a family member? Maybe you finally wanted to take a moment to set something right and just never found the time. That time is Tick Tock Day! Wouldn't it be nice to start the next year with a clear head and a clean heart? We all have regrets of things we wish we had done that remained unfinished or that we consider to be missed opportunities. So long as you still draw breath there is still time to accomplish the things you wish to do with your life. Don't let the idea that it's 'too late' get into your head. Tick Tock Day reminds you not to leave behind a year of regret!

With that in mind, we hope you'll join us at our "Tick Tock Day New Year's Social" on Friday, December 29 at 12:30 to celebrate your many accomplishments in 2017, and to ring in another great year!

On behalf of the COA Staff, we wish you Happy Holidays and a Happy New Year to all!

Janice



## Great Gift Idea for Local Seniors... SENIOR CENTER BUCKS!



Looking for a practical gift for the Seniors you know in town? Why not treat them to some "Upton Center Bucks" which can be used for any activity with a fee at the Upton Center, such as a van ride, pizza & cake at our monthly Birthday Bash, Bingo cards, or lunch at the Center? Our bucks are available in any denomination. Call 508-529-4558 or stop by for more information.

The Upton Center will be closed Monday, December 25 for the Christmas Holiday and Monday, January 1 for New Year's Day.

## 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\*. Destinations may change due to medical appts.*

Monday, December 4 at 1:00—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

Thursday, December 7 at 9:00—Market Basket, Oxford

Friday, December 15 at 1:00—Price Chopper, Hopkinton

Tues., Dec. 19 at 12:30—Christmas Tree Shop, Shrewsbury

Wednesday, December 20 at 9:00—Market Basket, Hudson

Thursday, December 28 at 9:00—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge



## Tree Trimming Party with Piano Music

Friday, December 1 at 12:30

Join us for some holiday cheer as we deck the halls and decorate the Upton Center Christmas tree! Upton resident Ann Perkins will be here to play Christmas music on our piano as we decorate. Light refreshments will be served; no fee. Please call to register.

## Craft Time with Betty

Tuesday, December 5 at 10:00

Join volunteer Betty Brault to make a beautiful ornament for Christmas. She always has something creative in store for you! Please call the Center to register. No fee.



## SHINE Appointments

Wednesday, Dec. 6 & Wednesday, Dec. 20, 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. SHINE = Serving the Health Insurance Needs of Everyone.



## Holiday Concert at Mechanics Hall

Wednesday, December 6 at 12:00

Join us for a Brown Bag Holiday Concert at Mechanics Hall in Worcester. The New England Conservatory Symphonic Winds & Chamber Singers will be joined by the U.S. Navy Band Northeast, a 35-musician ensemble, to serve up plenty of holiday cheer. The performance is free; it starts at 12 and ends at 1:00. Bring your own "brown bag" lunch or purchase one at the Hall while they last. Please call the Upton Center to register if you'd like a ride on our van (\$4 roundtrip); space is limited. **Van will depart the Center at 11:00.**



## Reiki Hands on Healing

Thursday, December 7 at 11:00

Join Robin for a discussion and demonstration of Reiki, a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us. Robin will also be here for one of her Mindfulness & Meditation sessions on Friday, December 15 at 10:00. Please call to register for Robin's sessions. No fee.



## Friends of Rachel BVT Dinner

Thursday, December 7 — 4:45 Departure/5:00 Dinner

Attend an all you can eat buffet (pot roast dinner, dessert & beverage) at BVT High School to benefit Shriner's Hospital. Please **RSVP by December 4** and let us know if you need a free ride on our van. We will reserve a 5 pm seating. Tickets are \$15 at the door. Van departs Millhaus at 4:45 and Coach Rd. at 4:50.

## CHRISTMAS PARTY

FRIDAY, DECEMBER 8



10:00 Holiday Social

10:30 Yankee Swap



12:00 Holiday Potato Bar

1:00 Paul Lamoureux Sings

Join us for a day of holiday fun! We'll start with a Holiday Social at 10. Enjoy coffee and donuts and holiday cheer. Next we'll enjoy the annual Yankee Swap gift exchange! If you'd like to participate, just bring along a new, wrapped gift valued at about \$10. Each player picks a number from a hat to determine the order for picking a gift, and then the swapping begins! At Noon we'll enjoy a delicious Holiday Potato Bar with all the fixings. And at 1:00 Paul Lamoureux returns to entertain us with holiday songs you'll all remember. Don't miss this chance to gather for a festive afternoon with friends to get you in the holiday spirit! Please call the Center to register for any or all parts of the day's events!



## Computer Workshops

Fri., Dec. 15 and Thurs., Dec. 21, 11:30—12:30

Nipmuc students will be here for more informative technology sessions. The students are open to answering any technology questions you have so bring your iPads, laptops, phones, etc., and take advantage of this great resource! We will also continue with our computer time with our volunteer Paula on Wednesdays from 9-10. Stop by!

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).

**REMINDER:** We may need to cancel programs due to severe weather; please call ahead if weather is questionable.



## Birthday Bash with Holiday Oldies by Rockin' Ralph

Monday, December 11 at 12:45



Come enjoy pizza, cake and ice cream in celebration of this month's birthdays! The event is free for those with December birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" will be back to spin some Holiday oldies (thanks Ralph!). Please call to RSVP.



## Trinity Big Band

Tuesday, December 12 at 12:30

Join us for the big band music of the ever popular Trinity Big Band. They'll have you dancing in the aisles! Light refreshments will be served. No fee but the Band will accept any donations you'd care to make. Please call to register.



## Holiday Movie & Hot Cocoa

Wednesday, December 13 at 12:30

Come enjoy a holiday comedy: The Santa Clause (rated PG). Tim Allen stars as Scott Calvin, a man distressed to learn that his son doesn't believe in Santa. A noise on the roof on Christmas Eve changes all that as Tim learns he is next in line to be Santa due to a legal technicality known as "the Santa clause." Plenty of laughs and Christmas spirit follow for all. Join us!



## BVT Salon Visit

Friday, December 15 at 9:00

Treat yourself to some pampering at the Salon at BVT. Choose from their 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 December 11 to reserve a time and let us know if you need a ride for \$1.



## Games with Upton Girl Scouts

Friday, December 15 at 4:00

Fourth grade girls from a local scouting troop would like to come spread some holiday cheer at the Upton Center! Join them for some fun and games and a snack. Please join them for this fun event! No fee. Please call the Center to register.

## Men's Club Supper

Friday, December 15 at 5:30

Join us for a delicious meal and a great chance to catch up with friends. This month they'll serve chicken pot pies. Remember—it's for ALL seniors, not just the men! No fee. Please call the Center to register. Thank you Men's Club!



## Senator Moore's Office Hours

Monday, December 18, 9:00—10:00

Senator Moore's office will hold office hours here at the Center. Stop by to discuss your concerns.



## Miscoe Carolers Visit the Center

Tuesday, December 19 at 9:45

Join us for this fun and festive tradition as Miscoe Hill School's Chorus comes caroling for the holidays! Light refreshments will be served. No fee. Please call to register.



## Memorial Carolers and Holiday Lights Ride

Wed., December 20, 4:45 Carols / 5:45 Ride

Memorial School students will visit to serenade you with holiday carols. Light refreshments will be served. No fee. Please call to register. Afterwards, join us for a ride on our van to marvel at some of the beautiful holiday light displays around town. Please call the Center to register for the caroling and/or lights right. No fee. Space is limited for ride.

## TriValley's Holiday Luncheon



Thursday, December 21 at 11:45

Enjoy TriValley's Holiday luncheon of chicken with sage stuffing at the Center. Please call Al Vautour to register at 508-529-9094. Lunch fee is \$3.



## Holiday Social & Gingerbread Decorating

Friday, December 22 at 9:15

Before you head out for the holiday—join us to share in the spirit of the season! We'll have some fun decorating Gingerbread Men with plenty of tasty supplies on hand. Please call the Center to register. \$1 donation suggested for gingerbread decorating.

## Children Visit for New Year's Soiree



Wednesday, December 27 at 12:30

Children from United Parish have kindly offered to treat us to a New Year's Celebration. Enjoy a fun craft with the kids along with fancy petit hors d'oeuvres to ring in the New Year. Please call the Center to register. No fee.



## Tick Tock Day New Year's Social

Friday, December 29 at 12:30

The last moments of 2017 are ticking away! So what better time than today to gather with friends and ring in the New Year! Please call the Center to register. No fee.



## Healthy Mind & Body

Tai Chi—Mondays at 1:00—\$3

ZENgevity—Mondays at 4:00—No fee

Strength & Stretch - Wed., Dec. 27 only at 10:00—\$3

Blood Pressure Checks—Wed., Dec. 27 at 12:30

Mindfulness & Meditation—Fri., Dec. 15 at 10:00



## JESSICA'S SOCIAL SERVICES CORNER

### SMOC Fuel Assistance

The Fuel Assistance program helps income eligible households pay a portion of their heating costs. If your GROSS income falls within the limits shown below, you may be eligible for assistance. You may also qualify for electricity discounts and weatherization programs. The guidelines are:

| <u>Household Size</u> | <u>Maximum Gross Income</u> |
|-----------------------|-----------------------------|
| 1                     | \$34,380                    |
| 2                     | \$44,958                    |
| 3                     | \$55,537                    |
| 4                     | \$66,115                    |
| 5                     | \$76,693                    |
| 6                     | \$87,272                    |



For more information please contact Jessica at the Upton Center (508-529-4558). If you would like to speak to SMOC directly, they can be reached at 1-800-286-6776.



### Medicare Open Enrollment

Don't forget—Medicare Open Enrollment 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 are considering making changes to your Medicare Insurance or have questions regarding your Medicare, please call the Center at 508-529-4558 as soon as possible 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. And even after December 7, please call with any inquiries as certain options may still be available to you.



### RSVP Senior Fraud Helpline

Have you fallen for a costly scam, received calls requesting personal info. or money, or received anonymous threatening calls? If so or if you have any fraud related questions, give the RSVP Volunteers a call at 800-297-9760. Their Fraud Helpline is a resource for seniors in Worcester county.



### 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:

- Small, unwrapped gifts or gift cards for holiday prizes.
- Scissors & disinfecting hand wipes for craft time.
- Frosting, sprinkles and holiday candies for decorating gingerbread men..



## COMMUNITY CORNER

### Flu Shots

Flu shots are available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call ahead to schedule an appointment at 508-529-3110.

### St. Gabriel's Christmas Fair

St. Gabriel's Parish will hold its traditional Christmas Fair Saturday, **December 2** from 9 a.m. to 3 p.m. The fair features fresh balsam wreaths, indoor plants, Christmas crafts and decorations along with attic treasures, gifts, knit and crocheted items and many raffles. Lunch will be available along with baked goods to go. Pictures with Santa are available from 9-11 a.m.

### United Parish Holiday Bazaar

Visit United Parish in Upton for the annual Holiday Bazaar from 10—3 on Sat., **December 2**. Vendors, craft sale, raffles, and photos with Santa. Gingerbread contest and lunch available. Proceeds benefit United Parish Early Learning Center.

### Community Breakfast in Sutton

The Holy Spirit Episcopal Church's monthly Community Breakfast will be held Friday, **December 8** from 8-9 a.m. at 3 Pleasant St. in Sutton. All are welcome. Suggested donation is \$5. For more information call Cyndy at 508-529-4437.

### Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community Supper on **Thursday, December 21 at 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee but donations are appreciated.

### Sleigh Bells Swing Holiday Show & Lunch

Join the Northbridge Seniors **December 6th** for a trip to the Danversport Yacht Club for a delicious lunch and their "Sleigh Bells Swing" show featuring jazz and cabaret singer Krisanthi Pappas. Tickets are \$81 which includes transportation, lunch, gratuities and show. Contact Jeannine at the Northbridge Senior Center at 508-234-2002 for details.

### Elder Affairs Officer

The Upton Police Department will be holding office hours at the Upton Center as needed. Please call the Center to set up a time to speak with an Officer.

### Where's the Holly?!

Congratulations to **Peggy Ivey** who was our lucky winner for finding our hidden drumstick last month. This time we've hidden some Christmas holly. Can you find it?...Call the Center if you do and be entered to win a prize!

# December 2017

| Mon   | Tue  | Wed  | Thu   | Fri   |
|---|--|--|---|---|
|    | <h1>Happy Holidays!</h1>   |  |    | 1<br>12:30 Tree Trimming Party with Piano Christmas Music<br>Lasagna  |
| 4<br>10:30 COA Meeting<br>1:00 Shopping Trip*<br>1:00 Tai Chi<br>4:00 ZENgevity<br><br>Sesame Beef  | 5<br>10:00 Card Players Group<br>10:00 Craft time with Betty<br>12:30 Wii Games<br><br>Chicken Cacciatore  | 6<br>9:00–12:00 SHINE Appointments<br>9:00–10:00 Computer Class<br>11:00 Library Table<br>11:00 Departure for 12:00–1:00 Concert at Mechanics Hall<br>12:30 Canasta<br><br>Hot Dog   | 7<br>9:00 Shopping Trip*<br>10:00 Knit/Crochet Group<br>11:00 Reiki Healing<br>1:00 BINGO<br>4:45 Departure for 5:00 Friends of Rachel BVT Dinner<br><br>Potato Crunch Fish                                       | 8<br>10:00 Holiday Social<br>10:30 Yankee Swap<br>12:00 Holiday Potato Bar<br>1:00 Paul Lamoureux Sings<br><br>Buttermilk Chicken   |
| 11<br>12:45 Birthday Bash with Holiday Oldies by Rockin' Ralph<br>4:00 ZENgevity<br><br>Chicken Mornay  | 12<br>10:00 Card Players Group<br>12:30 Trinity Big Band<br><br><br>Hanukkah begins at sunset<br><br>Pork Rib-i-que | 13<br>9:00–10:00 Computer Class<br>11:00 Library Table<br>12:30 Canasta<br>12:30 Holiday Movie & Cocoa<br><br>Roast Turkey   | 14<br>10:00 Knit/Crochet Group<br>1:00 BINGO<br><br>Meatloaf  | 15<br>9:00 BVT Salon Visit<br>10:00 Meditation & Mindfulness<br>11:30 Computer Workshop by Nipmuc Students<br>1:00 Shopping Trip*<br>4:00 Fun & Games with Girl Scouts<br>5:30 Men's Club Supper<br>Macaroni & Cheese |
| 18<br>9:00–10:00 Senator Moore's Office Hours<br>1:00 Tai Chi<br>4:00 ZENgevity<br><br>Swedish Meatballs  | 19<br>9:45 Miseric Carolers<br>10:00 Card Players Group<br>12:30 Wii Games<br>12:30 Shopping Trip*<br><br>Stuffed Pepper   | 20<br>9:00 Shopping Trip*<br>9:00–12:00 SHINE Appointments<br>9:00–10:00 Computer Class<br>11:00 Library Table<br>12:30 Canasta<br>4:45 Memorial School Christmas Carolers Visit<br>5:45 Holiday Lights Ride<br><br>Sloppy Joe | 21<br>10:00–12:00 Podiatrist Appointments<br>10:00 Knit/Crochet Group<br>11:30 Computer Workshop by Nipmuc Students<br>11:45 TriValley's Holiday Luncheon<br>1:00 BINGO<br>Chicken w/Sage<br><br>Catch of the Day | 22<br>9:15 Holiday Social & Gingerbread Men Decorating<br><br>New Year's Eve, Sunday, December 31   |
| 25<br><br>MERRY CHRISTMAS<br>Center is Closed<br>No Meals Served | 26<br>10:00 Card Players Group<br>12:30 Wii Games<br><br>Salisbury Steak   | 27<br>9:00–10:00 Computer Class<br>10:00 Strength & Stretch<br>11:00 Library Table<br>12:30 Canasta<br>12:30 Blood Pressure Checks<br>12:30 United Parish Soiree<br><br>Garlic Herbed  | 28<br>9:00 Shopping Trip*<br>10:00 Knit/Crochet Group<br>1:00 BINGO<br><br>Beef with Pearl  | 29<br>12:30 Tick Tock Day New Year's Social<br><br>Breaded Fish   |

## December, 2017 — Dates to Remember

Check  here if you plan to attend !\*

- Dec 1  Tree Trimming Party with Piano Christmas Music, 12:30
- Dec 4  COA Meeting, 10:30
- Dec 5  Craft time with Betty, 10:00
- Dec 6  SHINE Appointments, 9:00—12:00 (call for appointment)
- Dec 6  Concert at Mechanics Hall, 12:00. Van departs at 11:00. (Do you need a ride? Yes  or No )
- Dec 7  Shopping Trip—Market Basket, Oxford, 9:00
- Dec 7  Reiki Healing Demonstration, 11:00
- Dec 7  Depart at 4:45 for 5:00 Friends of Rachel BVT Dinner (Do you need a ride? Yes  or No )
- Dec 8  Holiday Party—Please check all you are attending:
  - 10:00 Social
  - 10:30 Yankee Swap
  - 12:00 Potato Bar
  - 1:00 Singer
- Dec 11  Birthday Bash with Music by Rockin' Ralph, 12:45. Do you have a birthday this month? Yes  or No
- Dec 12  Trinity Big Band, 12:30
- Dec 13  Holiday Movie & Cocoa, 12:30
- Dec 15  BVT Salon, 9:00. Do you need a ride? Yes  or No . What service do you want? \_\_\_\_\_
- Dec 15  Meditation & Mindfulness, 10:00
- Dec 15  Computer Workshop by Nipmuc Students, 11:30
- Dec 15  Shopping Trip—Price Chopper, Hopkinton, 1:00.
- Dec 15  Fun & Games with the Girl Scouts, 4:00
- Dec 15  Men's Club Supper, 5:30
- Dec 18  Senator Moore's Office Hours, 9:00—10:00
- Dec 19  Miscoe Carolers Visit, 9:45
- Dec 19  Shopping Trip—Christmas Tree Shop, Shrewsbury, 12:30.
- Dec 20  Shopping Trip—Market Basket, Hudson, Hudson, 9:00.
- Dec 20  SHINE Appointments, 9:00—12:00 (call for appointment)
- Dec 20  Memorial School Christmas Carolers Visit, 4:45
- Dec 20  Holiday Lights Ride, 5:45
- Dec 21  Computer Workshop by Nipmuc Students, 11:30
- Dec 21  TriValley's Holiday Luncheon, 11:45
- Dec 22  Holiday Social, 9:15. Do you want to decorate a gingerbread man? Yes  or No
- Dec 25  MERRY CHRISTMAS!! Center is closed; no meals are served.
- Dec 27  Blood Pressure Checks, 12:30
- Dec 27  United Parish Soiree, 12:30
- Dec 28  Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge, 9:00
- Dec 29  Tick Tock Day New Year's Social, 12:30



Please call the Upton Center at  
**508-529-4558** to register for  
 rides and programs. Hours are  
 Mon.—Fri., 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!**

**Name:** \_\_\_\_\_

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

### WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday ..... Tai Chi (**No class Dec. 11**) ..... 1:00
- Every Monday ..... ZENgevity ..... 4:00
- Every Tuesday ..... Card Players Group ..... 10:00
- Every Tuesday ..... Wii Games (No Wii Dec 12) ..... 12:30
- Every Wednesday ..... Computer Class ..... 9:00
- Every Wednesday ..... Strength & Stretch (**No class Dec. 6, 13 or 20**) ..... 10:00
- Every Wednesday ..... Library Table ..... 11:00
- Every Wednesday ..... Canasta ..... 12:30
- Every Thursday ..... Knit/Crochet Group ..... 10:00
- Every Thursday ..... BINGO ..... 1:00