



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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On Friday, September 7th, we had the perfect weather for our **Go 4 Life walk**. The heat finally broke and we were able to enjoy a nice one mile walk near the Center. Everyone who participated received a certificate and a \$5 gift card to the Coffee Bean. Along our walk we did a scavenger hunt, had some laughs and enjoyed the break in the heat. After the walk we enjoyed some fresh watermelon, cold water and had some more raffles. The raffles included water bottles, walking journals, t-shirts, sunscreen, hand sanitizer and some tissues all within a nice carrying bag. Walking and health materials were provided on our information table. Thank you to everyone who participated, it was a great time!

The crisp fall weather is finally here and we have plenty of activities planned for you this month. Some highlights include our **Trivia Social & Cookie Bake-off** October 3, a visit from the **Providence Dancing Cop** at our Birthday Bash on October 12, **State Representative Muradian's Pasta Lunch** on October 16, and our annual **Halloween Party** on October 31. Those are just a few of the many things we have in store—so read on for all the details!



Fall also brings our State Elections which will be held on Tuesday, November 6 from 7:00 a.m. to 8:00 p.m. at Nipmuc Regional High School.

Our van will be available that day to transport seniors to vote; please call the Center to register for a free ride. The last day to register to vote is October 17th for any resident who is new to Upton. Absentee ballots will be available mid-October from the Town Clerk's office which can be reached at 508-529-3565. Two weeks of early voting will be held Mondays through Fridays from October 22—November 2 at the Town Hall (8 a.m.—4p.m. Mon—Thursday, and 8 a.m.—Noon Fridays). Unlike absentee voting which is only available to registered voters who qualify, early voting is an option for every registered voter. Registered voters do not need an excuse or reason to vote early. Early voting makes the most fundamental right of our citizens more convenient than ever to exercise. We encourage you to exercise your right to vote!



The Upton Center will be closed for Columbus Day on Monday, October 8th.

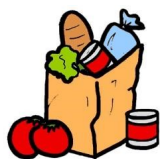
Reminder of Senior Tax Work-Off Abatement Program

Would you like to earn money towards your real estate tax bill? Did you know that there is a program which allows seniors who meet the requirements to work and earn money towards their real estate taxes each year? In 2006, the Town of Upton Board of Selectmen accepted the provisions under Mass General Law Chapter 59, section 5K and established the **Senior Tax Work-Off Abatement Program**. To qualify, the taxpayers must be 60 years or over and own the property on which the tax is to be abated. The maximum amount taxpayers may earn is \$1,500 per year. You will be abated at the current minimum wage of \$11.00 per hour for a maximum of 125 hours..



Our Town Departments are often in need of "fill-ins" when staff is out sick, on vacation, or just looking for someone to help with general office, telephone or filing work. Experience in a general office setting is preferred, but not mandatory. There are also evening positions available from our Boards and Committees who are in need of someone to take meeting minutes.

If you need further information, please contact Janice Nowicki at the Upton Senior Center at 508-529-4559 or go online at www.uptonma.gov to the Council on Aging page and select the Senior Tax Work-off Abatement Program for an application. Completed applications can be dropped off at the Upton Center (2 Farm Street in Upton).



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, October 5 at 9:15—Market Basket, Hudson

Wednesday, October 10 at 12:30—Salvation Army/Shaw's/Job Lots/**Foppema's Farm**/Walmart Loop*, Northbridge

Wednesday, October 17 at 12:30—Market Basket, Oxford

Friday, October 19 at 12:45—Franklin Farmer's Market
(Note: The Farmer's Market Coupons distributed by TriValley at the Center in August can be used here)

Monday, October 22 at 12:30—Hannaford's, Uxbridge

Friday, October 26 at 9:15—Salvation Army/Shaw's/Job Lots/**Foppema's Farm**/Walmart Loop*, Northbridge

Tuesday, October 30 at 12:30—Market Basket, Hudson



Trivia Social & Cookie Bake-Off

Wednesday, October 3 at 12:30

Join us for some trivia fun and sample some delicious cookies! The Upton Library staff will be here to share another fun trivia quiz. And for you bakers, we'll be having a **COOKIE BAKE OFF!** Bake a batch of your favorite cookies to share. We'll do some tasting and declare the Center's "Cookie Champ". Please call to register and let us know if you'd like to bake. No fee.

BVT Charity Dinner



Thursday, October 4 - Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Italian dinner, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by October 1** 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.



Craft Time with Betty

Tuesday, October 9 at 10:30

Join volunteer Betty Brault for a fun fall craft. She always has something creative in store for you! Please call the Center to register. No fee.



Breakfast with the Town Manager

Thursday, October 11 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 what's happening in Upton! Please call to register. Breakfast is \$3.

Birthday Bash & a Performance by

Tony the Dancing Cop

Friday, October 12 at 12:45



Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with October birthdays; a donation of \$3 is suggested for others. As an added bonus, "Tony the Dancing Cop" from Providence will be here at 1:30 to entertain us! Please call to register.



Senator Moore's Office Hours

Monday, October 15, 9:00—10:00

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

Coffee Hour with Ranger Viola

Monday, October 15 at 9:30



Ranger Viola will be back from West Hill Dam for an interesting discussion about nature and wildlife. This time she'll focus on changing seasons and hibernation patterns. Join us for an interesting talk! Please call to RSVP. No fee.



Pasta Lunch with Representative Muradian

Tuesday, October 16 at 12:00

Gather with friends for a delicious pasta lunch courtesy of Representative David Muradian. Please call to let us know if you can join us. Thanks Rep. Muradian!

Flu Shots at the Center

Wednesday, October 17 at 9:15



Upton Town Nurse Trish Parent will be here to provide flu shots for Upton town residents. Please call the Center to sign up so that she will have enough on hand. The necessary forms are available at the Center. Please bring your insurance information as well. If this is not a convenient time for you, you can contact the Board of Health directly at 508-529-6813 to schedule a time to receive the shot there.

BVT Salon Visit

Friday, October 19 at 9:00



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 October 16 to reserve a time** and let us know if you need a ride for \$1.



Tea Time Wellness Talk with Jessica

Friday, October 19 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.

Men's Club Supper

Friday, October 19 at 5:30

Join us for another great Men's Club Supper! It's always a delicious meal and a great chance to catch up with friends from around town. This month they're planning a cookout. Remember—it's for ALL seniors, not just the men! No fee, thanks to the Upton Men's Club!



Sea Glass Pendant Making Class

Tuesday, October 30 at 9:00

Come make a beautiful necklace for yourself or as a gift! Local crafter Valentina Belov will be here to guide you through the process of making this beautiful pendant. The cost is \$20 for a copper necklace or \$25 for silver. Space is limited. Please register and bring your payment to the Center by October 24 to confirm your spot. Fee is non-refundable but if you are unable to make it you are free to find someone to take your place.



Breakfast at the Center & Safe Driving Talk

Tuesday, October 23—9:15 Breakfast / 10:00 Talk

Enjoy a delicious breakfast sandwich with friends at the Center. Afterwards, Registry of Motor Vehicle staff will be here to give a talk on "Shifting Gears" that will cover rules of the road, defensive driving, and safe driving tips. Please call the center to register. Breakfast fee is \$3.

Lunch Trip to Applebee's

Wednesday, October 24 at 11:30

Join your friends for lunch! This month we're heading to Applebee's in Milford. They've got loads of options on their menu so you're sure to find something you like. Please call the Center to register and let us know if you need a ride.



Pot Luck Supper

Thursday, October 25 at 5:30

The potluck supper is back! Please call to RSVP and let us know if you plan to bring an appetizer, main dish, salad, side or dessert to share. We'll provide the drinks and paper goods. If you do not plan to bring a food item, please donate \$5.



Afternoon Movie at the Center

Friday, October 26 at 12:30

It's time for a good laugh! Join us to watch "City Slickers" (Rated PG-13). It's an oldie but just as funny today! As you might recall—Mitch is a middle aged big-city salesman. He and his friends are having a mid-life crisis and decide the best birthday gift is to go on a trip to the wild west. There they meet cowboy Curly who not only teaches them how to become real cowboys, but also one or two other things about life. Call to let us know if you can make it.



Halloween Party

Wednesday, October 31 at 12:30

Join us for some tricks, treats and FUN at the Center!! A prize will be awarded for best costume! No fee for those in costume. \$1 fee for those not in costume. Halloween is always a lot of fun at the Center so don't miss it!



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

Flu Shots at the Center—Wed. Oct 17 at 9:15

(Please register for shot and pick up required forms at the Center)

Blood Pressure Checks—Wed., Oct. 24 at 12:30

* According to HealthDay News for Healthier Living, the ancient practice of tai chi may beat strength training and aerobics for preventing falls among seniors, a new trial shows. So come give it a try!!



Coming in November:

Senator Moore's Turkey Dinner—Fri., Nov. 2

State Elections—Tuesday, Nov. 6

Podiatrist Appts.—Thursday, Nov. 15, 9:30—12:00

THANK
YOU

Thank you to Senator Moore for his generous contribution towards our recent Ham and Bean supper, and for stopping in to visit with seniors as they enjoyed the meal. We appreciate it!

And a special thanks to Blanche Sprague for participating in our Random Acts of Kindness challenge. She was our final gift card winner. We were inspired by ALL of your kind acts and encourage you to keep it up!

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

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. To meet with a SHINE Counselor in Upton, call Jessica Mauro at the Upton Center at 508-529-4558. Or you can call the regional SHINE office at 508-422-9931 for additional options.

By now you should have received your new Medicare card in the mail. If you have not yet received it, please call 1-800-Medicare.



Medicare Presentation by SHINE

Thursday, October 18 at 6:00 pm

Medicare Open Enrollment begins on October 15th and ends on December 7th. Please join us at our SHINE presentation to review 2019 Medicare drug and Medicare Advantage plan changes and learn how to select the best plan for you. Certified SHINE counsellor Jessica Mauro will be here to share valuable information on the ins and outs of Medicare. Please call the Center to register. Light refreshments will be served.

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.

Wish List



We are in need of the following at the Center:

- Gift cards for seniors
- Gift bags
- Small disposable cups for side salads (approx. 5 oz)

Please call if you can help. Thank you!

COMMUNITY CORNER

Mendon Lions Country Fair

The Mendon Lions present the 43rd Annual Country Fair at the Blessing Barn on Route 16 on Saturday, **October 6** from **10 a.m. to 5 p.m.** There will be live music, animals, crafters, vendors and great food. Admission is free. Parking is available for a donation to the Mendon Boy Scouts. All profits go to Mass Lions Eye Research and community projects.

Telephone Consumer Protection Act Update

Here is an excerpt on federal protection from telemarketers and scammers provided by The National Center on Law and Elder Rights (NCLER): The telephone is a favorite tool of telemarketers and scammers seeking to convince older consumers to part with their money. The Telephone Consumer Protection Act (TCPA) is a federal law that helps consumers challenge abusive solicitation methods. Among its provisions, the TCPA limits robocalls, robotexts, and junk faxes. Its protections are especially crucial for older adults who receive frequent calls from medical providers but may be dissuaded from picking up the phone due to excessive or unwanted solicitations. For free case consultation assistance, contact ConsultNCLER@acl.hhs.gov. For additional information, visit www.NCLER.acl.gov

Alzheimer's Association Support Group

Dealing with Alzheimer's disease isn't easy. It can be helpful to share your concerns and personal experiences with others who completely understand what you are going through. "Hearts, Hugs & Hope" is an Alzheimer's Association Support Group sponsored by Cornerstone at Milford. Join them at Cornerstone (11 Birch St., Milford) the **second Thursday of every month at 5:30 p.m.** for support with occasional special guest speakers and programs. Call 508-473-0035 for more information and to RSVP.

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on Thursday, **October 18 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee, but donations are gratefully accepted.

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 Candy Corn?



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



October 2018

Mon

Tue


Wed

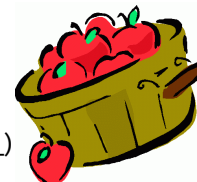
Thu

Fri

<div>1</div> <div>10:30 COA Meeting 1:00 Tai Chi 4:00 Volleyball</div> <div>Roast Turkey</div>	<div>2</div> <div>10:00 Card Players Group 12:30 Wii Games</div> <div>Stuffed Pepper Casserole</div>	<div>3</div> <div>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Cookie Bake-off and Trivia w/the Library Staff</div> <div>Garlic Herbed Chicken</div>	<div>4</div> <div>10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner</div> <div>Burger w/Chili & Cheese</div>	<div>5</div> <div>9:15 Shopping Trip*</div> <div>Breaded Fish</div>
<div>8</div> <div>Center is Closed COLUMBUS DAY  No meals served</div>	<div>9</div> <div>10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games</div> <div>Haddock w/Parmesan Cheese Sauce</div>	<div>10</div> <div>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</div> <div>Hot Dog on Bun</div>	<div>11</div> <div>9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</div> <div>Chicken Pesto</div>	<div>12</div> <div>12:45 Birthday Bash with a Performance by Tony the Dancing Cop</div> <div>American Chop Suey</div>
<div>15</div> <div>9:00—10:00 Senator Moore's Office Hours 9:30 Coffee Hour with Ranger Viola 1:00 Tai Chi 4:00 ZENgevity</div> <div>Ranch Chicken</div>	<div>16</div> <div>10:00 Card Players Group 12:00 State Representative Muradian's Pasta Lunch</div> <div>Beef w/Onions & Peppers</div>	<div>17</div> <div>9:00—10:00 Computer Class 9:15 Flu Shots at the Center 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</div> <div>BBQ Pork Pie</div>	<div>18</div> <div>10:00 Knit/Crochet Group 1:00 BINGO 6:00 Medicare Talk</div> <div>Chicken Picatta</div>	<div>19</div> <div>9:00 BVT Salon Visit 9:30 Tea Time Wellness Talk w/Jes 12:45 Shopping Trip* 5:30 Men's Club Supper Spaghetti & Meatballs</div>
<div>22</div> <div>12:30 Shopping Trip* 1:00 Tai Chi 4:00 Volleyball</div> <div>Fish w/Crumb Topping</div>	<div>23</div> <div>9:15 Breakfast 10:00 Safe Driving Talk with the RMV 10:00 Card Players Group 12:30 Wii Games</div> <div>Greek Chicken</div>	<div>24</div> <div>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to Applebee's 12:30 Canasta 12:30 Blood Pressure Checks Meatloaf & Gravy</div>	<div>25</div> <div>10:00 Knit/Crochet Group 1:00 BINGO 5:30 Pot Luck Supper</div> <div>Macaroni & Cheese</div>	<div>26</div> <div>9:15 Shopping Trip* 12:30 Afternoon Movie</div> <div>Chicken Pot Pie</div>
<div>29</div> <div>1:00 Tai Chi 4:00 ZENgevity</div> <div>Beef Stew</div>	<div>30</div> <div>9:00 Sea Glass Pendant Making Class 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip*</div> <div>Vegetable Cheese Bake</div>	<div>31</div> <div>9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Halloween Party</div> <div>Chicken Milano</div>	<div></div> <div>* Please see Newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</div>	

October, 2018 — Dates to Remember

Check  here if you plan to attend !



- Oct 1 ☐ COA Meeting, 10:30
- Oct 3 ☐ Cookie Bake-off and Trivia, 12:30 (Do you plan to bake? Yes___ or No___)
- Oct 4 ☐ BVT Charity Dinner, 5:00 (Do you want a ride on van departing at 4:45? Yes___ or No___)
- Oct 5 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Oct 8 ☐ COLUMBUS DAY—Center is closed; no meals served
- Oct 9 ☐ Craft Time with Betty, 10:30
- Oct 10 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 12:30
- Oct 11 ☐ Breakfast with the Town Manager, 9:00
- Oct 12 ☐ Birthday Bash with a Performance by Tony the Dancing Cop, 12:45
- Oct 15 ☐ Senator Moore's Office Hours, 9:00—10:00
- Oct 15 ☐ Coffee Hour with Ranger Viola, 9:30
- Oct 16 ☐ State Representative Muradian's Pasta Lunch, 12:00
- Oct 17 ☐ Flu Shots at the Center, 9:15 (forms are available at the Center to be completed before the shot)
- Oct 17 ☐ Shopping Trip—Market Basket, Oxford, 12:30
- Oct 18 ☐ Medicare Talk, 6:00 pm
- Oct 19 ☐ BVT Salon Visit—Depart 8:45 for 9:00 Appts. What Service do you want? _____
- Oct 19 ☐ Tea Time Wellness Talk w/Jessica, 9:30
- Oct 19 ☐ Shopping Trip—Franklin Farmer's Market, 12:45
- Oct 22 ☐ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Oct 23 ☐ Breakfast at the Center, 9:15
- Oct 23 ☐ Safe Driving Talk with the RMV, 10:00
- Oct 24 ☐ Lunch Trip to Applebee's, Milford, 11:30 Departure. Do you need a ride? Yes___ or No___
- Oct 24 ☐ Blood Pressure Checks, 12:30
- Oct 25 ☐ Pot Luck Supper, 5:30. Please check off below what you plan to bring:
 Appetizer___, Main Dish___, Salad___, Side Dish___, Dessert___ (Or else please bring \$5___)
- Oct 26 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge, 9:15
- Oct 26 ☐ Afternoon Movie, 12:30
- Oct 30 ☐ Sea Glass Pendant Making Class, 9:00. Do you want to use copper wire (\$20)___ or silver (\$25)?___
 Note: Space is limited. Please register and bring your payment to the Center by Oct. 24 to confirm spot.
- Oct 30 ☐ Shopping Trip—Market Basket, Hudson, 12:30
- Oct 31 ☐ Halloween Party, 12:30

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 candy corn? 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 on 10/16)	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