



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



December 2018



THE UPTON CENTER STAFF

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Judie Pitts

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Grace Wadsworth

What a wonderful month of Thanksgiving it was here at the Center. Over 70 people enjoyed a delicious turkey dinner here on November 2. We are so grateful to Senator Moore and his staff for providing us with this holiday feast. Then on November 8, we hosted a special breakfast to show our thanks to our country's veterans. We gathered again on November 20 when over 50 people enjoyed TriValley's Thanksgiving meal followed by some festive musical entertainment by the Trinity Big Band. It was great to share in the season with all of you!



We were fortunate to have many special volunteers visit the Center in November as well. Thank you to the Upton Girl Scouts who came to make holiday cards with our seniors. The cards will be mailed to our troops overseas in time for Christmas. We are also grateful to Bonnie Davidson, a local resident who offered to come lead our seniors in a creative decoupage pumpkin craft. The end results were fantastic! And of course we appreciate the monthly visits from Betty Brault who always manages to amaze us with the crafts she creates with our seniors. Thank you!

We have also received many generous donations here at the Center, including the following. We thank you all!

- *Candy that our seniors handed out to the trick or treaters at the United Parish Trunk or Treat event*
- *Wonderful gift bags for the seniors at our Thanksgiving meal, donated by the Class of 1978*

Perhaps most inspiring has been your participation in our Gratitude Challenge throughout the month of November. So many of you have filled out our gratitude leaves which will be used to create a gratitude tree at the Center to remind us of our blessings. Here are just a few of the things you listed, for which you are thankful:

- *For life, love, laughter, friendship, hope, children and kisses*
- *For a wonderful Center*
- *For life—and for getting up in the morning and going to bed at night*
- *For each new day*

We appreciate your participation in our challenge! Congratulations to our gratitude winners thus far— **Barbara Smith, Judie Pitts and Edna Lariviere**. Each of them won a gift card for the Little Coffee Bean.

We hope you all can join us at our Christmas Party on December 7; see details inside. Happy Holidays to all, from your COA Staff!



Anice



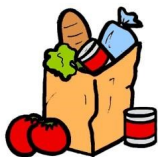
The Upton Center will be closed Tuesday, December 25 for Christmas and Tuesday, January 1 for New Year's Day.



Great Gift Idea for Local Seniors... SENIOR CENTER BUCKS!



Looking for a practical gift for the Seniors you know in town? Why not treat them to some "Upton Center Bucks" which can be used for any activity with a fee at the Upton Center, such as a van ride, pizza & cake at our monthly Birthday Bash, Bingo cards, or lunch at the Center? Our bucks are available in any denomination. Call 508-529-4558 or stop by for more information.



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, December 3 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Tuesday, December 11 at 9:15—Market Basket, Oxford

Friday, December 14 at 12:30—Hannaford's, Uxbridge

Wednesday, December 19 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Monday, December 24 at 9:15—Kohl's/Home Goods/Stop & Shop Loop*, Milford

Wednesday, December 26 at 9:15—Market Basket, Hudson



Tree Trimming Party with Piano Music

Tuesday, December 4 at 12:45

Join us for some holiday cheer as we deck the halls and decorate the Upton Center Christmas trees! Upton resident Ann Perkins will be here to play Christmas music on our piano as we decorate. Light refreshments will be served; no fee. Please call to register.

Holiday Concert at Mechanics Hall

Wednesday, December 5 at 12:00

Join us for a Brown Bag Holiday Concert at Mechanics Hall in Worcester. The New England Conservatory Symphonic Winds & Chamber Singers will be joined by the U.S. Navy Band Northeast, a 35-musician ensemble, to serve up plenty of holiday cheer. The performance is free; it starts at 12 and ends at 1:00. Bring your own "brown bag" lunch or purchase one at the Hall while they last. Please call the Upton Center to register if you'd like a ride on our van (\$4 roundtrip); space is limited. **Van will depart the Center at 10:45** in order to arrive when doors open (there is no option to reserve seats or meals in advance this year).

Podiatrist Appointments

Thursday, December 6, 9:30—12:00

Dr. Biancamano will return for appointments from 9:30—12:00. Please call the Center to reserve an appointment time.



Miscoe Carolers Visit the Center

Thursday, December 6 at 9:30

Join us for this fun and festive tradition as Miscoe Hill School's Chorus comes caroling for the holidays! Light refreshments will be served. No fee. Please call to register.

BVT Charity Dinner



Thursday, December 6—Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Pot roast, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by December 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. Van departs Millhaus at 4:45 and Coach Rd. at 4:50.



CHRISTMAS PARTY FRIDAY, DECEMBER 7

10:00 Holiday Social

10:30 Yankee Swap

12:00 Holiday Pasta Bar

1:00 Paul Lamoureux Sings



Join us for a day of holiday fun! We'll start with a Holiday Social at 10. Enjoy coffee and donuts and holiday cheer. Next we'll enjoy the annual Yankee Swap gift exchange! If you'd like to participate, just bring along a new, wrapped gift valued at about \$10. Each player picks a number from a hat to determine the order for picking a gift, and then the swapping begins! At Noon we'll enjoy a delicious Holiday Pasta Bar sponsored by Representative David Muradian. Then at 1:00 Paul Lamoureux returns to entertain us with holiday songs, sponsored by Senator Michael Moore. Don't miss this chance to gather for a festive afternoon with friends to get you in the holiday spirit! Please call the Center to register for any or all of the day's events. Thank you to Rep. Muradian, Senator Moore and our Secret Santa!



Holiday Breakfast with the Town Manager



Thursday, December 13 at 9:00

Join us as we gather for a delicious holiday breakfast with Town Manager, Derek Brindisi. After a delicious meal, Derek will give a talk on what's happening in town and answers your questions. Come share your concerns and learn what's new in Upton! Please call the Center to register. Breakfast is \$3

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).

REMINDER: We may need to cancel programs due to severe weather; please call ahead if weather is questionable.



Men's Club Supper

Friday, December 14 at 5:30

Join us for another great Men's Club Supper and enjoy the holiday season together! It's always a delicious meal and a great chance to catch up with friends. No fee, thanks to the Upton Men's Club!



Senator Moore's Office Hours

Monday, December 17, 9:00—10:00

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

Lunch Trip to Empire Buffet

Monday, December 17 at 11:45

Join your friends for a fantastic Chinese feast at the Empire Buffet in Woonsocket. Enjoy their buffet or choose from an assortment of other great choices. Please call the Center to register and let us know if you need a ride.



Craft Time with Betty

Tuesday, December 18 at 10:00

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



Memorial Carolers and Holiday Lights Ride

Wed., December 19, 4:45 Carols / 5:45 Ride

Memorial School students will join us once again this year to spread holiday cheer with some wonderful carols. Light refreshments will be served. No fee. Please call to register. Afterwards, join us for a ride on our van to marvel at some of the beautiful holiday light displays around town. Please call the Center to register for the caroling and/or lights ride. No fee. Space is limited for ride.



TriValley's Holiday Lunch

Thursday, December 20 at 11:45

Enjoy TriValley's Holiday luncheon of chicken with sage stuffing at the Center. Please register by Tuesday, December 18. Lunch fee is \$3.

Birthday Bash

Friday, December 21 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with December birthdays; a donation of \$3 is suggested for others. Afterwards—we'll play some festive holiday music to get us in the holiday spirit! Please call to register.



Children Visit for New Year's Soiree

Wednesday, December 26 at 12:30

Children from United Parish have kindly offered to treat us to a New Year's Celebration. Enjoy a fun craft with the kids along with fancy petit hors d'oeuvres to ring in the New Year. Please call the Center to register. No fee.

Christmas Movie & Cocoa

Friday, December 28 at 12:30



The holiday season just isn't complete unless you watch ELF (rated PG)!! Join us for this holiday classic about Buddy (Will Ferrell) - who was accidentally transported to the North Pole as a toddler and raised as an elf. Chaos ensues when he heads to New York in search of his real father, spreading Christmas cheer all along the way. Join us!



New Year's Countdown

Monday, December 31 at 12:00

We can't let New Year's Eve go by without a countdown to midnight—or at least "mock midnight"! Join us just before noon as we share a toast of sparkling something in honor of the new year. Share your resolutions and start 2019 off right! No fee. Please call to register.

Coming Soon: Matter of Balance Program

8 Week Program—Wednesdays, Jan. 9—Feb. 27, 2-4pm

Matter of Balance classes help participants learn to:

- Change perception on falls and risks
- Reduce fear of falling
- Set realistic goals for increasing physical and social activities
- Make changes to reduce risks of falling at home
- Promote exercise to increase strength, flexibility and balance

This is a free program offered by Tri-Valley and hosted at The Upton Center. Please call the Center to register.

Healthy Mind & Body

Tai Chi —Mondays at 1:00—\$3

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

Blood Pressure Checks—Wed., Dec. 19 at 12:30

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



JESSICA'S SOCIAL SERVICES CORNER

SMOC Fuel Assistance

The Fuel Assistance program helps income eligible households pay a portion of their heating costs. If your GROSS income falls within the limits shown below, you may be eligible for assistance. You may also qualify for electricity discounts and weatherization programs. The guidelines are:

Household Size	Maximum Gross Income
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289
5	\$79,215
6	\$90,141

For more information please contact Jessica at the Upton Center (508-529-4558). If you would like to speak to SMOC directly, they can be reached at 1-800-286-6776.

Medicare Open Enrollment

Don't forget—Medicare Open Enrollment ends December 7th. This is an opportunity for Medicare beneficiaries to make any changes to their Medicare Advantage plans for Prescription Drug Plans. If you are considering making changes to your Medicare Insurance or have questions regarding your Medicare, please call the Center at 508-529-4558 as soon as possible to speak with a SHINE Counselor. And even after December 7, please call with any inquiries as certain options may still be available to you.



Prescription Advantage Program

Prescription Advantage is a State Pharmacy Assistance Program (SPAP) available to Massachusetts residents who meet income guidelines and are enrolled in a Part D plan. Prescription Advantage acts as secondary payer to the Medicare Part D and can provide significant financial assistance to members who hit the Medicare Part D coverage gap (donut hole). Prescription Advantage may also provide assistance with members who have retiree coverage. Maximum monthly income: Individual- \$5,058; Couple- \$6,858. For more information please contact a SHINE Counselor. Jessica can be reached by calling: 508-529-4558.

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, Shaw's). Please call if you can help. Thanks!

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.

St. Gabriel's Christmas Fair

St. Gabriel's Parish of Upton will hold its traditional Christmas Fair Saturday, **Dec. 1** from 9 a.m. to 3 p.m. and after the 8:00 mass on Sunday. The fair features fresh balsam wreaths, indoor plants, Christmas crafts, decorations, attic treasures, gifts, knit and crocheted items and many raffles. Lunch will be available along with baked goods to go. Pictures with Santa are available from 9-11 a.m.

Trees for Hope Festival

The Trees of Hope Festival will be held in St. Paul's Hall in the lower level of St. Gabriel's Parish in Upton on **Dec. 1** (9 am—7 pm) and **Dec. 2** (9 am—1 pm). The festival features holiday trees donated by individuals, families and groups, each with a different theme. The festival benefits the 15-40 Connection, dedicated to early cancer detection.

United Parish Holiday Bazaar

Visit United Parish in Upton for the annual Holiday Bazaar from 10—3 on **Saturday, December 1**. There will be plenty of crafters, jewelers, and woodworkers on hand—with baked goods, gingerbread houses and more. Proceeds benefit the United Parish Early Learning Center.

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.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **December 20 at 5:30**. RSVP by the Tues. before at 508-529-3192. No fee but donations are always appreciated.

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 Mitten?



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



December 2018



Mon

Tue

Wed

Thu

Fri

3

10:30 COA Meeting
12:30 Shopping Trip*
1:00 Tai Chi

Hanukkah begins at sunset on Sunday, Dec. 2



Pork Rib-i-que

4

10:00 Card Players Group
12:45 Tree Trimming Party with Piano Christmas Music

Swedish Meatballs

5

9:00—10:00 Computer Class
10:00 Strength & Stretch
11:00 Library Table
10:45 Departure for 12:00—1:00 Concert at Mechanics Hall
12:30 Canasta

Sloppy Joe

6

9:30—12:00 Podiatrist Appointments
9:30 Miscoe Carolers
10:00 Knit/Crochet Group
1:00 BINGO
5:00 BVT Charity Dinner

Chicken Cacciatore

7

10:00 Holiday Social
10:30 Yankee Swap
12:00 Holiday Pasta Bar
1:00 Paul Lamoureux Sings

Fish w/Crumb Topping

10

1:00 Tai Chi

Chicken Pot Pie

11

9:15 Shopping Trip*
10:00 Card Players Group
12:30 Wii Games

Penne & Meatballs

12

9:00—10:00 Computer Class
10:00 Strength & Stretch
11:00 Library Table
12:30 Canasta
Garlic Herbed Chicken

13

9:00 Holiday Breakfast with the Town Manager
10:00 Knit/Crochet Group
1:00 BINGO
Potato Crunch Fish

14

12:30 Shopping Trip*
5:30 Men's Club Supper

Baked Ham w/ Maple Glaze

17

9:00—10:00 Senator Moore's Office Hours
11:45 Lunch Trip to Empire Buffet
1:00 Tai Chi

Salmon Boat w/Dill Sauce

18

10:00 Card Players Group
10:00 Craft time with Betty
12:30 Wii Games

Hot Dog

19

9:00—10:00 Computer Class
9:15 Shopping Trip*
10:00 Strength & Stretch
11:00 Library Table
12:30 Canasta
12:30 BP Checks
4:45 Memorial School Christmas Carolers Visit
5:45 Holiday Lights Ride
American Chop Suey

20

10:00 Knit/Crochet Group
11:45 TriValley's Holiday Luncheon
1:00 BINGO

Chicken w/Sage Stuffing

21

12:45 Birthday Bash with Christmas Carols

Braised Beef

24

CHRISTMAS EVE

9:15 Shopping Trip*



Chicken Pesto

25

Center is Closed



No Meals Served

26

9:00—10:00 Computer Class
9:15 Shopping Trip*
10:00 Strength & Stretch
11:00 Library Table
12:30 Canasta
12:30 New Year's Soiree

Roast Pork Loin

27

10:00 Knit/Crochet Group
1:00 BINGO

Stuffed Pepper Casserole

28

12:30 Christmas Movie and Cocoa

Jambalaya


31

NEW YR's EVE
12:00 New Year's Countdown to Mock Midnight Burger



* Please see Newsletter for details of our shopping trips and call the

December, 2018 — Dates to Remember

Check  here if you plan to attend !

- Dec 3 ☐ COA Meeting, 10:30
- Dec 3 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 12:30
- Dec 4 ☐ Tree Trimming Party with Piano Christmas Music, 12:45
- Dec 5 ☐ Depart at 10:45 for Concert at Mechanics Hall (12—1). Do you need a ride? Yes___ or No___
- Dec 6 ☐ Podiatrist Appointments, 9:30—12:00 (Call for appointment)
- Dec 6 ☐ Miscoe Carolers, 9:30
- Dec 6 ☐ BVT Charity Dinner, 5:00. Do you want a ride on van departing at 4:45? Yes___ or No___
- Dec 7 ☐ Holiday Social, 10:00
- Dec 7 ☐ Yankee Swap, 10:30
- Dec 7 ☐ Holiday Pasta Bar, 12:00
- Dec 7 ☐ Paul Lamoureux Sings, 1:00
- Dec 11 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- Dec 13 ☐ Holiday Breakfast with the Town Manager, 9:00
- Dec 14 ☐ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Dec 14 ☐ Men's Club Supper, 5:30
- Dec 17 ☐ Senator Moore's Office Hours, 9:00—10:00
- Dec 17 ☐ Lunch Trip to Empire Buffet, Departing at 11:45. Do you need a Ride? Yes___ or No___
- Dec 18 ☐ Craft Time with Betty, 10:00
- Dec 19 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Dec 19 ☐ Blood Pressure Checks, 12:30
- Dec 19 ☐ Memorial School Christmas Carolers Visit, 4:45
- Dec 19 ☐ Holiday Lights Ride, 5:45
- Dec 20 ☐ TriValley's Holiday Luncheon, 11:45
- Dec 21 ☐ Birthday Bash with Christmas Carols, 12:45. Do you have a Bday this month? Yes___ or No___
- Dec 24 ☐ Shopping Trip—Kohl's/Home Goods/Stop & Shop Loop*, Milford, 9:15
- Dec 25 ☐ MERRY CHRISTMAS—Center is closed; no meals served
- Dec 26 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Dec 26 ☐ New Year's Soiree, 12:30
- Dec 28 ☐ Christmas Movie & Cocoa, 12:30
- Dec 31 ☐ New Year's Countdown to Mock Midnight, 12:00



Coming soon:

Jan 9-

Feb 27 ☐ Matter of Balance—Free 8 week program, 2-4 pm on Wednesday afternoons



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 mitten? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi (No Tai Chi on 12/24 or 12/31).....	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii on 12/4)	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.