



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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

February 2018



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

John Saulen

Nutrition Center Mgr.

Al Vautour

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We often find inspiration in unexpected places. That was true for many of us who attended the *Silver Moon Gypsies*' belly dancing demonstration here at the Center in January. In case you haven't heard, it was a huge hit! Not only were the dancers entertaining, they were very inspirational and showed us all how belly dancing movements can be a great form of exercise to increase flexibility, balance and core strength. Beyond that though, each of the dancers shared a bit about their background and what inspired them to get involved in this form of dance to begin with. Many of our seniors found their stories very inspirational. So much so, that we have decided to bring Gypsy back to provide belly dancing lessons on Fridays February 9 and 23 at 10 a.m., and then regularly on Fridays beginning in March (see further details inside). All ages and abilities are welcome! Here's just a little bit about each of the dancers who we met in January:

Gypsy is 79 years old and her motto is "keep it moving"! She took her first belly dancing class 42 years ago. She loved it and hoped to find more classes, but at that time there weren't many, so she started teaching classes herself, and she never stopped!

"Jasmine" (Norma) says she is 84 years young and she started belly dancing in her 70's on a dare between her friends. She loves having the power to bring a smile to every face in the audience.

Alida is originally from Moscow. She started belly dancing at the age of 70 and has found that the gracious movements are a great strengthening exercise and provide relaxation, healing and joy.

"Anika" (Anna) is 64 years old. She was a competitive runner and studied ballet and jazz. She later was diagnosed with Multiple Sclerosis. She decided to try one of Gypsy's classes and never turned back. She says belly dancing calms the pain of her MS symptoms. She prides herself in showing others not to dwell on the things you can't do, but rather on the things that you CAN, which can open up a whole new world.

So why not come and see for yourself at Gypsy's February lessons here at the Center? Read on for more details. We hope to see you soon!

Janice

Thank You



We are so appreciative of the many kind donations of time, talent, supplies and funds given to the Center this past month.

Thank you to Ben Burns for the generous donation which was used to purchase some much needed bakeware at the Center.

Thank you to the Hebb family and friends who made numerous donations to the Center in honor of Henry Hebb. We appreciate your kindness at this difficult time.

Thank you to Carolyn Dixon who kindly donated to help seniors participate in more events at the Upton Center.

And finally, thanks to the Upton Men's Club and Police Association for their ongoing contributions to the Center..

The Center will be closed for Presidents' Day on February 19; no meals will be served.

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.*

Wednesday, February 7 at 9:00—Market Basket, Oxford

Thurs., Feb. 8 at 9:00—Christmas Tree Shop, Shrewsbury

Tuesday, February 13 at 9:00—Salvation Army/
Shaw's/Job Lots/Walmart Loop*, Northbridge

Tuesday, February 20 at 9:00—Market Basket, Hudson

Friday, February 23 at 12:30—Walmart, Northbridge

Wednesday, February 28 at 9:00—Salvation Army/
Shaw's/Job Lots/Walmart Loop*, Northbridge

Meditation & Mindfulness

Friday, February 2, 10:00—11:00



Join us for a casual discussion and enjoy the experience of being present here and now. Learn about the many health benefits of meditation and living a mindful life. Please call to sign up. No fee. *This is Robin's last session before moving to Chicago! Good luck Robin—you'll be missed.*



Superbowl Party

Friday, February 2 at 12:30

Come gear up for the big game on Sunday! Wear your Patriots gear and be ready to cheer! Light refreshments will be served. No fee. Please call the Center to register.

Senator Moore's Office Hours

Monday, February 5, 9:00—10:00



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



Farewell Coffee Social for Lori

Tuesday, February 6 at 10:00

Come wish our van driver, Lori McGann, good luck as she moves on to a full-time job elsewhere. We are certainly going to miss her warm smile here at the Center! Come enjoy a cup of coffee and light refreshments as we say our goodbyes. No fee. Please call the Center to register.

SHINE Appointments



Wed. Feb 7 & Wed. Feb 21, 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.



Potluck Valentines Dinner

Thursday, February 8 at 5:00

The potluck dinner is back by popular demand—this time with a Valentines theme! We'll provide the drinks and paper goods. Please call to RSVP and let us know if you plan to bring an appetizer, main dish or dessert to share. We've been a little heavy on desserts lately, so if you can bring an appetizer or dinner item instead, that's great. If you are not able to bring a food item, please plan to donate \$5.



Belly Dancing Class

Friday, Feb. 9 & Friday, Feb. 23, 10:00—11:00

In case you haven't heard—the Silver Moon Gypsies' belly dancing demonstration here at the Center last month was a huge hit! Not only were the dancers entertaining, they were very inspirational and showed us all how belly dancing movements can be a great form of exercise to increase flexibility, balance and core strength. So much so, that we've decided to have Gypsy return to teach hour long classes here at the Center! She'll start with 2 Friday morning sessions in February and move to weekly lessons on Fridays at 10:00 in March! So spread the word and join us. It's for women, men, young and old. All ability levels are welcome. Try something new! Fee is \$3 per class. Please call to RSVP.

Birthday Bash with Music by Rockin' Ralph

Friday, February 9 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's birthdays! The event is free for those with February 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 cake this month!



Fall Prevention Talk

Tuesday, February 13 at 12:30

A Physical Therapist from Platinum Physical Therapy in Milford will be here to provide an informational session on fall prevention for seniors. Come get some tips to keep you safe. Light refreshment will be served. No fee. Please call to register.

Valentines Chocolate Fountain Social

Friday, February 14 at 12:30



Happy Valentines Day!! Join your friends to share some love as you enjoy delicious treats dipped in chocolate. We'll be dressed "in the pink" and we hope you'll be wearing your pink too! \$1 fee. Please call the Center to register.

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).

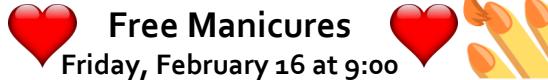
REMINDER: We may need to cancel programs due to severe weather; please call ahead if weather is questionable.



BVT Charity Dinner

Thursday, February 15: Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Roast chicken dinner, dessert & beverage) at BVT High School to benefit a variety of charities. Please **RSVP by February 12** 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.



Free Manicures
Friday, February 16 at 9:00

Treat yourself to a little pampering!! The cosmetology students at BVT will be showing our seniors some love for Valentines again this year by providing free manicures here on site at the Upton Center! This was a very popular event the last two years—so be sure to call and reserve your spot. Thank you BVT!



Tax Appointments

Fridays: Feb. 16 and March 2, 16 & 30, 9:00—1:00

It's that time of year again!....AARP tax preparers will be here to help Seniors prepare their taxes at no charge. Spaces fill fast. Please call the Center to schedule an appointment.



Lunch at Miscoe Hill School

Friday, February 16, 11:00

Our Seniors have been invited to have lunch with students at the Miscoe Hill School in Mendon. The lunch is being organized by the Friends of Rachel group at Miscoe, which focuses on random acts of kindness. Please call the Center to let us know if you can come, and whether you need a ride on our van. Van will depart from the Center at 10:40.



"Love Your Pet Day" Social

Tuesday, February 20 at 12:30

It's "Love Your Pet Day"! What better excuse to get together for a Social with your friends. Bring your pictures of your favorite pets, both current and past, to pay tribute to our many furry friends! Light refreshments will be served. No fee. Please call to register.



Craft Time with Betty

Wednesday, February 21 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.



Breakfast with the Town Manager

Thursday, February 22 at 9:15

Town Manager, Derek Brindisi, will be here to cook you a fantastic hot breakfast. Don't miss it! Derek will give a talk on what's happening in town afterwards, followed by a question and answer session. Come share your concerns and learn more about what's happening in the little town of Upton! Please call to register. Breakfast fee is \$3.



Seniors' Storytime & Craft with Kids

Thursday, February 22 at 10:30

Our seniors have been invited to enjoy some time with the young children in town. Head to the Library for storytime and a craft with the kids. It's bound to be a treat for both young and old. Please call the Center to register and let us know if you need a ride to the library on our van. No fee.

Men's Club Supper

Friday, February 23 at 5:30

Join us for a chance to catch up with friends over a delicious spaghetti supper. Remember—it's for ALL seniors, not just the men! And this month, **bring a friend who hasn't come before and you'll be entered to win a prize!!** No fee. Please call the Center to register. Thank you Men's Club!



Lunch Trip to the Olive Garden

Monday, February 26 at 11:30

Let's head to the Olive Garden in Worcester for some delicious Italian food. Don't forget about the salad and breadsticks! Please call the Center to register and let us know if you need a ride.

Afternoon Movie

Wednesday, February 28 at 12:30



Come enjoy this month's movie: The Battle of the Sexes (Rated PG-13). The electrifying 1973 tennis match between World number one Billie Jean King (Emma Stone) and ex-champ Bobby Riggs (Steve Carell) became the most watched televised sports event of all time. The match sparked a global conversation on gender equality. King and Riggs were on opposite sides, but off-court, each was fighting more personal and complex battles. Join us!



Podiatrist Appointments

Thursday, March 1, 9:45—12:00

Podiatrist Dr. Biancamano will be holding appointments at the Center. Please call the Center to register.



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., Feb. 28 at 12:30

Mindfulness & Meditation—Fri., Feb. 2 at 10:00

Belly Dancing—Friday, Feb. 9 & 23 at 10:00—\$3.



JESSICA'S SOCIAL SERVICES CORNER

Social Services Resources

Just a friendly reminder that our Social Services Coordinator, Jessica Mauro, is available to help you with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. Feel free to call her at 508-529-4558 with any questions. She is here to help Upton residents of ALL ages with their Social Services needs.

SMOC Fuel Assistance



The Fuel Assistance program helps income eligible households pay a portion of their heating costs. The program runs through the end of April. If you need any heating assistance please contact the Upton Center at 508-529-4558 for an appointment to determine eligibility based on income guidelines. You may also qualify for electricity discounts and weatherization programs.



House Numbering Program

In an emergency, every second counts. The Worcester County Sheriff's Office wants to assist emergency personnel in identifying residences that do not currently have a clearly marked number on their home. Their Community Service Department will create a custom wooden sign with your house number, free of charge, to be placed on the front of your home or at the end of the driveway. Application forms and a sample sign are available at the front desk of the Upton Center. If you have questions on the program, please call 508-854-1800, Ext. 2235.

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.



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:

- Walmart gift cards for residents in need.
- Meals on Wheels volunteers—contact Al Vautour at 508-529-9094 if you can help with meal prep. or delivery.



Your generosity is appreciated!

COMMUNITY CORNER



Calling All Knitters

Nipmuc students Lauren O'Brien and Jade Dougherty recently visited the Upton Center to share information on the American Heart Association's *Little Hats Big Hearts* program. Their hope is that every baby born at Milford Regional this February will receive a cozy red hat to raise awareness for the one of the highest birth defects in the United States which is congenital heart disease. Lauren and Jade shared knitting patterns with our knitting group and left plenty of extra patterns here for anyone interested in knitting hats for the project. More details can be found on their website: www2.heart.org/goto/jadeandlauren where you can learn more about them and donate directly to the American Heart Association if you would like.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community Supper on **Thursday, February 15 at 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee but donations are gratefully accepted.

Fire Detector Program

Every home should have working smoke and carbon monoxide detectors to increase your chances of survival. Thanks to a Senior SAFE grant awarded to the Upton Fire Department, the Upton Fire-EMS staff is able to provide and assist with installation of battery powered smoke and carbon monoxide detectors for senior residents of Upton who own their own home. Please contact Bonnie Lopez at 508-529-3421 for more information.

Ice Out Frosty Contest

Take part in the Upton Men's Club's charity fundraiser to benefit the community! "Frosty" the snowman has been placed on Pratt Pond. You can win \$500 by guessing when Frosty will fall through the ice! Purchase tickets for \$10 each (2 guesses per ticket) from a Men's Club member or at www.uptonmensclub.org Tickets must be received 24 hours before the ice-out.

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 Cupid's Heart?

Congratulations to **Betty Consigli** who was our lucky winner for finding our hidden sled last month. This time we've hidden a little heart with cupid's arrow through it. Can you find it?...If so, call the Center and be entered to win a prize!

February 2018

Mon

Tue

Wed

Thu

Fri

			<p>1 10:00 Knit/Crochet Group 1:00 BINGO Fish w/Crumb topping</p>	<p>2 10:00–11:00 Mindfulness & Meditation 12:30 Super Bowl Party! BBQ Chicken</p>
<p>5 9:00–10:00 Senator Moore's Office Hours 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgevity Roast Pork w/Gravy</p>	<p>6 10:00 Farewell Coffee Social for Lori 10:00 Card Players Group 12:30 Wii Games Salmon Boat w/Dill Sauce</p>	<p>7 9:00 Shopping Trip* 9:00–12:00 SHINE Appointments 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Chicken Fajitas</p>	<p>8 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Potluck Valentines Dinner Cold Roast Beef</p>	<p>9 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph Beef & Bean Chili</p>
<p>12 1:00 Tai Chi 4:00 ZENgevity Sesame Beef</p>	<p>13 9:00 Shopping Trip* 10:00 Card Players Group 12:30 Fall Prevention Talk Chicken & Sausage Gumbo</p>	<p>14 VALENTINES DAY 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Valentines Chocolate Fountain Social Lasagna</p>	<p>15 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Departure for 5:00 BVT Charity Dinner Hot Dog</p>	<p>16 9:00 Free Manicures at the Center 9:00–1:00 AARP Tax Appointments 11:00 Senior Lunch at Miscoe Hill School Potato Crunch Fish</p>
<p>19 PRESIDENTS' DAY Center is Closed  No Meals Served</p>	<p>20 9:00 Shopping Trip* 10:00 Card Players Group 12:30 "Love Your Pet Day" Social Sloppy Joe</p>	<p>21 9:00–12:00 SHINE Appointments 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Craft Time with Betty Turkey a La King</p>	<p>22 9:15 Breakfast with Town Manager 10:00 Knit/Crochet Group 10:30 Seniors' Storytime & Craft with Kids at Upton Library 1:00 BINGO Meatloaf w/Beef Gravy</p>	<p>23 10:00 Belly Dancing Class 12:30 Shopping Trip* 5:30 Men's Club Supper Macaroni & Cheese</p>
<p>26 11:30 Lunch Trip to Olive Garden 1:00 Tai Chi 4:00 ZENgevity Swedish Meatballs</p>	<p>27 10:00 Card Players Group 12:30 Wii Games Pork Rib-i-que</p>	<p>28 9:00 Shopping Trip* 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Afternoon Movie Chicken Mornay</p>	<p>March 1... Note: Thursday, March 1: Podiatrist appointments, 9:45–12:00. Please call Center to schedule an appointment.</p>	 * Please see newsletter for details of our shopping trips.

February, 2018 — Dates to Remember

Check here if you plan to attend !

- Feb 2 Mindfulness & Meditation, 10:00—11:00
- Feb 2 Super Bowl Party, 12:30
- Feb 5 Senator Moore's Office Hours, 9:00—10:00
- Feb 5 COA Meeting, 10:30
- Feb 6 Farewell Coffee Social for Lori, 10:00
- Feb 7 Shopping Trip—Market Basket, Oxford, 9:00
- Feb 7 SHINE Appointments, 9:00—12:00 (call for appointment)
- Feb 8 Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:00
- Feb 8 Potluck Valentines Dinner, 5:00
- Feb 9 Belly Dancing Class, 10:00
- Feb 9 Birthday Bash with Music by Rockin' Ralph, 12:45. (Is your Birthday this month?! Yes or No)
- Feb 13 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:00
- Feb 13 Fall Prevention Talk, 12:30
- Feb 14 Valentines Chocolate Fountain Social, 12:30
- Feb 15 Depart at 4:45 for 5:00 BVT Charity Dinner (Do you need a ride? Yes or No)
- Feb 16 Free Manicures at the Center, 9:00
- Feb 16 AARP Tax Appointments , Hourly from 9:00—1:00 (please schedule an individual appointment).
- Feb 16 Senior Lunch at Miscoe Hill School . Van departs at 10:40. (Do you need a ride? Yes or No)
- Feb 19 PRESIDENTS' DAY—Center is Closed; No Meals Served.
- Feb 20 Shopping Trip—Market Basket, Hudson, 9:00
- Feb 20 "Love Your Pet Day" Social, 12:30
- Feb 21 SHINE Appointments, 9:00—12:00 (call for appointment)
- Feb 21 Craft Time with Betty, 12:30
- Feb 22 Breakfast with the Town Manager, 9:15
- Feb 22 Seniors' Storytime and Craft with Kids at Upton Library, 10:30 (Do you need a ride? Yes or No)
- Feb 23 Belly Dancing Class, 10:00
- Feb 23 Shopping Trip—Walmart, Northbridge, 12:30
- Feb 23 Men's Club Supper, 5:30
- Feb 26 Lunch Trip to Olive Garden in Worcester, Depart at 11:30
- Feb 28 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:00
- Feb 28 Blood Pressure Checks, 12:30
- Feb 28 Afternoon Movie, 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 February 13 or 20)..... 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