



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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July 2018

It's finally warming up and feeling like summer! So we want to remind you that it's a great time of year to take advantage of our COA van to get you where you want to go. Our van is available to transport Upton seniors (60+) and Upton residents who are disabled to in-town errands as well as medical appointments in the surrounding towns. We are pleased to offer rides Monday through Friday, 8 am—4pm, subject to availability and staffing. Our fees are:

- Free rides to the Upton Center for programs & lunch
- \$1 roundtrip for in-town errands (bank, library, hair-dresser, Post Office, Town Hall, etc.)
- \$2 each way for medical trips within two towns
- \$3 each way for medical trips within three towns
- Limited availability for medical appointments beyond three towns, with rates to be determined.

Our wonderful van drivers are pleased to provide friendly curb to curb service. The van is equipped with a lift that accommodates wheelchairs and those unable to climb the steps. Riders in need of assistance may bring a companion at no extra cost.

We ask that you let us know at least 48 hours in advance if you are in need of a ride. We appreciate even more notice whenever possible, so that we can plan for group shopping trips and other outings.

We schedule a variety of group shopping trips and a lunch outing each month which are published in our newsletter and on the town website as well as posted to the bulletin boards here at the Center, at Millhaus Apartments, and at Coach Road Apartments. For those of you who join in our group shops—we recommend that you bring your own shopping bags along. That way it's easier for our van driver to help sort out your purchases when it's time to unload. We have some recyclable shopping bags available at the Center if you need any.

We want to visit the places you'd most like to go to, so please give us your input! We hope you will take advantage of this great resource to get you out and about. Please read on for further details of this month's adventures. And please note that we are currently seeking to hire another part-time van driver (10 hours per week) - so please spread the word if you know anyone who may be interested. Details of the position can be found in the Employment section of the Upton town website (www.uptonma.gov)

Finally—a reminder that we are open all summer from 9:00—3:30 Monday through Friday, and AIR CONDITIONED! So we hope to see you here often!

★ Janice

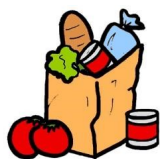


Please note that the Upton Center will be closed on Wednesday, July 4 in observance of Independence Day. No meals will be served.

Thank You Representative Muradian!



We'd like to extend a big thank you to Representative Muradian for hosting 12 of our seniors for a Boston State House tour and luncheon in June. They all had a fantastic day! We aim to return for additional tours in the future. Please watch our newsletter for details.



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.*

Thursday, July 5 at 9:15—Salvation Army/Shaw's/Job Lots/
Foppema's Farm/Walmart Loop*, Northbridge

Wednesday, July 11 at 9:15—Market Basket, Hudson

Friday, July 13 at 9:15—Kohl's Plaza, TJ Maxx & Stop &
Shop, Milford

Wednesday, July 18 at 9:15—Salvation Army/Shaw's/Job
Lots/**Foppema's Farm/Walmart Loop***, Northbridge

Tuesday, July 24 at 12:30—Hannaford's, Uxbridge

Thursday, July 26 at 9:15—Market Basket, Oxford

Monday, July 30 at 9:15—Salvation Army/Shaw's/Job Lots/
Foppema's Farm/Walmart Loop*, Northbridge



NOTE: With so many shoppers, it can be hard to sort out everyone's purchases when we unload! Please help minimize confusion by bringing your own shopping bags along. We have some at the Center if you need any.



Fourth of July Cookout

Friday, July 6 at 12:45

We're kicking off the summer with a Fourth of July Cookout! Come enjoy a tasty burger as we celebrate the start of a new season. Please call to register. Fee is \$3. Start your summer off right!

Senator Moore's Office Hours

Monday, July 9, 9:00—10:00

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



Trip to JJ's Ice Cream & Kelly's Farm Stand

Monday, July 9 at 12:30

Let's head to JJ's for a delicious ice cream cone to beat the heat! We'll stop at Kelly's farm stand on the ride home so you can shop for your favorite fresh fruits and vegetables.

Wellness Talk with Jessica

Tuesday, July 10 at 12:30



Join Jessica for a Wellness Talk that highlights the importance of staying hydrated. Please call to register and let us know if you have suggestions for additional topics you'd like Jessica to cover.



Concerts at Kiwanis Beach in Upton

Wednesdays, July 11—August 16

Van departs at 5:00 / Concerts begin at 6:00

Upton Rec. Commission's summer concerts at Kiwanis Beach are back! Free van rides will be provided to the following concerts:

- Wed., July 11—Mac Odem
- Wed., July 18—The Free Downloads
- Wed., July 25—Classic Groove
- Wed., Aug. 1—Houston Bernard Band
- Wed. Aug. 8—Leon Spradley
- Wed., Aug. 16—Fast Times



Bring a blanket and chair and enjoy the music and the great outdoors! Concerts begin at 6:00. **Please call the Center for a ride at least 2 days ahead so we can schedule transportation.** The van will depart at 5:00 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.



Breakfast with the Town Manager

Thursday, July 12 at 9:00

It's time for another great breakfast with Town Manager, Derek Brindisi. After a delicious meal, Derek will give a talk on what's happening in town and hold a Q&A session. Come share your concerns and learn more about what's happening in Upton! Please call to register. Breakfast is \$3.

Podiatrist Visit



Thursday, July 12, 9:45—12:00

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



Representative Muradian's Office Hours

Friday, July 13, 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.

Afternoon Movie



Friday, July 13 at 12:30

Join us to watch **Dunkirk** (rated PG). The film depicts the dramatic true story of the Dunkirk evacuations from a war torn beach and harbor in France, following the seemingly doomed plight of allied soldiers in World War II. As the enemy forces close in, it seems the troops have nowhere to go, but help is at hand and a fierce battle ensues. Call to let us know if you can join us!

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).

Indian Princess Lunch Cruise

Tues., July 17—Depart Center at 10:00 for 11:00 Boarding



Enjoy a lake cruise aboard the Indian Princess in Webster, one of the few authentic paddle wheel riverboats still in operation in the U.S. The ride is between 75-90 minutes in length. Boarding time is 15 minutes prior to the departure. The bottom level of the boat houses the dining area which is enclosed and air conditioned. The top is an open air deck. Choice of seats is first come first served. The cost is \$28 per ticket for seniors which includes lunch (sandwich, chips, fruit, cookie & soft drink). Van ride available for an additional \$1 roundtrip. **Please call the Center by July 11 to register** with check payable to Indian Princess. **Space is limited; seats will be reserved in the order that payments are received.**



Super Salad Friday

Friday, July 20 at 11:45

Our salads were a hit last month, so we thought we'd try Super Salad Friday again! We'll prepare delicious summer side salads for just \$1, to be enjoyed at the Center at lunch time, or taken to go. Please **order by July 17th** and we'll have it ready for you at 11:45 on Friday. This is a great day to enjoy a light healthy lunch and then return to the Center at 5:00 for our cookout (see details below)!



Cookout with Music by the Grey Whisker Pickers

Friday, July 20—5:30 Cookout / 6:00 Concert

Join us for BBQ chicken and some great music by the Grey Whisker Pickers! We'll start the cookout at 5:30 and the band will play their mix of folk, bluegrass and old country Americana music beginning at 6:00. You won't want to miss it! Please call the Center by July 16 to register. Dinner is \$3. The entertainment is free thanks to a generous grant from the Upton Cultural Council.



Frisbee Dog Entertainment Show at Kiwanis Beach

Tuesday, July 24, Depart at 9:30 for 10:00 Show

Calling all animal lovers! Head to Kiwanis Beach in Upton and join the young campers as they enjoy a great show featuring talented dogs performing amazing tricks! No fee and free van rides available for Upton seniors. Please call to reserve a spot on our van if you'd like to join us. Bring a beach chair along if you have one.



Pre-Concert Picnic at the Center

Wednesday, July 25 at 4:00

We thought it would be fun to host a picnic here at the Center before one of the summer concerts at Kiwanis Beach. Join us for sandwiches and picnic food, whether you're heading to the concert or not! Picnic fee is \$3. Please call the Center to register.

Birthday Bash with Music by Rockin' Ralph

Friday, July 27 at 12:45



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



Craft Time with Betty

Tuesday, July 31 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.

Lunch Trip to George's Surf & Turf

Tuesday, July 31—Van departs at 12:00



It's that time of year again! Enjoy a delicious lunch with friends at George's Surf & Turf in Mendon. Order your favorites at their take out window and sit out back at their picnic tables for lunch. Top it off with one of George's delicious ice creams. Please call the Center to register and let us know if you need a ride.

COMING in JULY—Blueberry Picking!

It's almost berry picking time! Picking dates are not yet available at Vandervalk farm in Mendon. We'll keep watching and we'll put a flyer on our board once we schedule a trip. The terrain is flat and the berries are easily accessible and delicious! Call to let us know if you're interested in going so we can keep you posted when we schedule our trip.



Healthy Mind & Body

Tai Chi—Mondays at 1:00—\$3

ZENgevity or Volleyball—Mondays at 3:30*—No fee

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

Belly Dancing—Fridays at 10:00—\$3.

Blood Pressure Checks—Wed., July 25 at 12:30

*** Note the time change from 4:00 to 3:30 for ZENgevity!**

JESSICA'S SOCIAL SERVICES CORNER

SHINE News

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions please contact your local SHINE Counselor at 508-529-4558 and/or the regional SHINE office at 1-800-243-4636 Option #3.

For SHINE appointments in July, please contact Jessica Mauro, Social Services Coordinator. She is a SHINE counselor and is available for individual appointments at the Center to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.



Mass. Senior Legal Helpline

800-342-5297

Are you 60+ and in need of legal help? The Massachusetts Senior Legal Helpline is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to Massachusetts residents who are 60 years or older. The Helpline is open Monday through Friday, 9 am—12 pm. Helpline advocates can research your legal issue and provide you with information or referrals on most legal topics. Most callers will not be eligible for a free attorney. However, Helpline advocates can help you find out if you *are* eligible and complete an application for services with a Mass. Civil legal services program. If you are not eligible for a free attorney and have some ability to pay an attorney, they can refer you to reduced fee attorney referral programs where attorneys will charge you on a sliding scale based on your income.

Wish List



We are in need of the following at the Center:

- Patio furniture so we can enjoy our patio!
- Paper plates and disposable hot 8 oz cups
- Volunteer kitchen helpers to assist with our Meals on Wheels program (packaging and delivering meals within the Millhaus apartments, and serving our communal lunch). Hours are 9—12:30 on various weekdays. Please contact Al at 508-529-9094 if you can help.



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

Circus Coming to Mendon in July

The Mendon Lions Club is bringing the Zerbini Family Circus to town on **July 9** with shows at 5 p.m. and 7 p.m. The circus features trained camels, horses and dog acts, along with aerialists, acrobats, jugglers and clowns. Camel and pony rides will be available for one hour before show times. Advance discount tickets are available at Mendon Greenhouse, Dean Bank and Charles River Bank in Mendon for \$10 (adults) and \$6 (for children). Free parking will be available at Clough School and the town fields.

Sheriff's Annual Senior Picnic in August

Save the date for the Sheriff's Annual Senior Picnic on Saturday, **August 18th** at SAC Park from 11 am—3 pm. Further details and ride sign-up information will be available in our next newsletter.

Upton Pickleball

Upton's Recreation Committee is starting up Pickleball clinics and tournaments at Kiwanis Beach! Pickleball is a combination of tennis, ping pong, paddle tennis and badminton. Come give it a try! If interested, please contact Bill McCormick at BillMcProperty@gmail.com or 508-320-3500.

Museum Pass Program

Did you know that the Friends of the Upton Library Museum Pass Program is open to all Upton residents with library cards in good standing? To reserve passes, visit or call the library at (508) 529-6272. Discount passes are currently available for the following museums:

- Boston Children's Museum
- Davis Farmland
- Ecotarium
- Museum of Fine Arts
- Museum of Science
- Mystic Aquarium
- New England Aquarium
- Providence Children's Museum
- Roger Williams Park Zoo
- State Park Pass
- Tower Hill Botanic Garden
- Worcester Art Museum



Elder Affairs Officer

The Upton Police Department will be holding office hours at the Center as needed. Please call the Center to set up a time to speak with an Officer.

Where's the Sparkler?



Congratulations to **Winona Bouthiette** who was our lucky winner for finding our hidden frog last month. This time we've hidden a little Fourth of July sparkler. Can you find it?...If so, call the Center and be entered to win a prize!

July 2018

Mon	Tue	Wed	Thu	Fri
2 10:30 COA Meeting 1:00 Tai Chi 3:30** ZENgevity Italian Braised	3 10:00 Card Players Group 12:30 Wii Games Hot Dog	4 INDEPENDENCE DAY  Center is Closed No meals served	5 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Chicken Cacciatore	6 10:00 Belly Dancing Class 12:45 Fourth of July Cookout Potato Crunch Fish
9 9:00—10:00 Senator Moore's Office Hours 12:30 Trip to JJ's Ice Cream & Kelly's Farm Stand 1:00 Tai Chi 3:30** Volleyball Turkey Supreme	10 10:00 Card Players Group 12:30 Wii Games 12:30 Wellness Talk with Jessica Baked Potato	11 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:00 Departure for Concert at Kiwanis Chicken Mornay	12 9:00 Breakfast with the Town Manager 9:45—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO Meatloaf	13 9:15 Shopping Trip* 10:00 Belly Dancing Class 12:00—1:00 State Rep. Muradian's Office Hours 12:30 Afternoon Movie Macaroni & Cheese
16 1:00 Tai Chi 3:30** ZENgevity Swedish Meatball	17 10:00 Card Players Group 12:30 Wii Games 10:00 Depart for Indian Princess Lunch Cruise in Webster Pork Rib-i-que	18 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:00 Departure for Concert at Kiwanis Sloppy Joe	19 10:00 Knit/Crochet Group 1:00 BINGO Catch of the Day	20 10:00 Belly Dancing Class 11:45 Super Salad Friday 5:30 Cookout with Music by the Grey Whisker Pickers at 6:00 Buttermilk Chicken
23 1:00 Tai Chi 3:30** Volleyball Stuffed Pepper Casserole	24 10:00 Card Players Group 9:30 Depart for Frisbee Dog Show at Kiwanis Beach (show is 10—10:45) 12:30 Wii Games 12:30 Shopping Trip* Burger	25 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 BP Checks 4:00 Pre-Concert Picnic at Center 5:00 Departure for Concert at Kiwanis Roast Turkey	26 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Garlic Herbed Chicken	27 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph Breaded Fish
30 9:15 Shopping Trip* 1:00 Tai Chi 3:30** ZENgevity American Chop Suey	31 10:00 Card Players Group 10:30 Craft Time with Betty 12:00 Lunch Trip to George's Surf & Turf in Mendon 12:30 Wii Games Shepherd's Pie		* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.	**Note NEW Monday afternoon time for ZENgevity and volleyball!

July, 2018 — Dates to Remember

Check  here if you plan to attend !

- July 2 ☐ COA Meeting, 10:30
- July 5 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:15
- July 6 ☐ Fourth of July Cookout, 12:45
- July 9 ☐ Senator Moore's Office Hours, 9:00—10:00
- July 9 ☐ Trip to JJ's Ice Cream & Kelly's Farm Stand, 12:30
- July 10 ☐ Wellness Talk with Jessica, 12:30
- July 11 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- July 11 ☐ Departure for Concert at Kiwanis, 5:00
- July 12 ☐ Breakfast with the Town Manager, 9:00
- July 12 ☐ Podiatrist Appointments, 9:45—12:00 (Please call for appointment)
- July 13 ☐ Shopping Trip—Kohl's Plaza, TJ Maxx & Stop & Shop Loop*, Milford, 9:15
- July 13 ☐ State Rep. Muradian's Office Hours, 12:00—1:00
- July 13 ☐ Afternoon Movie, 12:30
- July 17 ☐ Depart at 10 a.m. for Indian Princess Lunch Cruise in Webster. Please register at the Center with a check for \$28 payable to the Indian Princess. *Seats will be reserved in the order that payments are received.*
Do you need a ride on our van? (Yes ☐ or No ☐). Please choose 1 lunch option below:
Ham & Cheddar on Onion Roll ☐ Turkey & American on Wheat ☐ Grilled Veggie Wrap ☐
- July 18 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:15
- July 18 ☐ Departure for Concert at Kiwanis, 5:00
- July 20 ☐ Super Salad Friday, 11:45. Choose one: Eat it at Center ☐ Take it to go ☐
- July 20 ☐ BBQ Chicken Cookout at 5:30
- July 20 ☐ Grey Whisker Pickers Band at 6:00
- July 24 ☐ Frisbee Dog Show at Kiwanis. 9:30 Departure / 10:00 Show. Do You Need a Ride? Yes ☐ or No ☐
- July 24 ☐ Shopping Trip—Hannaford's, Uxbridge, 12:30
- July 25 ☐ Blood Pressure Checks , 12:30
- July 25 ☐ Pre-Concert Picnic at the Center, 4:00
- July 25 ☐ Departure for Concert at Kiwanis, 5:00
- July 26 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- July 27 ☐ Birthday Bash with Music by Rockin' Ralph, 12:45. Do you have a July Birthday? Yes ☐ or No ☐
- July 30 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop*, Northbridge, 9:15
- July 31 ☐ Craft Time with Betty, 10:30
- July 31 ☐ Lunch Trip to George's Surf & Turf, Mendon, 12:00 Departure



Happy 4th of July!

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 sparkler? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Monday	ZENgevity or Volleyball (Note NEW time!).....	3:30
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	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