



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

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

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
Margaret Watson



This month we are happy to celebrate Volunteer Appreciation Day. This is a wonderful opportunity for us to say THANK YOU to the many volunteers who help us out in so many ways throughout the year. So please plan to join us for the festivities! Whether you have helped out with Meals on Wheels service, volunteered in the office, called Bingo, donated to our food pantry, made reminder phone calls, decorated the Center, offered to do a craft with our Seniors, folded or distributed our newsletters, served lunch, or helped in some other way, come let us show you our appreciation!!



Our theme this year is "Volunteers: A Gift to the Community". This certainly rings true here at the Center. There's just no way that we could put on as many programs as we do without the help that we receive from so many individuals and organizations in town. So please know that WE APPRECIATE YOU!

To help us show our appreciation—please join us for a Volunteer Celebration on Tuesday, April 10 beginning at 11 a.m. We'll start things off with a Social with light refreshments. Then at noon we'll have a fantastic Pasta Bar luncheon. Volunteers eat for free and guests are asked to donate \$3. Following lunch we have an extra special treat: **Singer Tony Funches** will be here to entertain us with timeless music at its best. If you haven't heard him yet—you're in for a treat! Tony was the longest standing lead singer of The Platters, and he puts on a fantastic show. So please plan to join us!

Janice



We are pleased to welcome our newest COA Board Member, **Margaret Watson**. COA Board Meetings are held the first Monday of each month at 10:30 at the Center. Join us to learn more about your local Council on Aging!



We'd like to extend a special thank you to people who helped brighten our Seniors' days in March. Photos of all these events can be found on our Facebook page.

• Thank you to 16 year old **Sarah Hurley** who entertained our Seniors at this year's St. Patty's Day Social with some phenomenal Irish step dancing. We'd also like to thank visiting senior **Richard McCaffrey** who treated us to an impromptu singing performance of "Oh Danny Boy" and other Irish favorites at the Center. What a treat!



• Many thanks to **Kerri Nealley of Petal & Crumb Florist** and Upton resident **Pat Lang** for providing a floral workshop for our Seniors on the first day of Spring. The arrangements were beautiful!

• And a special thanks to the **Memorial School First Graders and Staff** who invited our Seniors to a wonderful "Bee Our Guest" breakfast. The kids sang to our Seniors and put on a fantastic feast. They even provided them with hand drawn programs, placemats and goodie bags to take away—how sweet! We are so grateful for their kindness.



Please note that the Upton Center will be closed for Patriots' Day on Monday, April 16th. 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.*

Tuesday, April 3 at 9:00—Hannaford's, Uxbridge

Wednesday, April 4 at 12:30—Market Basket, Oxford

Wednesday, April 11 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Thursday, April 19 at 9:00—Market Basket, Hudson

Monday, April 23 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Thurs., April 26 at 9:00—Kohl's, Stop & Shop, new Home Goods & TJ Maxx Loop*, Milford

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.



BVT Charity Dinner

Thursday, April 5: Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Baked fish dinner, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by April 2** 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.

Birthday Bash for March & April Bdays with Music by Rockin' Ralph

Friday, April 6 at 12:45

Our Bday Bash was cancelled in March due to a snow-storm. So come enjoy pizza, cake and ice cream in celebration of BOTH March and April's Bdays this month! The event is free for those with March and April 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.



Senator Moore's Office Hours

Monday, April 9, 9:00—10:00



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

VOLUNTEER APPRECIATION

Tuesday, April 10



Social Hour at 11:00

Join us for cheese and crackers as we kick off our Volunteer Appreciation with a social hour to show our appreciation for the many helpers we have. Please call to register.

Pasta Bar Luncheon at 12:00

Help us show our many volunteers just how much we appreciate them! Join us for our delicious pasta bar luncheon which will include penne, meatballs, sausage, peppers and onions, red and alfredo sauces, chicken strips, broccoli and garlic breadsticks. Free for volunteers; \$3 for guests. Please call the Center at 508-529-4558 to sign up for the meal. And stick around for some great music afterwards!

Singer Tony Funches of the Platters at 1:00

Singer Tony Funches will be back to entertain us with timeless music at its best. It's always a fantastic show! For more than a decade, Tony was the longest standing lead singer of the legendary Hall of Fame music group, The Platters, performing classic hits such as 'Only You,' 'Smoke Gets In Your Eyes,' 'The Great Pretender' and more. He now performs not only the songs of the Platters but many other classics from artists such as The Drifters, Nat King Cole, The Temptations and more. Please call the Center to register. You don't want to miss it! No fee.



SHINE Appointments

Wed., April 11 & Wed., April 25, 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.



Breakfast with the Town Manager

Thursday, April 12 at 9:00

Town Manager, Derek Brindisi, will be back to cook you a fantastic hot breakfast. 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 Upton! Please call to register. Breakfast fee is \$3.



BVT Salon Visit

Friday, April 13 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 April 9 to reserve a time** and let us know if you need a ride for \$1.

Afternoon Movie

Friday, April 13 at 12:30



Come enjoy this month's movie: **The Greatest Showman** (rated PG). Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Please call to let us know if you can join us!

Animal World Experience Show

Tuesday, April 17 at 1:00

Join us for an up close look at some amazing creatures! The mission of Animal World Experience is to provide the funnest, most interactive, and educational animal presentations to audiences of all ages to help people develop respect and awareness for animals of all kinds. It's school vacation week so bring your grandkids! Space is limited so please call to RSVP. Light refreshments will be served. No fee.



The Stupendous Mr. Magichead Magic Show



Wednesday, April 18 at 10:30 at Memorial School

The Upton Town Library has invited us to come and enjoy a fun and engaging magic show that the Stupendous Mr. Magichead will be holding at Memorial School during school vacation week. The show is geared towards the kids but will no doubt be a lot of fun for people of all ages to enjoy. No fee. Seniors—please call to register and let us know if you'd like a free ride on our van. Van will depart the Center at 10:15.



Craft Time with Betty

Tuesday, April 24 at 10:00

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.

Lunch Trip to Three Seasons Restaurant

Tuesday, April 24, Depart Center at 11:15



Join us for a delicious lunch with friends right here in town at the Three Seasons Restaurant at BVT High School. The Three Seasons is a unique learning environment in which Culinary Arts students from BVT operate a full-service kitchen, bake shop, and dining room. There are plenty of great lunch options. Please call the Center to register and let us know if you need a ride on our van.



Stress Relief Talk

Wednesday, April 25 at 12:15

April is Healthcare Awareness month, and one of the many health concerns we'd like you to be aware of is how to cope with stress. Join our Town Nurse, Trish Parent, and our Social Services Coordinator, Jessica, for this important talk to raise your awareness and learn some great stress reducing tips. Light refreshments will be served. No fee. Please call to register. Trish will be doing her regular monthly Blood Pressure checks afterwards as well.



Men's Club Supper

Friday, April 27 at 5:30

Join us for a chance to catch up with friends over a delicious, free dinner, courtesy of the Men's Club! Remember—it's for ALL seniors, not just the men! Last we heard—mac 'n cheese was on the menu. No fee. Please call the Center to register.



BVT Oral Health Program

Monday, April 30 at 10:00

A group of Senior Dental Assisting students from BVT will be here to provide an informative presentation on oral health. Topics will include effects of medication on the mouth, nutrition, the mouth/body connection, periodontal disease, and more. Please call Center to register. Light refreshments will be served. No fee. Thank you BVT!



Annual Police

Spaghetti Supper

Wednesday, May 2 at 5:30

The Upton Police Department will hold its annual Spaghetti Supper for Seniors at the Upton Center once again. It's always a delicious meal! Space is limited. No fee. Please call the Center to register and let us know if you need a free ride on our van. Thank you to our wonderful Police Department!



Podiatrist Visit

Thursday, May 3, 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., March 25 After 12:15 Talk

Belly Dancing—Fridays at 10:00—\$3.

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).



JESSICA'S SOCIAL SERVICES CORNER

Healthcare Decisions

Honoring Choices Massachusetts, a consumer focused non-profit organization supporting the right of every adult to direct their health care choices for quality care, reminds us that April is Healthcare Decisions Month. Every competent adult can make a personal health care plan to direct their care choices. Your personal plan is your road map which tells your family and doctors what's important to you and the kind of care you want. Honoring Choices provides do-it-yourself tools to help you and your loved ones make a plan for the best possible care today and everyday. Visit their website at www.honoringchoicesmass.com, for up-to-date health care planning information, free Massachusetts care planning documents, and handy guides to start a planning discussion with your care providers to match quality care to your goals, values and choices.



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 a.m. 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.



The Savvy Caregiver Program

Tri-Valley Inc. and Elder Services of Worcester is offering a free caregiver program Thursdays, **April 26—May 31 from 1:00—3:00 p.m.** at the Mendon Senior Center (62 Providence St.). Taking care of a person with Alzheimer's or related dementia requires special skills, knowledge and a positive attitude. Learn to take care of you too by becoming an expert in caregiving for someone with Alzheimer's or related dementias. For more details or to register, contact Amy Kent at AWilsonKent@mendonma.gov or 508-478-6175.



Consider a Donation to the COA

The Upton Council on Aging is a Town Department funded by local, state and federal funds, grants and donations. Your donation will assist the COA in providing programs, activities and services for the Upton residents we serve. Checks can be made out to the Upton Council on Aging and sent to: Upton COA, 2 Farm St., Upton, MA 01568.

>Your generosity is appreciated!

COMMUNITY CORNER

Assistive Technology for Hearing Loss

Join the Hearing Loss Association of Central, MA Saturday, **April 7 from 10 am to noon** at Northborough Public Library (34 Main St.) for a free talk on the latest in assistive technology for people with hearing loss. There are times when hearing aids or a cochlear implant may not be enough to help in listening situations. There is hearing technology that can help. Light refreshments will be served.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community Supper on **Thursday, April 19 at 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee but donations are gratefully accepted.

Psychic Gary McKinstry

The Upton Bloomer Girls are sponsoring a return visit from Psychic Gary McKinstry at Upton Town Hall on Friday, **April 13 at 7 pm**. Tickets are \$20 in advance at Shear Excitement or \$25 at the door. Call Upton Town Clerk's office (508-529-3565) or Lori McGann (508-529-7766) for tickets to benefit a good cause.

Trips with the Northbridge Seniors

Join the Northbridge Seniors on one of their upcoming outings:

- **April 12**—“Country Legends” show at Lake Pearl in Wrentham (\$92—includes transportation, lunch, show, tax/gratuity).
- **April 26**—“The Kings & Queens of Country” in Holyoke (\$91—includes transportation, lunch, show, dining taxes/gratuities).
- **May 7**—Edwards Twins Celebrity Impersonators at the Newport Playhouse (\$91 includes transportation, show, buffet lunch, dining taxes/gratuities, driver's gratuity).

Contact Jeannine in Northbridge at 508-234-2002 for more details and to register.

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 Daisy?

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





April 2018

Mon	Tue	Wed	Thu	Fri
2 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgevity  Beef Stew	3 9:00 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games Vegetable Cheese Bake	4 6:45–5:30 Foxwoods Trip 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* Chicken Milano	5 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Depart for 5:00 BVT Charity Dinner Salisbury Steak	6 10:00 Belly Dancing Class 12:45 Birthday Bash for March and April with Music by Rockin' Ralph Breaded Fish
9 9:00–10:00 Senator Moore Office Hours 1:00 Tai Chi 4:00 ZENgevity Chicken Sausage Jambalaya	10 10:00 Card Players Grp. VOLUNTEER APPRECIATION: 11:00 Social Hour 12:00 Volunteer Pasta Bar Lunch 1:00 Singer Tony Funches Meatballs w/Gravy	11 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 Shopping Trip* Marinated Pork Loin	12 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO Chicken Fajitas	13 9:30 Visit BVT Salon 10:00 Belly Dancing Class 12:30 Afternoon Movie Fish w/Crumb Topping
16 PATRIOTS DAY Center is Closed  No Meals Served	17 10:00 Card Players Group 1:00 Animal World Experience Show Salmon Boat w/Dill Sauce	18 9:00–10:00 Computer Class 10:00 Strength & Stretch 10:30 Mr. Magichead at Memorial School 11:00 Library Table 12:30 Canasta BBQ Chicken	19 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Cold Roast Beef Sandwich	20 10:00 Belly Dancing Class Lasagna & Meatballs
23 12:30 Shopping Trip* 1:00 Tai Chi 4:00 ZENgevity Roast Pork w/Gravy	24 10:00 Card Players Group 10:00 Craft Time with Betty 11:15 Lunch Trip to Three Seasons Restaurant at BVT 12:30 Wii Games Hot Dog on Bun	25 9:00–12:00 SHINE Appointments 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:15 Stress Relief Talk w/Jessica & the Town Nurse, and Blood Pressure Checks Beef & Bean Chili	26 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Chicken Cacciatore	27 10:00 Belly Dancing Class 5:30 Men's Club Supper Haddock w/Picatta Sauce
30 10:00–11:00 BVT Oral Health Program 1:00 Tai Chi 4:00 ZENgevity Chicken Mornay		COMING WED. MAY 2 at 5:30— Annual Police Spaghetti Supper at the Center! Sign up now.	COMING THURSDAY MAY 3. 9:45–12:00 Podiatrist Appts. at the Center. Please call for appointment.	*Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register for programs.

April, 2018 — Dates to Remember

Check here if you plan to attend!

April 1 HAPPY EASTER!

April 2 COA Meeting, 10:30

April 3 Shopping Trip—Hannaford's, Uxbridge, 9:00

April 4 Foxwoods Trip, 6:45—5:30

April 4 Shopping Trip—Market Basket, Oxford, 12:30

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

April 6 Birthday Bash for March AND April, 12:45 (Is it your Birthday this Month? Yes or No)

April 9 Senator Moore's Office Hours, 9:00—10:00

April 10 Volunteer Celebration—Social Hour, 11:00

April 10 Volunteer Pasta Bar Lunch, 12:00

April 10 Volunteer Celebration—Singer Tony Funches, 1:00

April 11 SHINE Appointments, 9:00—12:00 (Call for Appt.)

April 11 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, 12:30

April 12 Breakfast with the Town Manager, 9:00

April 13 BVT Salon, 9:30. (Do you need a ride? Yes or No . What service do you want? _____)

April 13 Afternoon Movie, 12:30

April 16 PATRIOTS DAY—Center is Closed; No Meals served

April 17 Animal World Experience Show, 1:00

April 18 Mr. Magichead Show at Memorial School, 10:30 (Do you need a ride? Yes or No)

April 19 Shopping Trip—Market Basket, Hudson, 9:00

April 23 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 12:30

April 24 Craft Time with Betty, 10:00

April 24 Lunch Trip to 3 Seasons Restaurant at BVT. Van departs at 11:15. (Do you need a ride? Yes or No)

April 25 SHINE Appointments, 9:00—12:00 (Please call for appointment)

April 25 Stress Relief Talk with Jessica & the Nurse at 12:15, followed by BP Checks

April 26 Shopping Trip—Kohl's, Stop & Shop, new Home Goods & TJ Maxx Loop*, Milford, 9:00

April 27 Men's Club Supper, 5:30

April 30 BVT Oral Health Program, 10:00

May 2 Annual Police Spaghetti Supper, 5:30 (Do you need a ride? Yes or No)

May 3 Podiatrist Appointments, 9:45—12:00 (Call the Center for an 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 April 10 or 17) 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

Every Friday Belly Dancing 10:00