



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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May is **Older Americans Month**, and this year's theme is "Engage at Every Age". Across the country, older Americans—a rapidly growing population—are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers an opportunity to hear from, support and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.



It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. The Upton Center offers a number of opportunities every month to help you do just that. We encourage you to get involved and join us at the Center! We'll cap things off this month with a cookout on Friday, May 25 at 11:45 that celebrates both the Memorial Day holiday as well as Older Americans Month and we encourage you to join us, and ENGAGE AT EVERY AGE!!

Janice

- We appreciate all those who helped to make **Dorothy Emino's 100th Birthday Celebration** at the Center such a wonderful event. Thank you to **Senator Moore** and **Representative Muradian** for coming to personally present Dorothy with some special citations. And thank you to the staff of **Unibank and Petal and Crumb** for presenting her with such beautiful flowers in honor of the special occasion.
- Many thanks to Nipmuc student **Emily Mackay** for arranging a fun Leprechaun Lunch for our seniors in March.
- Thank you to all who made donations to the Center this past month, including **Joan Sebastian, Hazel Sadler, Stephen and Karleen Chase**, along with an anonymous "friend from Upton" who donated numerous Walmart gift cards to help our Seniors. And a special thanks to **Salon Richard Anthony** for donating a generous gift card as a prize at our recent Volunteer Recognition lunch.
- A special thanks to **Brenda Webster's fourth grade class at Memorial School** for putting on a fantastic Community Soup Social for our Seniors. We are grateful to them, to the **BVT Culinary Program** for their contributions, and to the many **businesses in and around Upton** that donated to the event. Details of the contributors can be found on our Facebook page.



Please note that the Upton Center will be closed for Memorial Day on Monday, May 28th. 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 on a loop. Destinations/times may change due to medical appts.*

Friday, May 4 at 12:30—Market Basket, Oxford

Monday, May 7 at 9:15—Price Chopper, Hopkinton

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

Tuesday, May 15 at 9:15—Market Basket, Hudson

Tuesday, May 22 at 12:30—Hannaford's, Uxbridge

Thursday, May 24 at 9:00—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Wednesday, May 30 at 9:00—Market Basket, Oxford



Local Walks

Tuesdays May 1, 8, 15, 22 and 29 at 9:00

Thursdays May 3 and 31 at 9:00

PLUS—a Wellness Talk & Walk in the Park

On Friday, May 18 at 12:30

Now that the warmer weather is finally here—let's get out and walk! Jessica will lead these frequent walks right from the Center, weather permitting. Go at your own pace. It's a great way to start the day. Join us! In addition we'll head to the Milford bike trail for some exercise and healthy talk on May 18. Please call to register for the Milford walk and let us know if you need a ride on the van.



Ice Cream Social

Tuesday, May 1 at 12:30

It FINALLY feels like Spring—so let's celebrate with an Ice Cream Social! Please call the Center to register. No fee.



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!



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.

Free Ride to Annual Town Meeting

Thurs., May 3, 6:45 Departure for 7:00 Mtg. at Nipmuc
28 articles will be voted on, including bylaw amendments relating to military leave for town employees and regulations for Medical Marijuana Centers. Please call for a ride.



Senator Moore's Office Hours

Monday, May 7, 9:00—10:00

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

Volleyball OR ZENgevity

Mondays in May at 4:00



Lots of you have been attending Jessica's ZENgevity classes on Mondays at 4:00 and having a blast. She noticed that you like to mix in a little volleyball with our beach ball now and then—so Jess thought she'd try alternating ZENgevity with Volleyball on Mondays in May so you can really get your Volleyball fix! It'll be Volleyball fun on May 7 & 21, and ZENgevity on May 14. Join us Monday's for these fun opportunities to get fit as you have a few laughs!



Lunch Trip to OUTBACK STEAKHOUSE®

Tuesday, May 8 at 12:00

Let's head to the Australian Outback—in Bellingham! It's an Australian-inspired steakhouse that serves up a variety of steaks, chicken, ribs, seafood, pasta and more. And don't forget the bloomin' onions! Please call the Center to register and let us know if you need a ride on our van.



SHINE Appointments

Wed., May 9 & Wed., May 23, 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, May 10 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 Q&A session. Come share your concerns and learn more about what's happening in Upton! Please call to register. Fee is \$3.



BVT Charity Dinner

Thursday, May 10: Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Porketta dinner, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by May 7** 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.

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).

Birthday Bash with Music by Rockin' Ralph

Friday, May 11 at 12:45



Come enjoy pizza, cake and ice cream in celebration of May's Bdays! The event is free for those with May 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.



Free Manicures at BVT

Monday, May 14 at 9:30 / Van departs 9:15

Our Seniors have been invited for FREE manicures at BVT High School! What better way to celebrate **Mother's Day** than with a little pampering?! Please call to **RSVP by May 9** and let us know if you need a free ride on our van to enjoy your manicure. THANK YOU to BVT for treating our Seniors to this special treat! .

Free Ride to in Town Election

Tuesday, May 15—Van departs at 12:30

The polls will be open at Nipmuc High School gymnasium from 7:00 am until 8:00 pm for Upton's Annual Town Elections. There is a contested race for a Board of Selectmen position this year, so get out and vote! If you'd like a free ride on our van, please call to register. If you are interested in obtaining an absentee ballot, please contact Town Clerk Kelly McElreath by noon on May 14 at 508-529-3565.

Eldercare 2018 Event



Wednesday, May 16, 9:30—1:30

At the Leicester Country Club

Van departs 10:15 and returns around 2:00

It's Older Americans Month, and the Central Mass. Agency on Aging is teaming up with the Worcester County Sheriff's Office to celebrate with a fantastic **free event** for Seniors and Caregivers. The event includes live entertainment, informational seminars, 50 exhibitors, health screenings, delicious food samplings, door prizes, giveaways and raffles! Please **register by Friday, May 11** and let us know if you need a free ride on our van. Space is limited. Van will stop at Eller' Restaurant in Cherry Valley for lunch on the ride home.



Craft Time with Betty

Wednesday, May 16 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.

Men's Club Supper

Friday, May 18 at 5:30

Join us for a chance to catch up with friends over a delicious, dinner, courtesy of the Men's Club! Remember—it's for ALL seniors, not just the men! No fee. Please call the Center to register.



Afternoon Movie

Tuesday, May 22 at 12:30

Come enjoy **Murder on the Orient Express** (rated PG). In this 2017 remake based on Agatha Christie's novel, thirteen strangers are stranded on a train where everyone's a suspect. One man must solve the puzzle before the murderer strikes again. Please call to let us know if you can join us!

BVT Salon Visit

Wednesday, May 23 at 9:00



This is your last opportunity of the school year to treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. **Please RSVP to the Upton Center by May 17 to reserve a time** and let us know if you need a ride for \$1.



Trip to JJ's Ice Cream

Wednesday, May 23 at 12:30

Who doesn't love a delicious JJ's Ice cream?! Join us for a sweet treat now that the warmer weather is finally here. Please call to RSVP and let us know if you need a free ride on our van.



Memorial Day Cookout

Friday, May 25 at 11:45

Join us as we celebrate both **Memorial Day** AND **Older American's Month** with a **HOTDOG COOKOUT**. Please call the Center to register. Fee is \$3.



Trivia with the Library Staff

Wednesday, May 30 at 12:30

You've all enjoyed the Library staff's trivia contests at the Center—so we've invited them back for more! Come join in the fun with their "Recognize this Picture" theme. Light refreshments will be served. No fee. Please call to register.

»» Continental Breakfast & Legal Talk: Taking Control of Your Future - A Legal Checkup



Tuesday, June 5: 9:15 Breakfast and 10:00 Talk

Join us for continental breakfast and an important legal talk presented by Attorney Nina Dow of Mountain Dearborn law firm in Worcester. Ms. Dow specializes in the areas of estate and tax planning. Her talk will focus on a wide range of legal issues affecting the lives of seniors. Please call to register. No fee for the breakfast or talk.

Healthy Mind & Body



Tai Chi—Mondays at 1:00—\$3

ZENgevity or Volleyball—Mondays at 4:00—No fee

Strength & Stretch - Wednesdays at 10:00—\$3

Belly Dancing—Fridays at 10:00—\$3.

Blood Pressure Checks—Wed., May 23 at 12:30

RX JESSICA'S SOCIAL SERVICES CORNER

Prescription Advantage Program

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs in the Donut Hole. Eligibility is based on income only and there is no asset limit!

You are eligible to join if you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$60,696 for a single person or \$82,296 for a married couple, OR
- Under 65 years and disabled, with an annual income at or less than \$22,825 for a single person or \$30,948 for a married couple.

You may also join if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage if your annual income is at or under \$36,420 for a single person and \$49,380 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Contact Jessica Mauro, here at the Upton Center, at 508-529-4558 for additional information or to apply.

Kick-Off of Weekly Walking Program

Put some Spring in your step and join us on Tuesdays and Thursdays for local walks! All levels welcome. Wear appropriate shoes and attire as we'll be walking outside, weather permitting. We will be starting small in hopes of working our way up. Motivation is key to getting started! It takes a minimum of 18 days to create a habit, so why not make it a healthy one?! Walking has been shown to improve heart health, lower blood pressure, and boost mental health. Monthly participation raffles are an added bonus! Join Jessica and Janice as they start on this journey together! See more dates and details inside this newsletter.



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:



- Plastic knives
- Healthy Snacks

Please call 508-529-4558 if you can help. We appreciate your generosity!



COMMUNITY CORNER

Trips with the Northbridge Seniors

Join the Northbridge Seniors on **May 7** as they head to see the 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.

Free Lecture on Advances in Spine Surgery

Back pain can be debilitating and relief can be elusive. A team of neurosurgeons from Brigham and Women's Hospital will present this free lecture on **Thursday, May 10 at 7pm** at Milford Regional's Physicians Conference Center on the ground floor of Milford Hospital's main building, adjacent to the main lobby. The physicians will help solve the mystery of back pain and discuss procedures that can help relieve pain and discomfort. Registration is required, as seating is limited. Please call 508-422-2206.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community Supper on **Thursday, May 17 at 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee but donations are gratefully accepted.

Celebrate Milford Day

The third annual "Celebrate Milford" day will be held on **Saturday, May 19 from 8 a.m. to 9 p.m.** (rain date is May 20). This is a day of family-fun entertainment and music held at Town Park.

Have You Heard What's New with Hearing?

Hosted by Mass. Eye and Ear Audiology Service—this educational event is open to the public on **Tuesday, May 22 at 5:00** at the Meltzer Auditorium, 3rd Floor, Mass. Eye and Ear, 243 Charles St., Boston. Audiologists will share the latest in medical and surgical management of hearing loss and other audiological conditions. Admission is free; RSVP required by emailing: HealthSense@meei.harvard.edu

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 Humming Bird?



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





May 2018



Mon	Tue	Wed	Thu	Fri
<p>* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register for programs.</p>	<p>1 9:00 Local Walk 10:00 Card Players Group 12:30 Ice Cream Social Shepherd's Pie</p>	<p>2 9:00-10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:30 Annual Police Spaghetti Supper at the Center Turkey Breast</p>	<p>3 9:00 Local Walk 9:45-12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO 6:45 Van Departure for 7:00 Annual Town Meeting at Nipmuc Meatloaf</p>	<p>4 10:00 Belly Dancing Class 12:30 Shopping Trip* Macaroni & Cheese</p>
<p>7 9:00-10:00 Senator Moore's Office Hours 9:15 Shopping Trip* 10:30 COA Meeting 1:00 Tai Chi 4:00 Volleyball Swedish Meatballs</p>	<p>8 9:00 Local Walk 10:00 Card Players Group 12:00 Lunch Trip to Outback 12:30 Wii Games Pork Rib-i-que</p>	<p>9 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 Sloppy Joes</p>	<p>10 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Depart for 5:00 BVT Charity Dinner Chicken Cordon Bleu</p>	<p>11 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph Catch of the Day</p>
<p>14 9:15 Departure for 9:30 Free Manicures at BVT 1:00 Tai Chi 4:00 ZENgevity  Buttermilk Chicken</p>	<p>15 9:00 Local Walk 9:15 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games 12:30 Free Ride to Vote in Town Elections at Nipmuc High School Stuffed Pepper Casserole</p>	<p>16 10:15 Depart for ElderCare Event in Leicester w/lunch at Eller's on ride home 9:00-10:00 Computer Class 10:00 Strength & Stretch 10:30 Craft Time with Betty 11:00 Library Table 12:30 Canasta Garlic Herbed Chicken</p>	<p>17 10:00 Knit/Crochet Group 1:00 BINGO Beef w/Pearl Onions</p>	<p>18 10:00 Belly Dancing Class 12:30 Wellness Talk & Walk in the Park 5:30 Men's Club Supper Breaded Fish</p>
<p>21 1:00 Tai Chi 4:00 Volleyball Beef Burgundy</p>	<p>22 9:00 Local Walk 0:00 Card Players Group 12:30 Afternoon Movie 12:30 Shopping Trip* Roast Turkey</p>	<p>23 9:00 BVT Salon Visit 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 BP Checks 12:30 Trip to JJ's Ice Cream American Chop Suey</p>	<p>24 9:00 Shopping Trip* 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pesto</p>	<p>25 10:00 Belly Dancing Class 11:45 Memorial Day Cookout & Older Americans Month Celebration  Hot Dog</p>
<p>28 MEMORIAL DAY Center is Closed  No Meals Served</p>	<p>29 9:00 Local Walk 10:00 Card Players Group 12:30 Wii Games Beef w/Onions & Peppers</p>	<p>30 9:00 Shopping Trip* 9:00-10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Trivia at the Center with Library Staff Ranch Chicken</p>	<p>31 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO Egg Frittata</p>	<p>Coming in June: Tuesday, June 5— 9:15 Continental Breakfast 10:00 Legal Talk: "Taking Control of Your Future: A Legal Checkup"</p>

May, 2018 — Dates to Remember

Check  here if you plan to attend !

- May 1 Ice Cream Social, 12:30
- May 2 Annual Police Spaghetti Supper at the Center, 5:30 (Do you need a ride here? Yes or No)
- May 3 Podiatrist Appointments, 9:45—12:00 (Please call the Center for appointment)
- May 3 6:45 Van Departure for 7:00 Annual Town Mtg. at Nipmuc
- May 4 Shopping Trip—Market Basket, Oxford, 12:30
- May 7 Senator Moore's Office Hours, 9:00—10:00
- May 7 Shopping Trip—Price Chopper, Hopkinton, 9:15
- May 7 COA Meeting, 10:30
- May 8 Lunch Trip to the Outback in Bellingham, 12:00 Departure (Do you need a ride? Yes or No)
- May 9 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, 9:00
- May 9 SHINE Appointments, 9:00—12:00 (Please call for appointment)
- May 10 Breakfast with the Town Manager, 9:00
- May 10 BVT Charity Dinner at 5:00 (Do you need a ride departing at 4:45? Yes or No)
- May 11 Birthday Bash with Music by Rockin' Ralph, 12:45 (Is it your Birthday this month? Yes or No)
- May 14 FREE Manicures at BVT, 9:30. Van departs at 9:15. (Do you need a ride? Yes or No)
- May 15 Shopping Trip—Market Basket, Hudson, 9:15
- May 15 Ride to Annual Town Elections at Nipmuc, 12:30
- May 16 Van Departs for Eldercare Event in Leicester at 10:15, w/lunch at Eller's on ride home; return around 2:00
- May 16 Craft Time with Betty, 10:30
- May 18 Wellness Talk & Walk in the Park, 12:30 Departure (Do you need a ride? Yes or No)
- May 18 Men's Club Supper, 5:30
- May 22 Shopping Trip—Hannaford's, Uxbridge, 12:30
- May 22 Afternoon Movie, 12:30
- May 23 BVT Salon, 9:00 (Do you need a ride? Yes or No . What service do you want? _____)
- May 23 SHINE Appointments, 9:00—12:00 (Please call for appointment)
- May 23 Trip to JJ's Ice Cream, 12:30
- May 24 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge , 9:00
- May 25 Memorial Day Hotdog Cookout & Older Americans Month Celebration, 11:45
- May 28 MEMORIAL DAY—Center is Closed; No Meals Served
- May 30 Shopping Trip—Market Basket, Oxford, 9:00
- May 30 Trivia at the Center with Library Staff, 12:30
- June 5 Continental Breakfast at 9:15
- June 5 Legal Talk: "Taking Control of Your Future: A Legal Checkup", 10:00



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 #: _____

Did you find our hidden humming bird? If so—where? _____

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Monday ZENgevity or Volleyball 4:00
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games (No Wii 5/1 or 5/22) 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