



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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September 2018



September is **National Senior Center Month**! This year's theme is "Building Momentum". Here at the Upton Center, we are focused on building momentum towards the future of aging by providing programs that focus on growing, learning, giving, and connecting. With that in mind, we are offering numerous programs this month to help build that momentum, including: a "Go 4 Life" Family Walk, an "Aging Memory" Talk, a "Sweet Talk" presentation on sugar, and a Fire Safety Talk. See details inside this newsletter on these and more programs for September!

I am also happy to say that our "Random Acts of Kindness" challenge in August was a big hit! We were truly inspired to read the entries in our "kindness box" detailing the kind acts that our seniors performed. Here are just a few, to provide you with some inspiration!...



- I donated vegetables from my garden to the seniors at the Center
- I paid a compliment to a senior and made her smile
- I made a birthday cake for a senior who has been ill
- I took some brownies to the Police department with a note of thanks
- I donated clothing I no longer needed
- I visited with a senior who is lonely
- I offered to help a senior who has trouble reading the newsletter
- I called a sick friend

As promised, we picked gift card winners at the end of each week in August to reward those of you who have been busy doing so many good deeds. So far **Donna Dube, Alice Coffin, Marjorie Lindberg and Laurie Fantini** were our winners. We'll pick one more at the end of August. Congratulations and thank you all for participating!

We'd also like to thank **Chrissy Horn and the Memorial School students** in grades 1-4 who delivered "kindness rocks" to decorate the garden outside of the Millhaus apartment entrance. Each had a great message to brighten our seniors' days. Thank you!

We'd like to spread a little kindness ourselves by announcing that our exercise programs will be provided free of charge at this time. All of our classes are listed inside this newsletter. We hope you'll take advantage of this great opportunity to come try something new!

And finally—we are excited to welcome our **new driver, Kevin Farrar**, who will be joining us soon. Kevin has experience driving for another senior center and is looking forward to joining us. We'd also like to extend a warm welcome to Upton's **new Fire/EMS Chief, Mark DiFronzo**. We wish them both well in their new roles!

Janice



Primary Elections will be held on Tuesday, September 4th from 7:00 a.m. to 8:00 p.m. at Nipmuc Regional High School. Our van will be available at 11 a.m. that day to transport seniors to vote; please call the Center to register for a free ride.

Those in need of an absentee ballot should apply for one by Friday, August 31 at 5:00 p.m. Forms can be found on the town website or by calling the Upton Town Clerk at 508-529-3565.

Winners of the Primary Elections will be on the ballot for the State Election on Tuesday, November 6.



Please note that the Upton Center will be closed in observance of Labor Day on Monday, September 3rd.



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.*

Tuesday, Sept. 4 at 12:30—JJ's Ice Cream and Kelly's Farm Stand, Upton

Friday, September 7 at 9:15—Market Basket, Hudson

Wednesday, Sept. 12 at 9:15—Salvation Army/Shaw's/Job Lots/Foppema's Farm/Walmart Loop*, Northbridge

Friday, Sept. 14 at 12:30—Franklin Farmer's Market (Note: the Farmer's Market Coupons distributed by TriValley at the Center in August can be used here)

Monday, Sept. 17 at 9:15—Market Basket, Oxford

Monday, Sept. 24 at 9:15—Hannaford's, Uxbridge

Friday, Sept. 28 at 9:15—Salvation Army/Shaw's/Job Lots/ Foppema's Farm/Walmart Loop*, Northbridge



NOTE: Please help minimize confusion when we unload by bringing your own shopping bags along. Unibank donated plenty of bags to the Center if you need any.

BVT Charity Dinner

Thursday, Sept. 6 - Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Ham, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by Sept. 4** 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 (\$8 for kids 12 and under). Van departs Millhaus at 4:45 and Coach Rd. at 4:50.

"Go 4 Life" Family Walk & Grandparents Day Celebration

Friday, September 7 at 10:00

Join us for our "Go 4 Life" Family Walk. All are welcome! Take on the 1 mile challenge, or even just part of it if you'd prefer. You could even just come to cheer people on. There will be music, movement and raffle prizes and healthy food to enjoy at the finish line back at the Center. It happens to be Grandparents' Day this weekend so this is a great opportunity to invite your grandchildren along to get moving together! No fee. Please call the Center to register.



Senator Moore's Office Hours

Monday, September 10, 9:00—10:00

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



Craft Time with Betty

Tuesday, September 11 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.



Afternoon Movie at the Center

Wednesday, Sept. 12 at 12:30

Join us to watch **Marshall** (Rated PG-13), based on the early life of Supreme Court Justice Thurgood Marshall. The movie centers around young Marshall who faced one of his greatest challenges while working as a lawyer for the NAACP. He travelled to Connecticut when wealthy socialite Eleanor Strubing accused black chauffeur Joseph Spell of sexual assault and attempted murder. He soon teams up with Sam Friedman, a local Jewish lawyer who's never handled a criminal case. Together, the two men contend with racist views to build a defense. Call to let us know if you can make it.

Breakfast with the Town Manager

Thursday, September 13 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 Appointments

Thursday, September 13, 9:45—12:00

Dr. Biancamano will return for appointments from 9:45—12:00 on September 13. Please call the Center to reserve an appointment time.



Tea Time Wellness Talk with Jessica

Friday, September 14 at 9:30

Enjoy a cup of tea (or coffee!) with Jessica as she shares a Wellness Talk that will motivate you to improve your health. Please call to register and let us know if you have suggestions for specific topics you'd like Jes to cover.

Ham and Bean Supper

Friday, September 14 at 5:30



Join us at the Center for a delicious supper with friends! The menu will include ham, beans, coleslaw, rolls and dessert. Please call to register by September 7. Fee is \$3.



"Get in the Act" with Phyllis

Tuesday, Sept. 18 & Tuesday, Sept. 25 at 12:30

Millhaus resident Phyllis Proia has offered to lead a new program that will help you "Get in the Act" and have some fun! Have you ever wanted to try some improv for a few laughs? Or perhaps act out a part in a play without having to memorize all the lines? Join Phyllis as she brings out the "inner

ham" in you! No acting experience is needed—this is just for fun! The first session will focus on improv techniques with lots

 of laughs. In session two, Phyllis will bring along a few scripts that you can all review in order to choose which one you'd like to read as a group. Will it be a drama, a comedy, a musical? You decide! Then in October 2 more sessions will be held to choose your parts, practice reading sections of the script, and ultimately read through the whole play as a group. No fee. Please call to register.

Ice Cream Social and "Aging Memory" Talk

Wednesday, September 19 at 1:00

People often find their memories start going a little bit as they age. But how much of that is "normal aging memory", and when is it something more? A representative of Summit Eldercare will be here to discuss what could be affecting your memory, and what you can do about it. Summit will provide some delicious ice cream as well—so don't miss it! Please call the Center to register. No fee.



"Sweet Talk" —Are you TOO Sweet?!

Thursday, September 20 at 11:45



Join Mary Brunelle, a registered dietitian from Tri-Valley Nutrition, for a presentation on SUGAR—how much is too much? She'll discuss natural vs. added sugars, reading food labels to detect sugar in foods, and ideas for cutting down on added sugars in your everyday food choices. Call to register for the talk and please sign up with AI for lunch if you'd like to have a meal while you're there.



Cheese Tasting Social

Friday, September 21 at 12:30

Catch up with friends at the Center and enjoy a cheese tasting while you're at it! Please call the Center to register. Fee is \$1.

Men's Club Supper Returns!

Friday, September 21 at 5:30

Come say so long to summer with the return of the Men's Club Supper! It's always a delicious meal and a great chance to catch up with friends from around town. Chicken is on the menu this month. Remember—it's for ALL seniors, not just the men! No fee, thanks to the Upton Men's Club!



Fire Safety Talk with Coffee & Donuts

Tuesday, September 25 at 9:30

Join us for coffee, donuts, and important safety information. Upton Fire fighter Bonnie Lopez will be here to give a talk on fire and life safety and fall prevention. Please call to register. No fee.



Lunch Trip to the Beef Barn

Wednesday, September 26 at 11:30

Join your friends for a lunch trip to the Beef Barn in Bellingham. The Beef Barn has been featured on the Phantom Gourmet and is best known for its delicious signature roast beef sandwiches. Please call the Center to register and let us know if you need a ride on our van.

Birthday Bash with Music

By Rockin' Ralph

Friday, September 28 at 12:45



Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with September birthdays; a donation of \$3 is suggested for others. Rockin' Ralph will be back to spin some great tunes from his oldies collection. Come enjoy! Please call to register.

Heritage Dance at the Center

Saturday, September 29 at 6:00 pm

It's Heritage Day in Upton! The Upton Bloomers Girls would like to give back to the community by sponsoring a senior dance here at the Center to help celebrate the day. Enjoy music, dessert, coffee and of course DANCING with friends. Please call the Center to let us know if you can join us. Thank you Bloomer Girls! We hope you'll also start the day by visiting the other Heritage Day festivities going on around town from 10 am—2pm. See further details on the back of this newsletter.



Healthy Mind & Body

To encourage participation in our exercise programs, we will be offering them free of charge at this time. Come try out a new class!



Tai Chi —Mondays at 1:00

ZENgevity or Volleyball—Mondays at 4:00 **

Strength & Stretch - Wednesdays at 10:00

Blood Pressure Checks—Wed., September 26, at 12:30

(** Note the time change)

Note: Unfortunately, we've had to discontinue our Friday Belly Dancing classes due to a lack of participation. We're always striving to find new programs of interest to you. Please let us know your ideas!



JESSICA'S SOCIAL SERVICES CORNER

Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for the next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15 through December 7th.

Reminder: BE on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment! To meet with a SHINE Counselor you can call Jessica at the Upton Center at 508-529-4558. Or you can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. If you get the SHINE answering machine, leave your name and number and a volunteer will call you back as soon as possible.

SMOC—Fuel Assistance

If you received Fuel assistance last heating season, you will start receiving renewal applications for the upcoming heating season. Please note, the season does not start until **November 1st**. If you need assistance completing an application, please contact Jessica at 508-529-4558 to set up and appointment.



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.

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.



Wish List

We are in need of the following at the Center:

- Small and medium gift bags
- Sugar free drink mixes (lemonade, iced tea, etc.)
- People to share their hobbies with our seniors

Call 508-529-4558 if you can help. Thank you!

COMMUNITY CORNER

Hearing Loss and Cognition Talk

Dr. Keith Darrow presents this informative talk at the Northborough Public Library (34 Main St., Northborough) on **Saturday, September 8 from 2—4 p.m.** Dr. Darrow is an expert in Speech and Hearing Bioscience and Technology and the author of "Stop Living in Isolation".

Summer Winds Concert

The Claflin Hill Symphony Summer Winds present their annual concert at Daniels Farmstead, 286 Mendon St., Blackstone, on **Sunday, Sept. 9 at 3 pm**. They'll perform a variety of tunes from Broadway to Hollywood to classical and patriotic. Veterans will also be honored.

Saint Gabriel's Harvest Fair

Head over to the annual Saint Gabriel's Harvest Fair on Sunday, **September 9th from 11:30 a.m.—3 p.m.** Come enjoy lunch and the music of Johnny Diamond and Tony Funches. Bake Sale, coffee, burgers, hotdogs, soda, ice cream, bouncy house, Kelly's farm mums and vegetables for sale. Come rain or shine!

Combating Compassion Fatigue

All are invited for this informative session on combating compassion fatigue on **Friday, September 14 from 1—2 p.m.** at St. Camillus Health Center (447 Hill St., Whitinsville). Learn more about what leads to compassion fatigue and how it can be prevented. Light refreshments will be served. Call 508-234-7306 to RSVP or learn more.

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on Thursday, **September 20 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee, but donations are gratefully accepted.

Upton's Heritage Day Craft & Vendor Fair

Don't miss the fun on Saturday, **September 29, 10 a.m.—2 p.m.** Head to the Town Common for this community event which includes a craft and vendor fair, entertainment, food and more with activities held at various departments around town. Please stop by to visit the Upton Center staff at the Council on Aging's table! See prior page for details of the Upton Bloomer Girls' Heritage Dance at the Center that night.

Where's the Maple Leaf?

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





September 2018

Mon	Tue	Wed	Thu	Fri
3 Center is Closed LABOR DAY  No meals served	4 10:00 Card Players Group 12:30 Wii Games 12:30 Trip to JJ's Ice Cream & Kelly's Farm Stand Salmon Boat w/Dill Sauce	5 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Chicken Fajitas	6 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner Hot Dog on Bun	7 9:15 Shopping Trip* 12:30 "Go 4 Life" Family Walk & Grandparents Day Celebration Lasagna
10 9:00–10:00 Senator Moore's Office Hours 10:30 COA Meeting 1:00 Tai Chi 4:00** ZENgevity  Sunday, Sept. 9: Grandparents' Day	11 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games 	12 9:00–10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Afternoon Movie Roast Pork	13 9:00 Breakfast with the Town Manager 9:45–12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO Cold Roast Beef Sandwich	14 9:30 Tea Time Wellness Talk with Jessica 12:30 Shopping Trip* 5:30 Ham & Bean Supper Lasagna
17 9:15 Shopping Trip* 1:00 Tai Chi 4:00** Volleyball Italian Braised Beef	18 10:00 Card Players Group 12:30 Wii Games 12:30 "Get in the Act" with Phyllis Baked Potato	19 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Ice Cream Social and "Aging Memory" Talk Turkey Supreme	20 10:00 Knit/Crochet Group 11:45 "Sweet Talk"—Are you TOO Sweet? 1:00 BINGO Meatloaf w/Gravy	21 12:30 Cheese Tasting Social 5:30 Men's Club Supper Returns! Mac 'n Cheese
24 9:15 Shopping Trip* 1:00 Tai Chi 4:00** ZENgevity Swedish Meatballs	25 9:30 Fire Safety Talk with Coffee & Donuts 10:00 Card Players Group 12:30 Wii Games 12:30 "Get in the Act" with Phyllis Pork Rib-i-que	26 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to the Beef Barn 12:30 Canasta 12:30 Blood Pressure Checks Sloppy Joe	27 10:00 Knit/Crochet Group 1:00 BINGO Catch of the Day	28 9:15 Shopping Trip* 12:45 Birthday Bash with Music by Rockin' Ralph Buttermilk Chicken
* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.	** Note Time Change from 3:30 to 4:00			

September, 2018 — Dates to Remember

Check here if you plan to attend!

Sept 3 LABOR DAY—Center is closed; no meals served

Sept 4 Trip to JJ's Ice Cream and Kelly's Farm Stand, 12:30

Sept 6 BVT Charity Dinner, 5:00 (Do you want a ride on van departing at 4:45? Yes or No)

Sept 7 Shopping Trip—Market Basket, Hudson, 9:15

Sept 7 "Go 4 Life" Family Walk & Grandparents Day Celebration, 12:30

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

Sept 10 COA Meeting, 10:30

Sept 11 Craft Time with Betty, 10:30

Sept 12 Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:15

Sept 12 Afternoon Movie, 12:30

Sept 13 Breakfast with the Town Manager, 9:00

Sept 13 Podiatrist Appointments, 9:45—12:00 (Please call for appointment time)

Sept 14 Tea Time Wellness Talk with Jessica, 9:30

Sept 14 Shopping Trip—Franklin Farmer's Market, 12:30

Sept 14 Ham & Bean Supper, 5:30

Sept 17 Shopping Trip—Market Basket, Oxford, 9:15

Sept 18 "Get in the Act" with Phyllis, 12:30

Sept 19 Ice Cream Social and "Aging Memory" Talk, 1:00

Sept 20 "Sweet Talk" - Are you TOO Sweet?, 11:45

Sept 21 Cheese Tasting Social, 12:30

Sept 21 Men's Club Supper Returns, 5:30

Sept 24 Shopping Trip—Hannaford's, Uxbridge, 9:15

Sept 25 Fire Safety Talk with Coffee & Donuts, 9:30

Sept 25 "Get in the Act" with Phyllis, 12:30

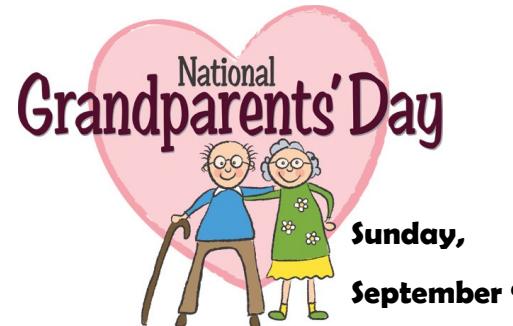
Sept 26 Lunch Trip to the Beef Barn, 11:30

Sept 26 Blood Pressure Checks, 12:30

Sept 28 Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge, 9:15

Sept 28 Birthday Bash with Music by Rockin' Ralph, 12:45. Is it your bday this month? Yes or No

Sept 29 Bloomer Girls' Heritage Dance at the Center, 6:00 p.m.



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 maple leaf? 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 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

Note: Friday Belly Dancing Classes have been discontinued due to a lack of participation.