



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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



THE UPTON CENTER STAFF

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It has been a long, cold winter, but Spring is almost here! Before we bid farewell to Winter, we have received a nice invitation from Brenda Webster's fourth grade class at Memorial School to come in out of the cold for some hearty comfort food at a Community Soup Social. Brenda reached out to the COA to explain that her students had read a book about a soup kitchen and were really impacted by it. They decided they wanted to reach out to people in their own community in a tangible way, so they have organized the free Community Soup Social for Upton's Seniors on **Thursday, March 8th from 5:00—6:30 at the Memorial School cafeteria**. The kids will work with students from BVT High School's culinary program to prepare delicious soups for our Seniors, and the COA will pitch in by providing grilled cheese to go along with the meal. Local town officials and the children's families have been invited as well to share in this evening of fellowship with a special group of kids who are learning from a young age that it's important to reach out to others and do their part. So we hope you'll join us for this special evening. **Please call the Center by March 1st to register and let us know if you need a free ride on our van.**



Community Soup Social

Memorial School's first graders have also invited our Seniors to a **"Bee" Our Guest Breakfast** at Memorial on **Tuesday, March 20 at 9:30**. This is another great opportunity to enjoy a delicious meal and the company of some wonderful young children. There is no fee for the breakfast; please call the Center to register by March 15 and let us know if you need a free ride on our van. Thank you to Christine Horn and the first graders for this kind invitation!

In addition to marking the start of Spring, March is known as **National Professional Social Work Month** which is a time for all of us to stop and appreciate the important contributions our nation's more than 600,000 Social Workers make in our society. This year's theme is "Social Workers: Leaders. Advocates. Champions" Every day our nation's social workers act as advocates, champions and leaders who make our society a better place to live. Social workers are trained to bring people together with others and their communities to find ways to address pressing individual, group and societal problems such as hunger, affordable housing, equal rights for all and making organizations and government accountable. They follow the NASW Code of Ethics, which calls on members of the profession to enhance human well-being and help meet the basic needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty.

Here at the Upton Center, our Social Services Coordinator, Jessica Mauro, is available to help you with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. She leads a ZENgevity music and movement class each Monday afternoon at 4:00 and will also be resuming our healthy talk and walk series as the weather improves. Feel free to call her at 508-529-4558 with any questions. She is here to help Upton residents of ALL ages.

Read on for news on all the events happening here at the Upton Center. We hope to see you!

Janice ❀



Just a friendly reminder to set your clocks ahead on Sunday, March 11 at 2:00 a.m.



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.*

Tuesday, March 6 at 9:00—Market Basket, Oxford

Thurs., March 8 at 9:00—Kohl's, Stop & Shop, new Home Goods & TJ Maxx Loop*, Milford

Wednesday, March 14 at 1:00—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Monday, March 19 at 12:30—Walmart, Northbridge

Thursday, March 22 at 9:00—Market Basket, Hudson

Wednesday, March 28 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Tax Appointments

Fridays: 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 are full at this point. For those of you with appointments, please be sure to pick up the AARP tax intake forms in our office and complete them in advance of your appointment. If you can't make your appointment, please let us know because we have a wait list.

Belly Dancing Class

Fridays at 10:00



Who knew belly dancing at the Center would be such a hit with our Seniors?! We are thrilled. Gypsy will return to teach hour long belly dancing classes here at the Center each Friday at 10:00. So spread the word and join us. Belly dancing movements can be a great form of exercise to increase flexibility, balance and core strength. It's for women, men, young and old. All ability levels are welcome. Try something new! Fee is \$3 per class. Please call to register.



Community Soup Social

Thursday, March 8th, 5:00—6:30 at Memorial School

Brenda Webster's fourth grade class has invited Upton's Seniors to a Community Soup Social at Memorial School! Join the children and their families for some delicious soup and grilled cheese, free of charge. Please see the cover of this newsletter for more details on how this great event came about. Please call the Center by March 1st to register and let us know if you need a free ride on our van. Van will depart the Center at 4:45.

Leprechaun Lunch



Saturday, March 10, 12:30—2:30

Members of Nipmuc High School's Peer Leadership Club have planned a special treat for our seniors for St. Patty's Day. They'll be serving lunch and hosting a dance, so come enjoy a casual gathering with food, games, music, dancing, and even some giveaways! No fee. Please call the Center by March 7 to register.



Birthday Bash

with Music by Rockin' Ralph

Friday, March 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 March birthdays; a donation of \$3 is suggested for others. Following 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!

Senator Moore's Office Hours



Monday, March 12, 9:00—10:00

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



French Toast Breakfast To Benefit TriValley's March for Meals

Tuesday, March 13 at 9:15

Join us at the Center for a delicious French toast breakfast to benefit the March for Meals Campaign. Tri-Valley conducts the March for Meals fundraiser each year to raise funds for the Meals on Wheels program which delivers nutritious meals, visits and safety checks to seniors all year long. So come enjoy a great meal for a great cause! Fee is \$3. Please call the Center to register.

Craft Time with Betty



Tuesday, March 13 at 10:30

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.



SHINE Appointments

Wed. March 14 & Wed., March 28, 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.

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).

Food Trivia

Wednesday, March 14 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.

BVT Charity Dinner



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

Attend an all you can eat buffet (Meatloaf dinner, dessert & beverage) at BVT High School to benefit charities. Please **RSVP by March 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.



BVT Salon Visit

Friday, March 16 at 9:30

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 March 12 to reserve a time** and let us know if you need a ride for \$1.

St. Patty's Day Social with Irish Step Dancing



Friday, March 16 at 12:30

Join us for a St. Patty's Day celebration, complete with a young Irish Step Dancer, Sarah Hurley, who is kindly taking some time out of her school day to come entertain us! Thank you to Sarah and her Mom for arranging to be here. Light refreshments will be served. Please call the Center to register. No fee. And remember to wear your green!



"Bee" Our Guest Breakfast at Memorial School

Tuesday, March 20 at 9:30

Memorial School first graders have invited you to visit their school for a Senior Breakfast. Enjoy delicious food and the company of some great young children. No fee. Please call the Center to register by March 15 and let us know if you need a free ride on our van.



Spring Flower Arranging Class

Tuesday, March 20 at 12:30

What better way to celebrate the first day of Spring than to make your very own floral arrangement with beautiful flowers provided by Kerri Nealley of Upton's Petal & Crumb Florist! If you haven't seen Kerri's work, it's really fantastic. She will create a beautiful sample arrangement just for us, and Millhaus resident Pat Lang has graciously agreed to help lead our class so that you can each take away a beautiful arrangement of your own. Thank you Kerri and Pat! **Fee is \$5. Please call the Center by February 14 to register.**



Afternoon Movie

Friday, March 23 at 12:30

Come enjoy this month's movie: Gifted (rated PG-13), a drama about Frank Adler, a single man raising a child prodigy - his spirited young niece Mary. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother whose plans for her granddaughter threaten to separate Frank and Mary. Please call to let us know if you can join us!

Men's Club Supper

Friday, March 23 at 5:30

Join us for a chance to catch up with friends over a delicious, free dinner. The best part is, you don't have to cook or clean up after, thanks to the Men's Club! Remember—it's for ALL seniors, not just the men! No fee. Please call the Center to register.



Lunch Trip to Dynasty Restaurant

Monday, March 26 at 12:00

Join us for delicious Chinese food in nearby Hopkinton where the lunch time buffet is \$8.95. There are other great lunch options too. Please call the Center to register and let us know if you need a ride on our van.



Dorothy Emino's 100th Birthday Celebration with Trinity Big Band

Tuesday, March 27 at 12:30

Happy 100th Birthday to Upton's resident Dorothy Emino! Whether you know Dorothy or not, we can't let this milestone go by without celebrating so spread the word and please join us for cake, ice cream and some great music by the Trinity Big Band. There is no fee but Trinity Big Band graciously accepts donations. Please call Center to register.



Foxwoods Casino Trip



Wednesday, April 4, 6:45 a.m.—5:30 p.m.

Join Foxy Travel for their daytrip to Foxwoods Casino. Cost is \$22 which includes deluxe motor coach transportation, \$10 food card, and \$10 of slot play. Our van will be available to get you to and from Foxy Travel to join in their trip for an additional \$2 each way. Please call the Center to register. No refunds/transfers within 7 days of trip.



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., March 28 at 12:30

Belly Dancing—Fridays at 10:00—\$3.

JESSICA'S SOCIAL SERVICES CORNER

Six Ways to Eat Well

March is Nutrition Month—so it's a great time to review some healthy eating tips!...

1. *Know what a healthy plate looks like.* See how to build a healthy plate at www.ChooseMyPlate.gov
2. *Look for important nutrients.* Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
3. *Read nutrition labels.* Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
4. *Use recommended servings.* Learn the recommended daily servings for adults aged 60+ at www.heart.org
5. *Stay hydrated.* Water is an important nutrient too! Drink fluids consistently throughout the day.
6. *Stretch your food budget.* Get help paying for healthy food at www.BenefitsCheckUp.org/getSNAP.



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.



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:

- Napkins and 8 oz. cups.
- 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

The Dynamics of Memory & Aging

Hearthstone will present a lively and informative presentation to discuss areas related to cognitive health on Wed., **March 15** from 12:45-1:45 at the Sudbury Senior Center. Topics include strategies for optimizing memory function, types of memory systems, ways to maintain brain vitality and lifestyle choices that support brain health. The event is free; all are welcome.

Community Supper at United Parish

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

Thimble Pleasures Quilt Show

Thimble Pleasures Quilt Guild of Mendon is holding its bi-annual Quilt Show on **March 17 & 18** at BVT High School in Upton. The show features an exhibit of over 200 quilts crafted by their members, a special exhibit of quilts by children, a boutique of hand-crafted gifts and more. A beautiful quilt will be raffled off to benefit Fisher House which is a home away from home for military families. Raffle tickets are available at www.thimblepleasures.org

Genealogy Research Clinics

Genealogy Research Clinics are now being offered by the Upton Historical Society. The **first and third Wednesday of each month**, Seema Kenney is available in the Fay Room of the Knowlton-Risteen Building, from 3 to 6 p.m. to help researchers. No charge; no set topics. Drop in and ask a question, or stay for the three hours. Get instructions or do individual research.

Hospice Volunteers

Salmon VNA is looking for Hospice volunteers to read books, write letters and be friendly visitors. Volunteers allow caregivers some much needed rest and provide social interaction for those who are ill. Training is provided. For more information or to volunteer, call Sydney Champoux, 508-422-1837.

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 Bee?

Congratulations to **Carl Porter** who was our lucky winner for finding our hidden heart last month. This time we've hidden a little bee. Can you find it?...If so, call the Center and be entered to win a prize!

March 2018

Mon

Tue

Wed

Thu

Fri

		*Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register for programs.	1 10:00 Knit/Crochet Group 1:00 BINGO Pot Roast w/Gravy	2 9:00—1:00 AARP Tax Appointments 10:00 Belly Dancing Class Catch of the Day
5 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgevity Roast Turkey	6 9:00 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games Stuffed Pepper Casserole	7 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Garlic Herbed Chicken	8 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00—6:30 Community Soup Social Beef w/Pearl Onions	9 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph Leprechaun Lunch, Sat., March 10, 12:30—2:30  Egg Frittata
12 9:00—10:00 Senator Moore Office Hours 1:00 Tai Chi 4:00 ZENgevity Move Clocks ahead at 2:00 a.m. Sun. Mar. 11 Beef Burgundy	13 9:15 French Toast Breakfast to Benefit March for Meals 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games Hot Dog on Bun	14 9:00—12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Food Trivia at the Center with the Library Staff 1:00 Shopping Trip* American Chop Suey	15 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Departure for 5:00 BVT Charity Dinner St Patty's Day Meal: Corned Beef	16 9:30 Visit BVT Salon 10:00 Belly Dancing Class 9:00—1:00 AARP Tax Appointments 12:30 St. Patty's Day Social with Irish Step Dancer Breaded Fish
19 9:30 Sudoku Lessons 12:30 Shopping Trip* 1:00 Tai Chi 4:00 ZENgevity Ranch Chicken	20 FIRST DAY OF SPRING! 9:30 Bee Our Guest Breakfast at Memorial School 10:00 Card Players Group 12:30 Flower Arranging Class Beef w/Onions & Peppers	21 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Roast Pork w/Gravy	22 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs	23 10:00 Belly Dancing Class 12:30 Afternoon Movie 5:30 Men's Club Supper Macaroni & Cheese
26 12:00 Lunch Trip to Dynasty Restaurant 1:00 Tai Chi 4:00 ZENgevity Greek Chicken	27 10:00 Card Players Group 12:30 Dorothy Emino's 100th Bday Celebration with Trinity Big Band Lasagna	28 9:00—12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Shopping Trip* Meatloaf & Gravy	29 10:00 Knit/Crochet Group 1:00 BINGO Glazed Ham w/ Pineapple	30 GOOD FRIDAY 10:00 Belly Dancing Class 9:00—1:00 AARP Tax Appointments EASTER, Sunday, April 1  Fish Victor

March, 2018 — Dates to Remember

Check  here if you plan to attend !

- Mar 2 _____ AARP Tax Appointments, 9:00—1:00 (Please schedule an individual appointment)
- Mar 2 _____ Belly Dancing Class, 10:00
- Mar 5 _____ COA Meeting, 10:30
- Mar 6 _____ Shopping Trip—Market Basket, Oxford, 9:00
- Mar 8 _____ Shopping Trip—Kohl's, Stop & Shop, new Home Goods & TJ Maxx Loop*, Milford, 9:00
- Mar 8 _____ Community Soup Social, 5:00—6:30. Van Departs 4:45. (Do you need a ride? Yes _____ or No _____)
- Mar 9 _____ Belly Dancing Class, 10:00
- Mar 9 _____ Birthday Bash with Music by Rockin' Ralph, 12:45. (Is your Birthday this month?! Yes _____ or No _____)
- Mar 9 _____ Leprechaun Lunch, 12:30—2:30
- Mar 12 _____ Senator Moore's Office Hours, 9:00—10:00
- Mar 13 _____ French Toast Breakfast to Benefit March for Meals, 9:15
- Mar 13 _____ Craft Time with Betty, 10:30
- Mar 14 _____ SHINE Appointments, 9:00—12:00 (call for appointment)
- Mar 14 _____ Food Trivia at the Center with the Library Staff, 12:30
- Mar 14 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 1:00
- Mar 15 _____ Depart at 4:45 for 5:00 BVT Charity Dinner (Do you need a ride? Yes _____ or No _____)
- Mar 16 _____ BVT Salon, 9:30. (Do you need a ride? Yes _____ or No _____. What service do you want? _____)
- Mar 16 _____ Belly Dancing Class, 10:00
- Mar 16 _____ AARP Tax Appointments, 9:00—1:00 (Please schedule an individual appointment)
- Mar 16 _____ St. Patty's Day Social with Irish Step Dancer, 12:30
- Mar 19 _____ Sudoku Lessons, 9:30
- Mar 19 _____ Shopping Trip—Walmart, Northbridge, 12:30
- Mar 20 _____ "Bee" Our Guest Breakfast at Memorial School, 9:30. (Do you need a ride? Yes _____ or No _____)
- Mar 20 _____ Flower Arranging Class, 12:30 (\$5 fee)
- Mar 22 _____ Shopping Trip—Market Basket, Hudson, 9:00
- Mar 23 _____ Belly Dancing Class, 10:00
- Mar 23 _____ Afternoon Movie: "Gifted"
- Mar 23 _____ Men's Club Supper, 5:30
- Mar 26 _____ Lunch Trip to Dynasty Restaurant, Depart at 12:00
- Mar 27 _____ Dorothy Emينو's 100th Birthday Celebration with Trinity Big Band, 12:30
- Mar 28 _____ SHINE Appointments, 9:00—12:00 (call for appointment)
- Mar 28 _____ Blood Pressure Checks, 12:30
- Mar 28 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 12:30
- Mar 30 _____ Belly Dancing Class, 10:00
- Mar 30 _____ AARP Tax Appointments, 9:00—1:00 (Please schedule an individual appointment)



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 March 20 or 27)	12:30
Every Wednesday	Computer Class (No classes in March)	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