



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

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January 2018

On behalf of the COA Staff, we wish you Happy Holidays and a Happy New Year to all! We can't head into 2018 without taking stock of the past year and all the wonderful contributions so many of you have made to our Center. Our many events and programs simply would not be possible without your help. In particular, we are very appreciative of the people in our community who have helped to add some special holiday magic for our seniors this holiday season.

Thanks to **Senator Moore** for sponsoring the delicious potato bar at our recent Christmas Party, and to **Representative Muradian** for providing the festive entertainment. We all enjoyed celebrating the season with the songs of **Paul Lamoureux**!

Thank you to **Upton Cub Scout Den 2** for making the evergreen centerpieces that decorated our tables at the end of December. They were just beautiful!

Many thanks to **Girl Scout Troop 64528** for visiting the Center to play games with our seniors, share a snack, and spread some holiday cheer. You brought many smiles to our seniors!

Thank you to **Marie Young** for the beautiful crochet items she donated as a gift for our Meals on Wheels recipients. They were much appreciated.

Many thanks to the **children from United Parish** who organized a New Year's Masked Soiree for our seniors in order to help them usher in the New Year. What fun!

So many kind people in our community gave of their time and talents throughout December. Resident **Ann Perkins** came and played us a festive round of Christmas carols as we trimmed the trees here at the Center. And the **Miscoe Hill School Chorus** and the **Memorial Elementary School students and families** came to carol here at the Center. Your musical talents added a special sparkle to our holidays!

We also want to extend a special thanks to the many community groups who donated so generously to our seniors over the holidays. Thank you to the Saint Gabriel's YNIA group for the generous donation of baked goods and to the **Upton Bloomer Girls, Saint Gabriel's Church** giving tree program, **Upton Men's Club**, and **Unibank** for providing generous donations and gifts for our seniors in need. A special thanks goes to the **Salvation Army** for their generous donation of gift cards. We are so appreciative of your generosity and wish you ALL a very Happy New Year!



Please note our holiday hours:

Monday, January 1—Closed for New Year's Holiday
Monday, January 15—Closed for Martin Luther King Jr. Day

Happy New Year!



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.*

Friday, January 5 at 9:00—Market Basket, Oxford

Tuesday, January 9 at 12:30—Price Chopper, Hopkinton

Wednesday, January 10 at 9:00—Walmart, Northbridge

Wednesday, January 17 at 9:00—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Monday, January 22 at 12:30—Market Basket, Hudson

Tuesday, January 23 at 12:30—Walmart, Northbridge

Wednesday, January 31 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge



Afternoon Movie

Wednesday, January 3 at 12:30

Come enjoy The Maiden Heist (rated PG-13). Christopher Walken, William Macey and Morgan Freeman star in this comedy centered on three museum security guards who devise a plan to steal back the artworks to which they have become attached after they are transferred to another museum. Join us!



Meditation & Mindfulness

Friday, Jan. 5 and Friday, Jan. 19, 10:00—11:00

Join us for a casual discussion and enjoy the experience of being present right here, right now. Learn about the many health benefits of meditation and living a mindful life. Learn how to let go of anxiety, struggle, feelings of depression, and constant worry and see things in a new light. Please call to sign up. No fee.



Afternoon Social at Millhaus

Friday, January 5, 1:00—2:00

The Millhaus residents will host a Coffee Social in the Millhaus lobby. Please call the Center to RSVP. If you'd like to help with set up or contribute a baked good, please let us know that as well. No fee.

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.

SHINE Appointments

Wednesday, January 10, 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.



Family Forum

Wednesday, January 10 at 12:30

Join us for an informative session that will provide information on Worcester Probate & Family Court resources, as well as an overview of how to probate an estate, wills, guardianships, and more. This free session is being brought to you by the office of Stephanie Fattman, Register of Probate serving Worcester County. Light snacks and a raffle will be provided. Please call the Center to register.

Pancake Breakfast

Friday, January 12 at 9:15



Town Manager Derek Brindisi and Fire Chief Goodale will be here to cook you a fantastic hot breakfast. Don't miss it! Please call to register. Fee is \$3. We hope you'll join us afterwards for a talk on Healthy Living (see details below).



Healthy Living for Your Brain and Body

Friday, January 12 at 10:00

There's nothing we can do to stop the clock. But lifestyle choices can impact the aging process tremendously. A representative of the **Alzheimer's Association** will be here to share tips from the latest research in this area. Learn the latest facts in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Use hands on tools to develop a plan for healthy aging. Please call to register and consider joining us for pancakes first (details above).



Computer Workshops

Friday, January 12 at 11:30

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!

Representative Muradian's Office Hours

Friday, January 12, 12:00—1:00



Representative Muradian's office will hold office hours here at the Center to discuss your concerns. Stop by with your questions!

Food Trivia

Wednesday, January 17 at 12:30



Calling all foodies—here's your chance to test your knowledge of FOOD! The Upton Library staff will be here to share some fascinating food trivia. Let's see who will be crowned foodie champ! Light refreshments will be served. No fee. Please call to register.



Belly Dancing Demonstration

Friday, January 19, 12:30

Come meet the Silver Moon Gypsies, a group of ladies ranging in age from 63 to 84, for an introduction to belly dancing! The group will perform an hour long show consisting of a half hour of troupe dancing and half hour of solos. In between, Gypsy gets the audience in the act with a mini lesson that is fun and engaging for all. Come try something new or just watch! Light refreshments will be served. No fee.

Men's Club Supper

Friday, January 19 at 5:30

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



Lunch Trip to Janet's Hilltop Restaurant

Wednesday, January 24 at 11:30

Let's head to the Hilltop in Grafton for a delicious lunch with friends. Please call the Center to register and let us know if you need a ride.



BVT Charity Dinner

Thursday, January 25: 4:45 Departure/5:00 Dinner

For the past seven years, BVT's Friends of Rachel Club and Culinary Arts program have teamed up to host monthly fund-raising dinners to benefit several charities. Beginning in January, the Culinary Arts program has a new partner: the BVT SkillsUSA chapter. They'll still provide a delicious monthly dinner to benefit a range of charities, at the same price: \$15 at the door. This month's all you can eat buffet consists of roast pork dinner, dessert and beverage. Please **RSVP to the Upton Center by January 19** and let us know if you need a free ride on our van. We will reserve a 5pm seating. Van departs Millhaus at 4:45 and Coach Rd. at 4:50.



BVT Salon Visit

Friday, January 26 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 January 19** to reserve a time and let us know if you need a ride for \$1.



Birthday Bash

with Music by Rockin' Ralph



Friday, January 26 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's birthdays! The event is free for those with January birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" will be back to spin some oldies (thanks Ralph!). Please call to RSVP. And thank you to Liberty Adult Health for providing a delicious chocolate cake in honor of "Chocolate Cake Day"!

Continental Breakfast

Monday, January 29, 9:30



Join us for continental breakfast with friends. Please call to register. Fee is \$1. Please plan to stay afterwards for the Safety Presentation by BVT's Health Services Students (see details below).



Safety Presentation

by BVT's



Health Services Students

Monday, January 29 at 10:00

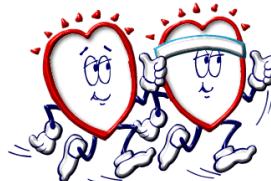
Students from BVT's Health Services program will be here to provide a great overview of a wide range of safety topics, including: general emergencies in the home, fire safety, outdoor safety, elder abuse and road safety. Come hear what these hard working students have to say! Please call to register and consider joining us for continental breakfast before hand (see details above).



Craft Time with Betty

Tuesday, January 30 at 12:30

Join volunteer Betty Brault for another fun craft. She always has something creative in store for you! 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 - Wednesdays at 10:00—\$3

Blood Pressure Checks—Wed., Jan. 31 at 12:30

Mindfulness & Meditation—Fri., Jan. 5 & Fri., Jan. 19 from 10:00—11:00—No fee.



JESSICA'S SOCIAL SERVICES CORNER

Five Ways to Stick with Your New Year's Resolutions in 2018

- ◆ Clearly define goals
- ◆ Set check points
- ◆ Keep calendar with reminders
- ◆ Allow for flexibility
- ◆ Have an accountability partner.



YOU CAN DO IT!!!

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:

Household Size	Maximum Gross Income
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 Enrollment

Medicare Open Enrollment ended December 7th. If you still have questions, please call the Center at 508-529-2343 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. 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.

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.

Grafton Historical Society

Historian Thomas Keller will present a program on Taverns and Tavern Life in Early New England at the Grafton Community Barn, 37 Wheeler Rd. in North Grafton, on Sunday, **January 7** at 2:00. The cost is \$5 for this program, presented by the Grafton Historical Society. For information call 508-839-0000 or email gratonmahistory@gmail.com

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community Supper on **Thursday, January 18 at 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee but donations are appreciated.

Talking Information Center Network

Do you have difficulty reading or holding books and newspapers? The Talking Information Center Network (TIC) is a radio reading service that provides around the clock programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, periodicals and other information about state programs and events. Here are 4 ways to listen:

- Call TIC at 781-834-4400 to order a radio receiver.
- Listen by telephone: Call 712-832-7025
- Listen via website: www.ticnetwork.org
- Download the free app on your phone.

For more info., visit www.ticnetwork.org or 781-834-4400.

Wish List

We are in need of the following at the Center:

- Scissors & disinfecting hand wipes for craft time.
- Disposable 5 oz. cups, bowls and napkins.

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 Sled?

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

JANUARY





January 2018



Mon	Tue	Wed	Thu	Fri
1 NEW YEAR'S DAY Center is Closed No Meals Served 	2 10:00 Card Players Group 12:30 Wii Games Hoppin' John	3 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Afternoon Movie American Chop Suey	4 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pesto	5 9:00 Shopping Trip* 10:00–11:00 Mindfulness & Meditation 1:00–2:00 Afternoon Social at Millhaus Beef Burgundy
8 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgevity Ranch Chicken	9 10:00 Card Players Group 12:30 Shopping Trip* 12:30 Wii Games Beef w/Onions & Peppers	10 9:00–10:00 Computer Class 9:00 Shopping Trip* 9:00–12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Family Forum Hot Dog	11 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs	12 9:15 Pancake Breakfast 10:00 Healthy Living for Your Brain and Body 11:30 Computer Workshop with Nipmuc Students 12:00–1:00 Rep. Muradian Office Hours Macaroni & Cheese
15 MARTIN LUTHER KING, JR. DAY Center is Closed No Meals Served 	16 10:00 Card Players Group 12:30 Wii Games Greek Chicken	17 9:00–10:00 Computer Class 9:00 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Food Trivia at the Center with the Library Staff Meatloaf w/Gravy	18 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pot Pie	19 10:00–11:00 Mindfulness & Meditation 12:30 Belly Dancing Demonstration 5:30 Men's Club Supper Fish Victor
22 12:30 Shopping Trip* 1:00 Tai Chi 4:00 ZENgevity Beef Stew	23 10:00 Card Players Group 12:30 Shopping Trip* 12:30 Wii Games Vegetable Cheese Bake	24 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to Janet's Hilltop Restaurant 12:30 Canasta Chicken Milano	25 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Departure for 5:00 BVT Charity Dinner Salisbury Steak w/Gravy	26 9:00 BVT Salon Visit 12:45 Birthday Bash with Music by Rockin' Ralph Catch of the Day
29 9:30 Continental Breakfast 10:00 Safety Presentation by BVT Students 1:00 Tai Chi 4:00 ZENgevity Chicken Sausage Jambalaya	30 10:00 Card Players Group 12:30 Craft Time with Betty Meatballs w/Onion Gravy	31 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Shopping Trip* Marinated Pork Loin		

January, 2018 — Dates to Remember

Check here if you plan to attend !

Jan 1 HAPPY NEW YEAR! The Center is Closed; No Meals Served.

Jan 3 Afternoon Movie, 12:30

Jan 5 Shopping Trip—Market Basket, Oxford, 9:00

Jan 5 Mindfulness & Meditation, 10:00—11:00

Jan 5 Afternoon Social at Millhaus, 1:00—2:00. Would you like to help set up? Yes or No
Would you like to contribute a baked good? Yes or No .

Jan 8 COA Meeting, 10:30

Jan 9 Shopping Trip—Price Chopper, Hopkinton, 12:30

Jan 10 Shopping Trip—Walmart, Northbridge, 9:00

Jan 10 SHINE Appointments, 9:00—12:00 (call for appointment)

Jan 10 Family Forum Legal Talk, 12:30

Jan 12 Pancake Breakfast, 9:15

Jan 12 Talk on Healthy Living for Your Brain and Body, 10:00

Jan 12 Computer Workshop with Nipmuc Students, 11:30

Jan 12 Representative Muradian's Office Hours, 12:00—1:00

Jan 15 MARTIN LUTHER KING JR. DAY. The Center is Closed; No Meals Served.

Jan 17 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:00

Jan 17 Food Trivia with the Library Staff, 12:30

Jan 19 Mindfulness & Meditation, 10:00—11:00

Jan 19 Belly Dancing Demonstration, 12:30

Jan 19 Men's Club Supper, 5:30

Jan 22 Shopping Trip—Market Basket, Hudson, 12:30

Jan 23 Shopping Trip—Walmart, Northbridge, 12:30

Jan 24 Lunch Trip to Janet's Hilltop Restaurant, 11:30

Jan 25 BVT Charity Dinner, 5:00. Van departs at 4:45. Do you need a ride? Yes or No .

Jan 26 BVT Salon, 9:00. Do you need a ride? Yes or No . What service do you want? _____.

Jan 26 Birthday Bash with Music by Rockin' Ralph, 12:45. Is your Birthday this month?! Yes or No .

Jan 29 Continental Breakfast, 9:30

Jan 29 Safety Presentation by BVT Health Services Students, 10:00

Jan 30 Craft Time with Betty, 12:30

Jan 31 Blood Pressure Checks, 12:30

Jan 31 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 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 1:00

Every Monday ZENgevity 4:00

Every Tuesday Card Players Group 10:00

Every Tuesday Wii Games (No Wii January 30) 12:30

Every Wednesday Computer Class 9:00

Every Wednesday Strength & Stretch 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