



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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 **January 2019** 

As we head into the New Year—we have so much to be grateful for. Once again, we were simply blown away by the generosity of this community towards our seniors throughout the holidays. We'd like to take this opportunity to thank some of those who contributed so generously over the past month.

Thank you to **State Representative David Muradian** for sponsoring a fantastic pasta bar at our recent Christmas Party, and to **Senator Moore** for providing the festive entertainment. And thank you to **Paul Lamoureux** who returned to entertain us with holiday songs as well. It was a wonderful celebration!

Thank you to all those who provided us with the gift of music for the holidays. **Ann Perkins** added a festive atmosphere by playing Christmas carols on the piano as we trimmed our trees. And the **Miscoe Hill School Chorus** and **Memorial Elementary School students and families** who visited to carol here at the Center brought a special sparkle to our holidays. We appreciate the **Upton Police Department's** help in getting all the carolers here safely, too, by escorting them on their walk from the school to the Center on a chilly night. Thank you!

A special thank you to **Shaw's of Northbridge** for providing a free turkey dinner to the group of seniors who volunteered to help decorate our Center for the holidays this year. It was delicious!

The **children from United Parish** once again came to ring in the New Year with our seniors, sharing in a special craft at their "New Year's Soiree". What fun! And speaking of crafts—volunteer **Betty Brault** outdid herself with her Christmas crafts for our seniors, including an ugly Christmas sweater activity that brought many laughs to our seniors. Thank you!

Our list would not be complete without a shout out to the many community groups who donated so generously to our seniors over the holidays. Thank you to the **Saint Gabriel's YNIA group** for their generous donation of baked goods and to the **Upton Bloomer Girls, Saint Gabriel's Church** giving tree program, **Upton Men's Club, Unibank, the Upton Grange**, and the **Salvation Army** for providing gifts and donations for our seniors in need. We are so very thankful.

Finally—a special thanks goes to each of you for your all your thoughtful cards and Christmas wishes throughout the holidays. We appreciate them more than you know and we wish you all a very Happy New Year!

 **Janice**



Please note our holiday hours:

Tuesday, January 1—Closed for New Year's Day

Monday, January 21—Closed for Martin Luther King Jr. Day



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





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, January 3 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Tuesday, January 8 at 12:30—Market Basket, Oxford

Friday, January 11 at 9:15—Kohl's/Home Goods/Stop & Shop Loop*, Milford

Tuesday, January 15 at 9:15—Hannaford's, Uxbridge

Thursday, January 17 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Tuesday, January 22 at 9:15—Market Basket, Hudson

Wednesday, January 30 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Note: some stores have started charging 5 cents per bag for use of their plastic bags. Stop by our office for some recyclable bags instead!



Paint Your Own Masterpiece with Nipmuc Students

Friday, January 4 at 2:30

Nipmuc student Jason Lazarz will be here to instruct you in how to paint your own masterpiece! Jason is organizing this project as part of his National Honor Society project. He and other students will lead you every step of the way in painting a beautiful winter scene. No fee—all supplies will be provided. A light refreshment will also be served. Please call to **register by January 2.**



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. Class size is limited.



Breakfast with the Town Manager

Thursday, January 10 at 9:00

Join us as we gather for another delicious breakfast with Town Manager, Derek Brindisi. After a great 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. Fee is \$3.

BVT Charity Dinner



Thursday, January 10—Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Roast pork, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by January 8** 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.



Lunch Trip to Scales Seafood Restaurant

Friday, January 11 at 12:00

Join your friends for a delicious lunch at Scales Seafood in Millbury. Scales is known to have the freshest seafood around, and much more! Please call the Center to register and let us know if you need a ride.



Oral Hygiene Coffee Hour

Monday, January 14 at 10:00

Join us for coffee cake and an informative presentation by BVT Oral Hygiene students regarding oral health for seniors. Topics will include general oral hygiene, denture care, the impact of diseases such as diabetes, and more. Please call the Center to register by January 11.



Craft Time with Betty

Wednesday, January 16 at 12:30

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

BVT Salon Visit



Friday, January 18 at 9:00

Treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. **Please RSVP to the Upton Center by January 15 to reserve a time** and let us know if you need a ride for \$1.



Representative Muradian's Office Hours

Friday, January 18, 12:00—1:00

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



Birthday Bash

Friday, January 18 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with January birthdays; a donation of \$3 is suggested for others. Please call to register.



Fun, Games & Ice Cream Sundaes with Nipmuc Students

Wed., January 23, 12:15—1:45

A group of Nipmuc High School students have volunteered to come visit with our seniors for some fun and games! We'll be providing a free make your own sundae bar to add to the fun. Don't miss this opportunity for a tasty treat and lots of laughs as you spend time with a great group of students. Please register by Monday, January 21. No fee.



Breakfast at Stephanie's

Thursday, January 24 at 9:30

We are excited to welcome our newest addition to the neighborhood—"Breakfast at Stephanie's", now open directly across from us at 3 Farm Street. We thought it would be fun to schedule a breakfast trip there so that you can all enjoy a delicious meal together. Let us know by January 22 if you'd like to go and we'll make a group reservation for 9:30.

Afternoon Movie & Cocoa

Friday, January 25 at 12:30

Join us for a fun throwback comedy—Mr. Mom (rated PG)! After he's laid off, a husband (Michael Keaton) switches roles with his wife (Teri Garr). She returns to the workforce, and he becomes a stay-at-home dad, a job he has no clue how to do. Get ready for some laughs! Please call to register.



Men's Club Supper

Friday, January 25 at 5:30

Join us for another great Men's Club Supper! This month they'll have stuffed shells on the menu. It's always a delicious meal and a great chance to catch up with friends. No fee, thanks to the Upton Men's Club! Please call by January 23 to register.



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).



Breakfast at the Center & "Last Word" Talk

Tuesday, January 29—9:15 Breakfast / 10:00 Talk

Enjoy a delicious breakfast with friends at the Center. Afterwards, a representative from the RSVP Program will be here to give their talk entitled "You Can Have the Last Word". Although it's not always something that people like to think about, it's important to be informed about end of life arrangements. RSVP presents this program in an informal setting, with information for one of the most emotional and costly purchases many consumers will ever make, to help consumers avoid fraudulent, deceptive and unfair business practices in the marketplace. Please call the center to register. Breakfast fee is \$3.



Healthy Mind & Body

Tai Chi —Mondays at 1:00—\$3

ZENgeivity is back! - Mondays at 2:30—no fee

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

Blood Pressure Checks—Wed., Jan. 30 at 12:30

Also—See details of our 8 week "Matter of Balance Program" on prior page.

COMING SOON

Tax Appointments

It's almost that time of year again!....AARP tax preparers will be here to help Seniors prepare their taxes at no charge. We expect appointments to begin in February and we'll post more information just as soon as dates are available. Appointments fill fast. Please let us know if you'd like us to call you to schedule an appointment once the dates are finalized.

We Want to Hear From You!

Please Complete Our Survey Next Time You Check In



As we head into the New Year—we'd love to hear from you to know what activities would be of most interest to you in 2019. Please take a minute to complete a brief survey at our sign in desk and drop it into our suggestion box. No name is required; your input is confidential. We will use your feedback to help us plan our upcoming events.

THANK YOU for your input!!

JESSICA'S SOCIAL SERVICES CORNER



ZENgevity is Back!

Kick off the new year with laughter, music and positivity. Come give it a try, Monday afternoons with Jessica at 2:30. All fitness levels are welcome!

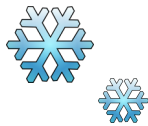
Six Ways to Stick with Your New Year's Resolutions in 2019

- ◆ Clearly define goals
- ◆ Set check points
- ◆ Keep calendar with reminders
- ◆ Allow for flexibility
- ◆ Have an accountability partner.
- ◆ Remember—*YOU CAN DO IT!!!*

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:

<u>Household Size</u>	<u>Maximum Gross Income</u>
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289



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. Additional information is available online on our website at www.uptoncoa.gov

Medicare Open Enrollment



Medicare Open Enrollment ended December 7th. If you still have questions, please call the Center at 508-529-2343 to speak with a SHINE Counselor. We have a SHINE counselor on site. Some options may still be available for you. Call the Center with any questions.



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

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.

Alzheimer's Caregiver Support Group

All are welcome to this monthly Dementia/Alzheimer's Caregiver Support Group at the Uxbridge Senior Center (36 S. Main St., Uxbridge), held the second Wednesday of each month from 1:00—2:00. The group is focused on support, education and contact information in a confidential and respectful setting. RSVP is appreciated—please contact Lisa Bernard, Senior Center Director, at 508-278-8622.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **January 17 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.

Talking Information Center Network

The Talking Information Center Network (TIC) is a radio reading service that provides programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, and other information about state programs and events. Here are 4 ways to listen:

- Call TIC at 781-834-4400 to order a radio receiver.
 - Listen by telephone: Call 712-832-7025
 - Listen via website: www.ticnetwork.org
 - Download the free app on your phone.
- For more info., visit www.ticnetwork.org or 781-834-4400.

Wish List



We are in need of the following at the Center:

- Non-perishable food donations and paper goods (toilet paper and paper towels) for our food pantry
- Another Bingo volunteer to help on occasional Thursday afternoons from 1:00—3:00. Let us know if you're willing to come in for some training—it's lots of fun!

Please call or stop by if you can help us. Thanks!

Where's the Ice Skate?



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

January 2019

Mon	Tue	Wed	Thu	Fri
* Please see Newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.	1 NEW YEAR'S DAY  Center is Closed No Meals Served	2 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Meatloaf with Gravy	3 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Lemon Pepper Haddock	4 2:30 Paint Your Own Masterpiece with Nipmuc Students Greek Chicken
7 10:30 COA Meeting 1:00 Tai Chi 2:30 ZENgeivity Beef Teriyaki	8 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* Vegetable Cheesecake	9 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 2:00—4:00 Matter of Balance Chicken Milano	10 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner Salisbury Steak w/Gravy	11 9:15 Shopping Trip* 12:00 Lunch Trip to Scales Restaurant Potato Crunch Fish
14 10:00 Oral Hygiene Program with BVT Students 1:00 Tai Chi 2:30 ZENgeivity Chicken Picatta	15 9:15 Shopping Trip* 10:00 Card Players Group Meatballs w/Onion Gravy	16 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Craft Time with Betty 2:00—4:00 Matter of Balance Macaroni & Cheese	17 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO BBQ Chicken	18 9:00 BVT Salon 12:00—1:00 Rep. Muradian Office Hours 12:45 Birthday Bash Marinated Pork
21 MARTIN LUTHER KING, Jr. Day  Center is Closed No Meals Served	22 9:15 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games Chicken Fajitas	23 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:15—1:45 Fun, Games & Ice Cream Sundaes with Nipmuc Students 12:30 Canasta 2:00—4:00 Matter of Balance Roast Pork w/Gravy	24 9:30 Breakfast at Stephanie's 10:00 Knit/Crochet Group 1:00 BINGO Beef Patty w/ Onions & Peppers	25 12:30 Afternoon Movie 5:30 Men's Club Supper Lasagna w/ Meatballs
28 1:00 Tai Chi 2:30 ZENgeivity Beef Stew	29 9:15 Breakfast 10:00 "The Last Word" Presentation 10:00 Card Players Group 12:30 Wii Games Buttermilk Chicken	30 9:15 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 BP Checks 2:00—4:00 Matter of Balance Baked Potato w/Chili	31 10:00 Knit/Crochet Group 1:00 BINGO Hot Dog	

January, 2019 — Dates to Remember

Check  here if you plan to attend !

- Jan 1 ☐ HAPPY NEW YEAR! Center is closed; no meals served.
- Jan 3 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:15
- Jan 4 ☐ Paint Your Own Masterpiece with Nipmuc Students, 2:30
- Jan 7 ☐ COA Meeting, 10:30
- Jan 8 ☐ Shopping Trip—Market Basket, Oxford, 12:30
- Jan 9- _____
- Feb 27 ☐ Matter of Balance—Free 8 week program, 2-4 pm on Wednesday afternoons
- Jan 10 ☐ Breakfast with the Town Manager, 9:00
- Jan 10 ☐ BVT Charity Dinner, 5:00. Do you want a ride on our van departing at 4:45? Yes___ or No___
- Jan 11 ☐ Shopping Trip—Kohl's/Home Goods/Stop & Shop Loop*, Milford, 9:15
- Jan 11 ☐ Lunch Trip to Scales Restaurant in Millbury, Departing at 12:00. Do you need a ride? Yes___ or No___
- Jan 14 ☐ Oral Hygiene Program with BVT Students, 10:00
- Jan 15 ☐ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Jan 16 ☐ Craft Time with Betty, 12:30
- Jan 17 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Jan 18 ☐ BVT Salon Visit— Depart 8:45 for 9:00 Appts. What service do you want? _____
- Jan 18 ☐ Rep. Muradian Office Hours, 12:00—1:00
- Jan 18 ☐ Birthday Bash, 12:45. Is it your birthday this month?! Yes___ or No___
- Jan 21 ☐ MARTIN LUTHER KING JR DAY—Center is closed; no meals served.
- Jan 22 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Jan 23 ☐ Fun, Games & Ice Cream Sundaes with Nipmuc Students, 12:15—1:45
- Jan 24 ☐ Breakfast at Stephanie's, 9:30
- Jan 25 ☐ Afternoon Movie: "Mr Mom", 12:30
- Jan 25 ☐ Men's Club Supper, 5:30
- Jan 29 ☐ Breakfast at the Center, 9:15
- Jan 29 ☐ "The Last Word" Presentation by RSVP, 10:00
- Jan 30 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:15
- Jan 30 ☐ Blood Pressure Checks with the Town Nurse, 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 ice skate? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Monday	ZENgevity	2:30
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

Note: ZENgevity is back on Mondays—now at 2:30! Join us!