



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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November 2018

We have much to be thankful for here at the Center as we enter the season of Thanksgiving. According to research, practicing gratitude decreases stress and negative thinking and increases happiness and social intelligence. With that in mind, we'll be holding a "Gratitude Challenge" in November and we hope you'll ALL participate!

We'll have a "gratitude box" at our computer sign in station throughout the month, along with a basket of paper leaves. We hope you'll take some time to jot down one thing you are grateful for on each leaf, and drop it in our box. It could be anything—such as: *A talent you have, something in nature, something you love to do, something you learned this year, or someone you appreciate.* If you are thankful for it, write it down! Be sure to put your name on the back of each leaf, because we'll draw a name each week from the box and the winner will receive a gift card. Then we'll use the leaves to decorate our Center with a "gratitude tree" and spread the spirit of thanksgiving all around us!

In addition to focusing on our appreciation of the little things in life, we have loads of activities in store for you this month. Here are a few highlights from our calendar. Please read on for all the details:

- Senator Moore's Turkey Dinner with Johnny Diamond—Nov. 2
- Cogniciti Brain Health Workshop—Nov. 6
- Veterans Day Concert at Memorial—Nov. 7
- Veterans Day Breakfast—Nov. 8
- "Preparing for Your Future" Talk—Nov. 14
- Make Holiday Cards for the Troops—Nov. 16
- TriValley's Thanksgiving Meal with Trinity Big Band—Nov. 20
- "Understanding Alzheimer's" Talk—Nov. 26
- Festival of Trees—Nov. 27
- Vision Loss Presentation—Nov. 28

As a friendly reminder—please register for all programs as soon as possible by using our insert or giving us a call. It is such a big help to us in our planning and we never want to have to turn people away! Thanks for your cooperation.



Janice

The Center will be closed Nov. 12 for
Veterans Day & closed Nov. 22 & 23 for
Thanksgiving.



Reminder of State Elections

State Elections 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 at 9:00 a.m. that day to transport seniors to vote; please call the Center to register for a free ride. **Absentee ballots** are available from the Town Clerk's office which can be reached at 508-529-3565. Technically, absentee ballots are due to the Town Clerk by noon on Monday, November 5. But since paperwork then needs to be mailed to the voter, the Town Clerk recommends you apply as soon as possible to ensure that you have what you need in time to vote. Two weeks of **early voting** will be held Mondays through Fridays from **Oct. 22—Nov. 2** at the Town Hall (8 a.m.—4 p.m. Mon—Thursday, and 8 a.m.—Noon Fridays). Early voting is an option for every registered voter. If you are unable to get to the polls on November 6 and need a ride to Town Hall for early voting, please call the Center to schedule a free ride. We encourage you to exercise your right to vote!



Special Town Meeting

Upton's Special Town Meeting will be held Tuesday, **Nov. 13 at 7 pm** at Nipmuc Regional High School. If you'd like a free ride to the meeting, please call the Center to register.



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.*

Monday, November 5 at 12:30—Hannaford's, Uxbridge

Friday, November 9 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Wednesday, November 14 at 9:15—Market Basket, Oxford

Wednesday, November 21 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Monday, November 26 at 12:30—Kohl's/Home Goods/Stop & Shop Loop*, Milford

Thursday, November 29 at 9:15—Market Basket, Hudson

BVT Charity Dinner



Thursday, November 1 - Depart at 4:45 for 5:00 Dinner
Attend an all you can eat buffet (Roast turkey, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by October 29** 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.



Senator Moore's Turkey Dinner with Music by Johnny Diamond

Friday, November 2— 12:00 Meal / 1:00 Music

Come gather with friends to enjoy a delicious turkey dinner, courtesy of Senator Moore's office. Thank you Senator Moore! Space is limited; please **call the Center to register by Tuesday, October 30**. Following our meal, Johnny Diamond will be here for his farewell performance before he retires. Come enjoy his voice one last time and wish him well!

LEARN

Cogniciti Brain Health Workshop

Tuesday, November 6 at 12:30—1:30

Give your brain a check up! Join in Cogniciti's Brain Health Workshop and get your free "brain health score". Cogniciti staff will provide laptops to be used for the assessment so basic computer skills are required. Participants must be age 50-80. Please **call the Center by Nov. 2 to register**.



Veterans Concert at Memorial School

Wednesday, Nov. 7 — 9:40 Departure/10:00 Concert

Join us as we head to Memorial School in Upton for a musical celebration of the men and women of the Armed Forces. Students from Kindergarten through grade 4 will entertain us with patriotic favorites! Please call the Center to register and let us know if you'd like a free ride on our van.



Afternoon Social & Jump Rope Performance

Wednesday, November 7 at 1:00

Join us for an exciting performance by the **High Altitude Jump Rope Team** made up of kids from 11—18 years of age who compete at the Regional and National level. You will be amazed by their skills! Light refreshments will be served. Please call to register.



Veterans Day Breakfast with the Town Manager

Thursday, November 8 at 9:00

Join us as we gather for a delicious breakfast in honor of our country's Veterans. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please come in honor of their service. Please call the Center to register. Veterans, please let us know your military branch. The breakfast is free to Veterans. A donation of \$3 is suggested for all others. Town Manager Derek Brindisi will join us to honor our Veterans as well.



Decoupage Pumpkin Craft

Friday, November 9 at 10:00

Local resident Bonnie Davidson will be here to lead us in creating beautiful decoupage pumpkins. These would make a great decoration for your home or a wonderful centerpiece for Thanksgiving. No fee. Please **register by Nov. 7**.

Afternoon Movie

Friday, November 9 at 12:30



Join us to watch *Something's Gotta Give* (PG-13). Harry Sanborn (Jack Nicholson) is a perennial playboy. During what was to have been a romantic weekend with his latest infatuation, Harry winds up being nursed by her reluctant mother Erica (Diane Keaton), and feelings change. Call to let us know if you can join us!



Lunch Trip to Red Robin

Tuesday, November 13 at 11:30

Join your friends for lunch at Red Robin in the Shoppes at Blackstone Valley Plaza in Millbury. They've got great burgers and much more! Please call the Center to register and let us know if you need a ride.



How to Prepare for Your Future

Wednesday, November 14 at 12:30

Join Stephanie Fattman of the Worcester County Probate & Family Court for an informative discussion aimed at providing seniors with an overview of how to probate or protect an estate, competency and incapacity, guardianships and receiving long term care, and probate and family court resources. Light refreshments will be served. No fee. Please call to register.



Bake Sale

Thursday, November 15, 11:00—1:00

We'll be holding a bake sale to benefit Tri-Valley Inc. which provides in-home and community services throughout Central MA. Please consider baking a treat, buying one, or both—to support the cause! **Please let us know if you plan to bake.**

BVT Salon Visit

Friday, November 16 at 9:00



Treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. It's a busy month so spaces may be limited. **Please RSVP to the Upton Center by November 13 to reserve a time** and let us know if you need a ride for \$1.



Representative Muradian Office Hours

Friday, November 16 at 12:00

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

Make Holiday Cards for the Troops with the Local Girl Scouts

Friday, November 16 at 3:00

Local Girl Scouts will be here to help our seniors make creative holiday cards to be shipped to our troops overseas. Please join us to help these children with this special project to show our appreciation for our troops! Please call the Center to register. No fee.



Men's Club Supper

Friday, November 16 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. This month they plan to serve pasta and meatballs. No fee, thanks to the Upton Men's Club!



Senator Moore's Office Hours

Monday, November 19, 9:00—10:00

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



Thanksgiving Dinner with the Trinity Big Band

Tuesday, Nov. 20 — 11:45 Dinner/12:30 Music

Join us here at the Center as we give thanks for all of YOU. We'll start with TriValley's delicious annual turkey dinner at 11:45 (\$3 fee), followed by the wonderful musical entertainment of the Trinity Big Band at 12:30. **Please call the Center by November 15 to register.**



Coffee Hour with Talk on Understanding Alzheimer's & Dementia

Monday, November 26 at 10:00

A representative of the Alzheimer's Association will provide an overview of the impact of Alzheimer's, the difference between Alzheimer's and dementia, risk factors, research, and resources. Please call the Center to register. No fee.



Craft Time with Betty

Tuesday, November 27 at 9:15

Join volunteer Betty Brault for a fun Christmas craft. Please call the Center to register. No fee.

Trip to the

Festival of Trees in Wellesley



Tuesday, Nov. 27—Depart at 10:15 for 11:30 viewing time
The Mass. Horticultural Society presents this Festival of Trees along with a Snow Village, an enchanting display of Christmas villages featuring model trains winding throughout. Discounted senior ticket price is \$5. Payment is required to hold your ticket. Please call the Center to register and let us know if you need a ride on our van (space is limited). We'll stop for local fast food on the ride home.



Vision Loss Presentation with Apple Crisp

Wednesday, November 28 at 12:30

Are you aware of what changes in your eyes are part of the healthy aging eye process, and what changes might be signs of age related eye diseases? Do you know what resources are available to learn new skills if you do experience vision loss? A member of the Mass. Association for the Blind and Visually Impaired will be here with an important talk on these topics. Join us to learn more and enjoy some delicious apple crisp too!

Birthday Bash

with Music by Rockin' Ralph

Friday, November 30 at 12:45



Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with November birthdays; a donation of \$3 is suggested for others. Afterwards—Rockin' Ralph will be back to spin his oldies! Please call to register. Thank you to the staff of Adult Liberty Day Health who will kindly be supplying this month's cake.

Healthy Mind & Body

Tai Chi —Mondays at 1:00—\$3

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

Blood Pressure Checks—Wed., Nov. 28 at 12:30

Note: We are taking a break from our ZENgevity classes for the time being. Please watch our newsletters for updates.

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

Open Enrollment is in full swing. By now you should have received information from your current plan explaining the changes for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan may have changed. During Medicare Open Enrollment, you can review and/or make changes to your plan for 2019. SHINE Counselors offer unbiased Medicare health insurance information and can 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 located in Milford at 508-422-9931.

Medicare Cards for Massachusetts residents should have already been received. If you are a Massachusetts Resident and you have not yet received your new Medicare card, please call 1-800-MEDICARE to inquire about status of card.

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 are interested in learning if you qualify for Fuel Assistance or if you need assistance completing an application, please contact Jessica at 508-529-4558 to set up and appointment. SMOC (Southern Middlesex Opportunity Council) may offer additional services for heating season depending on eligibility and they can be reached at 508-620-1230.



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 Gift cards (Walmart, Shaws) and plastic spoons at the Center. Please call if you can help. Thanks!



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.

Coming in December:



Trip to Mechanics Hall Christmas Concert—Wed., Dec. 5
Podiatrist Visit—Dec. 6 (rescheduled from November 15)
Christmas Party with Yankee Swap & Lunch—Fri., Dec. 7
 Watch for details in our December newsletter.

COMMUNITY CORNER

Flu Shots

Flu shots are available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call ahead to schedule an appointment at 508-529-3110.

Suppers at United Parish

United Parish of Upton invites you to their **Annual Turkey Supper** on Saturday, **November 3** at 5:30. Adults: \$12; Children: \$6. Call 508-529-3192 or visit the parish office for tickets. The Upton Center will provide Upton seniors with free rides to the Nov. 3 meal; call 508-529-4558 by Nov. 1 to reserve your ride. United Parish will also host a Community Supper on **Thurs., Nov. 15 at 5:30**. RSVP by the Tues. before at 508-529-3192. No fee; donations appreciated.

Navigating the Holidays

When communication is a struggle, hard of hearing family members can be left feeling isolated in a room full of people. The **Hearing Loss Association** of Central Mass will hold its next meeting at the Northborough Public Library (34 Main St., Northborough) on **Nov. 10 from 2:00—4:00** to discuss strategies to make holiday gatherings a more pleasant experience for everyone. Light refreshments served.

Leaf Raking for Upton Seniors

Nipmuc students have again offered to help the local seniors with raking at their homes on **November 10**. Please **call the Center by November 7th** with your name, address and phone number if you are interested. Spots are limited.

Gypsy's Deja Vu Belly Dancing Show

Many of you will remember Gypsy Phillips from her belly dancing performance and classes held here at the Upton Center. So we wanted to spread the word that she will be performing in "Déjà Vu", a belly dancing show at Assabet Valley Regional Technical High School (215 Fitchburg St., Marlborough) on Sat., **Nov. 17 at 7:30 pm**. The show is free to the public.

A Doublewide, Texas Christmas

Join the Northbridge Seniors for food, fun, and farce on this trip to the Newport Playhouse on Sunday, **December 2** for a wonderful comedy plus a buffet luncheon and cabaret show. Tickets are \$87 (including transportation, lunch, play, cabaret, gratuities). For more information contact Jeannine at 508-234-2002.

Where's the Pilgrim Hat?



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



November 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.</p>	<p>Gobble Gobble!</p> 		<p>1 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner</p> <p>Salisbury Steak</p>	<p>2 12:00 Senator Moore's Turkey Dinner 1:00 Johnny Diamond Performs</p> <div> <p>Sat., Nov. 3 Free ride to United Parish Turkey Dinner at 5:30</p> </div> <p>Potato Crunch Fish</p>
<p>5 10:30 COA Meeting 12:30 Shopping Trip* 1:00 Tai Chi</p> <div> <p>Sun., Nov. 4 at 2 am— Turn Back Clocks</p>  </div> <p>Chicken Picatta</p>	<p>6 9:00 Free Ride to Vote 10:00 Card Players Group 12:30 Cogniciti Brain Health Workshop</p> <p>STATE ELECTION DAY</p> <p>Meatballs</p>	<p>7 9:00—10:00 Computer Class 10:00 Strength & Stretch 10:00 Veterans Day Concert at Memorial 11:00 Library Table 12:30 Canasta 1:00 Afternoon Social & Jump Rope Performance Marinated Pork Loin</p>	<p>8 9:00 Veterans Day Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>BBQ Chicken</p>	<p>9 10:00 Decoupage Pumpkin Craft 12:30 Shopping Trip* 12:30 Afternoon Movie</p> <div> <p>Sat., Nov. 10 Leaf Raking by Nipmuc Students</p> </div> <p>Macaroni & Cheese</p>
<p>12 Center is Closed for VETERANS DAY</p>  <p>No meals served</p>	<p>13 10:00 Card Players Group 12:30 Wii Games 11:30 Lunch Trip to Red Robin 7:00 Upton Special Town Meeting at Nipmuc</p> <p>Chicken Fajitas</p>	<p>14 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 How to Prepare for Your Future Hot Dog</p>	<p>15 10:00 Knit/Crochet Group 11:00—1:00 Bake Sale 1:00 BINGO</p> <p>Beef w/Onions & Peppers</p>	<p>16 9:00 BVT Salon Visit 12:00—1:00 Rep. Muradian Office Hours 3:00 Make Holiday Cards for the Troops with Local Girl Scouts 5:30 Men's Club Supper Salmon Boat w/ Dill Sauce</p>
<p>19 9:00—10:00 Senator Moore's Office Hours 1:00 Tai Chi</p> <p>Beef Stew</p>	<p>20 10:00 Card Players Group 11:45 TriValley's Thanksgiving Meal 12:30 Trinity Big Band</p> <p>Roast Turkey</p>	<p>21 9:15 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Baked Potato</p>	<p>22 Center is Closed</p> <p>HAPPY</p>  <p>THANKSGIVING No meals served</p>	<p>23 Center is Closed</p> <p>Regular Meals on Wheels deliveries will take place but there will be no congregate meal.</p>
<p>26 10:00 Coffee Hour with Talk on "Understanding Alzheimer's & Dementia" 12:30 Shopping Trip* 1:00 Tai Chi</p> <p>Chicken Mornay</p>	<p>27 9:15 Craft Time with Betty 10:00 Card Players Group 10:15 Departure for Festival of Trees in Wellesley 12:30 Wii Games</p> <p>Meatloaf</p>	<p>28 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Vision Loss Presentation with Apple Crisp Roast Pork</p>	<p>29 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Lasagna</p>	<p>30 12:45 Birthday Bash with Music by Rockin' Ralph</p> <p>Haddock w/Cream Sauce</p>

November, 2018 — Dates to Remember

Check  here if you plan to attend !

- Nov 1 ☐ BVT Charity Dinner, 5:00 (Do you want a ride on van departing at 4:45? Yes___ or No___)
- Nov 2 ☐ Senator Moore's Turkey Dinner at 12:00
- Nov 2 ☐ Johnny Diamond's Farewell Performance at 1:00
- Nov 3 ☐ United Parish Turkey Dinner at 5:30 (Call United Parish for tickets, \$15) - Do you need a ride? Yes___ No___
- Nov 5 ☐ COA Meeting, 10:30
- Nov 5 ☐ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Nov 6 ☐ Free Ride to Vote at Nipmuc, Departing at 9:00
- Nov 6 ☐ Cogniciti Brain Health Workshop, 12:30
- Nov 7 ☐ Veterans Day Concert at Memorial School, 10:00 (Van departs at 9:40—Do you need a ride? Yes___ No___)
- Nov 7 ☐ Afternoon Social & Jump Rope Performance , 1:00
- Nov 8 ☐ Veterans Day Breakfast with the Town Manager at 9:00. If you are a Vet., what branch? _____
- Nov 9 ☐ Decoupage Pumpkin Craft at 10:00
- Nov 9 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- Nov 9 ☐ Afternoon Movie at 12:30
- Nov 10 ☐ Leaf Raking by Nipmuc Students (please provide your address and phone)
- Nov 13 ☐ Lunch Trip to Red Robin in Millbury, 11:30 Departure. Do you need a ride? Yes___ or No___
- Nov 13 ☐ Ride to Special Town Meeting—6:40 pm Departure for 7:00 pm Meeting
- Nov 14 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- Nov 14 ☐ Presentation: How to Prepare for Your Future, 12:30
- Nov 15 ☐ Bake Sale, 11:00—1:00. Would you like to bake an item? Yes___ or No___
- Nov 16 ☐ BVT Salon Visit—Depart 8:45 for 9:00 Appts. What Service do you want? _____
- Nov 16 ☐ Representative Muradian's Office Hours, 12:00—1:00
- Nov 16 ☐ Make Holiday Cards for the Troops with Local Girl Scouts, 3:00
- Nov 16 ☐ Men's Club Supper, 5:30
- Nov 19 ☐ Senator Moore's Office Hours, 9:00—10:00
- Nov 20 ☐ TriValley's Thanksgiving Meal, 11:45
- Nov 20 ☐ Trinity Big Band Entertainment, 12:30
- Nov 21 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge ,9:15
- Nov 26 ☐ Coffee Hour with Talk on "Understanding Alzheimer's & Dementia", 10:00
- Nov 26 ☐ Shopping Trip—Kohl's/Home Goods/Stop & Shop Loop, Milford, 12:30
- Nov 27 ☐ Craft Time with Betty, 9:15
- Nov 27 ☐ Festival of Trees in Wellesley, depart at 10:15 for 11:30 viewing time (hold spot by buying \$5 ticket)
- Nov 28 ☐ Vision Loss Presentation with Apple Crisp, 12:30
- Nov 29 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Nov 30 ☐ Birthday Bash with Music by Rockin' Ralph, 12:45. Is it your birthday this month?! Yes___ or No___



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 Pilgrim hat? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii on 11/6 or 11/20)	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: We are taking a break from our ZENgevity classes for the time being. Watch our newsletters for updates.