



# The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

## THE UPTON CENTER STAFF

**Director of Elder &  
Social Services**  
Janice Read Nowicki

**Social Services  
Coordinator**  
Jessica Mauro

**Department Specialist**  
Bernadette Denson

**COA Assistants**  
Deb Saulen  
Karen Varney

**Drivers**  
Jim Earl  
Kevin Farrar  
John Saulen

**Nutrition Center Mgr.**  
Al Vautour

## COUNCIL ON AGING MEMBERS

**Chair**  
Paula Lepore

**Vice Chair**  
Laurie Fantini

**Secretary**  
Myra Bigelow

**Members**  
Betty Consigli  
Maria Griffin  
Greg Manning  
Josephine McLaughlin  
Judie Pitts  
Richard Provost  
Grace Wadsworth  
Margaret Watson

February 2019



There's a lot happening in the little town of Upton these days!...This is an exciting time as the town considers the possibilities for revitalization of historic town center. This could include a new home for the Upton Center as part of a larger Community Center, which would include the Library and other municipal services. As the population of Upton has grown, specifically our senior population, having space to offer all of our programs and activities is a significant challenge. The current space limits our ability to offer new and exciting programs that our seniors are seeking. In my view, the possibility of expanded space designed to meet the needs of our seniors and community as a whole would be a wonderful opportunity.

While many people are familiar with the programs and activities which are visible at the Center, what some may not realize is that many of the most critical services we provide are behind the scenes. We place particular emphasis on providing support and resources for low income families, families in need, residents with disabilities, and seniors. We also provide social support and resources to assist residents coping with loneliness, isolation, depression, and abuse. With life expectancy increasing, we encounter many in our community who are dealing with long-term chronic conditions. Loneliness and isolation can contribute to their symptoms, which is why confidential access to information and referrals can be critical to those impacted. We do our best to schedule our programs accordingly, but additional space and separate meeting areas would allow us to better serve the members of our community.

I hope you'll all stay informed by checking the town website, attending our monthly breakfasts at the Center with the Town Manager, and attending any meetings in town aimed at gathering residents' input on a new town center. The COA supports seniors' right to have a voice in matters that impact them. Seniors' input is vital to this project, so please stay informed and let your voices be heard!

And speaking of your input—we are still collecting surveys to learn which activities are of most interest to you. If you haven't had a chance to respond yet, please take a minute to fill out a 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 programs. Thank you!

*Janice*

**The Center will be closed for Presidents' Day on Mon., February 18; no meals will be served.**

### DID YOU KNOW?...

★ **Upton is Part of Dementia Friendly Massachusetts**  
Upton is part of a state-wide movement comprised of organizations, individuals and municipalities growing dementia friendly communities to become more inclusive and supportive of those living with dementia, their families and care partners. This is a key initiative here at the COA, to help those impacted feel safe, socially connected, and able to thrive in the Upton community.

★ **Our Tax Work-Off Program Has Been Updated**  
The Board of Selectmen recently approved a new policy and updates to the Senior and Veterans' Tax Work-Off Abatement Program. Under this program, eligible Seniors 60 years and older and eligible Veterans (no age restrictions) may volunteer their services to the Town of Upton in exchange for a reduction in their property tax bill. For more details on eligibility requirements, application process and other information, go to our website: [www.uptonma.gov](http://www.uptonma.gov) or call Jan, Director of Elder & Social Services at 508-529- 4559.



## 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, February 5 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

**Note: 10% Sr. Discount Day at Shaw's (Age 55+)**

Friday, February 8 at 12:30—Kohl's/Home Goods/Stop & Shop Loop\*, Milford

Wednesday, February 13 at 9:15—Market Basket, Oxford

Wednesday, February 20 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

Tuesday, February 26 at 12:30—Hannaford's, Uxbridge

Thursday, February 28 at 9:15—Market Basket, Hudson



## Super Bowl Birthday Bash

Friday, February 1 at 12:45



This month we'll be combining our Super Bowl Celebration with our Birthday Bash—for extra fun! Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! Wear your football jersey or colors in support of your favorite team. The event is free for those with February birthdays; a donation of \$3 is suggested for others. **Please call to register by noon on January 30. GO PATS!!!!**



## Senator Moore's Office Hours

Monday, February 4, 9:00—10:00

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

## Tax Appointments



Mondays, Feb. 4—April 1, 9:00—1:00

It's that time of year again!....AARP tax preparers will be here to help Seniors prepare their taxes at no charge. Spaces fill fast. Please call the Center to schedule a time and be sure to pick up the AARP tax intake forms in our office and complete them in advance of your appointment. If you can't make your scheduled appointment, please let us know because we typically have a wait list. Note: There will be no appointments Feb. 18 since we'll be closed for President's Day.



## Lunch at Stephanie's

Wednesday, February 6 at 12:00

Nearby "Breakfast at Stephanie's" isn't just for breakfast! We thought it would be fun to schedule a lunch trip there so that you can all enjoy a delicious meal together. Let us know by noon on February 5 if you'd like to go and we'll make a group reservation for Noon.



## Matter of Balance Program

Wednesdays, through Feb. 27, 2-4pm

This is a free program offered by Tri-Valley and hosted at The Upton Center to reduce the risk of falls. This program is FULL to capacity; no new registrations or walk-ins are possible at this time. However—we wanted to list the dates here once again for those of you who started the program in January. Please remember to attend your weekly sessions throughout February and let us know if you are unable to attend a session.

## Podiatrist Appointments



Thursday, February 7, 9:30—12:00

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



## Talking Books Tea Party

Friday, February 8 at 10:00



Do you find that you're not able to enjoy reading books the way you used to? We may have a solution for you! A member of the Worcester Public Library will be here to let you know all about a free service for individuals who have low vision or any sort of physical condition that makes traditional reading difficult. This service includes free mailing of digital books and machines to listen to them, or large print books. Come see a demonstration of how it all works. We'll hold a traditional "Tea Party" with refreshments at the same time to add to the fun. No fee. Please call to **register by February 6.**



## Valentine's Breakfast at Memorial School



Monday, February 11 at 9:30

Memorial School first graders have kindly invited our seniors to visit their school for a Valentine's Breakfast. Enjoy delicious food and the company of some great young children. They are ready to show you some love for Valentine's Day with an extra special morning that you won't want to miss. No fee. Please call the Center to **register by February 7** and let us know if you need a free ride on our van (departing the Center at 9:15). Thank you Memorial School!



## Valentine's Craft with Betty

Tuesday, February 12 at 10:00

Join volunteer Betty Brault for a special Valentine's craft hour. She always has something creative in store! Please call the Center to register. No fee.

**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).**

**Please call ahead if weather is questionable.**



## Valentine's Pancake Breakfast with the Town Manager

Thursday, February 14 at 9:00

Join us as we gather for a delicious pancake breakfast with Town Manager, Derek Brindisi. After a great meal, Derek will give a talk on what's happening in town and answer your questions. Come share your concerns and learn what's new in Upton! Please **call by Feb 12 to register**. Fee is \$3.

## BVT Salon Visit



Friday, February 15 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 February 12 to reserve a time** and let us know if you need a ride for \$1.

## Afternoon Movie & Cocoa



Friday, February 15 at 12:30

Join us for a Fever Pitch (rated PG-13)! In this romantic comedy, a successful woman (played by Drew Barrymore) thinks she's finally met the perfect guy (played by Jimmy Fallon). Everything seems ideal until baseball season begins, and she has to compete with his first true love: the Boston Red Sox. Get ready for some laughs centered in our very own Boston! Please call to register.



## Lunch Trip to Post Office Pub

Tuesday, February 19 at 12:00

We're headed to the Post Office Pub in Grafton this month for lunch. Join us! The menu is huge so you're sure to find something you like. Please **call the Center by February 15** to register and let us know if you need a ride on our van. Van space is limited.



## Pizza Party with the Piano Man



Friday, February 22 at 11:00

It's school vacation week—so bring the kids and enjoy some great intergenerational entertainment with Glenn Hillard, the "Piano Man"! Glenn plays the keyboard and sings all kinds of music, from oldies to blues and everything in between. Join us for an hour of musical entertainment, followed by pizza! **No fee**. Open to all ages. Space is limited so please be sure to **call the Center by February 12 to register**.

## Men's Club Supper

Friday, February 22 at 5:30

Join us for another great Men's Club Supper! Spiral ham is on the menu so come enjoy a good meal with friends. No fee, thanks to the Upton Men's Club! Please **call by February 20 to register**.



## Breakfast at the Center & Medicare Fraud Talk

Tuesday, February 26—9:15 Breakfast / 10:00 Talk

Enjoy a delicious hot breakfast at the Center, followed by an important Medicare Fraud Talk. Healthcare errors cost consumers and Medicare billions of dollars annually! A representative of the Massachusetts Senior Medicare Patrol Program will be here to provide us with tools to become better educated and engaged health care consumers. This is an opportunity to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics. **Please call the Center by February 19 to register**. Breakfast fee is \$3. The talk is free.

## "What's Cooking" Trivia Social



Wednesday, February 27 at 12:30

Join us for some trivia fun and light refreshments! The Upton Library staff will be here to share another fun trivia quiz—and this time it's all about COOKING! Please call by February 25 to register. No fee.



## BVT Charity Dinner

Thursday, February 28—Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (Roast chicken, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by February 26** 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.



## We're Adding MORE Exercise Classes,

### Plus 1-on-1 Nutrition Counselling—for free!

We know how much many of you enjoy our weekly Strength & Stretch classes with Wendy Reid on Mondays at 10:00, so we're adding more **Strength & Stretch sessions on Fridays at 10:00 beginning February 15!** In addition, Wendy is a Nutritionist and she will now be providing 15 minute **1-on-1 nutrition counselling sessions** following her Friday classes. Drop in for the exercise classes (no sign ups required), or call to sign up for your 1-on-1 nutrition sessions (they'll be held at 10:45, 11:00 and 11:15). Better yet—come for both! Both are being offered at no charge!

## More Good News!..

As of February 1, all of our exercise classes will be offered for FREE! All fitness levels are welcome. Join us!

Tai Chi —Mondays at 1:00

ZENgeivity— Mondays at 2:30

Strength & Stretch— Weds. at 10:00

& Fri's at 10 (beginning 2/15)

1-on-1 Nutrition Counselling—

Fridays 10:45-11:30 (beginning 2/15)

Blood Pressure Checks—Wed., Feb 27 at 12:30





## JESSICA'S SOCIAL SERVICES CORNER

### Social Services Resources

Just a friendly reminder that our Social Services Coordinator, Jessica Mauro, is available to assist with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. Feel free to call her at 508-529-4558 with any questions. She is available Monday through Friday and assists Upton residents of ALL AGES.

### Medication/Sharps Disposal

Upton residents can dispose of their used sharps at the Board of Health office located at The Upton Town Hall: 1 Main Street, ground floor, room #2 and also here at the Upton Center located at: 2 Farm Street. Sharps should be in a red sharp container or a laundry detergent bottle. Medications/prescriptions that are expired or no longer needed can be brought to the Upton Police Department located at 30 Church Street. Inside the lobby there is a receptacle. No liquid prescriptions at this time. To dispose of liquid medications properly, please contact the Board of Health at 508-529-6813.

### SMART911 Emergency Notification System

Upton Emergency Management uses Rave's Smart 911 system to notify our citizens about public safety emergencies, extreme weather warnings and events that could impact your family's life safety. Provide basic contact information to receive simple notifications from the Town of Upton. Residents can Opt-In to receive information about power outage updates, traffic detours, trash pickup delays, severe and non-severe weather notifications direct from the National Weather Service and more. These alerting categories can be customized to call your phones, send a text message, and/or email you. You can change your preferences at any time. Please visit the Emergency Management Department on the town website or type in link: <https://www.uptonma.gov/emergency-management/pages/smart911-emergency-notification-signup>. You will need to create an account with a password.



### 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 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!

## 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.

### Genealogy Research Clinics

Upton Historical Society invites you to their Genealogy Research Clinics on the 1st and 3rd Wed. of each month from 3 -6 pm (except July & Aug). The clinics offer a chance to receive research assistance, hints on local resources, help with computer resources and more. No registration. Bring your questions and take advantage of Seema Kenney's experience as a professional genealogist in the Fay Room of the Upton Historical Society (above the Upton Town Library).

### Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **February 21 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.

### Alzheimer's Association Helpline

Call toll-free anytime day or night at **1.800.272.3900** or visit them online at <https://www.alz.org/manh> to learn how to navigate the resources available in your community. It provides reliable information and support to all those who need assistance including people with memory loss, caregivers, health care professionals and the public.

### Thank You's

THANKS to the many students of BVT and Nipmuc High Schools who came to volunteer their time with our seniors over the past month. Students led a painting class and a technology tutoring session, provided an info. session on oral hygiene, and joined in a fun and games session with our seniors, complete with ice cream sundaes. We appreciate your time and talents! We'd also like to thank Dorothy Emينو and an anonymous donor for their generous monetary donations. And a special thanks also goes to Touchstone Community School for their donations of Valentines supplies and decorations. Your contributions will be put to good use here at the Center!

### Where's the Tea Cup?

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

# February 2019



**Mon**

**Tue**


**Wed**

**Thu**

**Fri**

				<b>1</b> 12:45 Super Bowl Birthday Bash Harvest Pie
<b>4</b> 9:00—10:00 <b>Senator Moore's Office Hours</b> 9:00—1:00 <b>AARP Tax Appointments</b> 10:30 <b>COA Meeting</b> 1:00 Tai Chi 2:30 ZENgevity  Chicken Mornay	<b>5</b> 9:15 <b>Shopping Trip*</b> 10:00 Card Players Group 12:30 Wii Games  Meatloaf w/Gravy	<b>6</b> 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:00 <b>Lunch at Stephanie's</b> 12:30 Canasta 2:00—4:00 <b>Matter of Balance</b> Roast Turkey w/Gravy	<b>7</b> 9:30—12:00 <b>Podiatrist Appointments</b> 10:00 Knit/Crochet Group 1:00 BINGO  Macaroni & Cheese	<b>8</b> 10:00 Talking Books Tea Party 12:30 <b>Shopping Trip*</b>  Haddock w/Parmesan Cream Sauce
<b>11</b> 9:00—1:00 <b>AARP Tax Appointments</b> 9:30 <b>Valentine's Breakfast at Memorial School</b> 1:00 Tai Chi 2:30 ZENgevity  Pork Rib-i-que	<b>12</b> 10:00 <b>Valentine's Craft with Betty</b> 10:00 Card Players Group 12:30 Wii Games  Swedish Meatballs	<b>13</b> 9:00—10:00 Computer Class 9:15 <b>Shopping Trip*</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 2:00—4:00 <b>Matter of Balance</b> Sloppy Joe's	<b>14</b>  9:00 <b>Valentine's Day Pancake Breakfast with the Town Manager</b> 10:00 Knit/Crochet Group 1:00 BINGO  Chicken Cacciatore	<b>15</b> 9:00 BVT Salon Visit 10:00 <b>Strength &amp; Stretch</b> 10:45—11:30 <b>One on One Nutrition Mtgs.</b> 12:30 <b>Afternoon Movie &amp; Cocoa</b>  Fish w/Crumb Topping
<b>18</b> <b>PRESIDENTS' DAY</b>  <b>Center is Closed No Meals Served</b>	<b>19</b> 10:00 Card Players Group 12:00 <b>Lunch Trip to Post Office Pub</b> 12:30 Wii Games  Spaghetti & Meatballs	<b>20</b> 9:00—10:00 Computer Class 9:15 <b>Shopping Trip*</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 2:00—4:00 <b>Matter of Balance</b> Potato Crunch Fish	<b>21</b> 10:00 Knit/Crochet Group 1:00 BINGO  Baked Ham	<b>22</b> 10:00 <b>Strength &amp; Stretch</b> 10:45—11:30 <b>One on One Nutrition Mtgs.</b> 11:00 <b>Piano Man Pizza Party</b> 5:30 <b>Men's Club Supper</b>  Garlic Herb Chicken
<b>25</b> 9:00—1:00 <b>AARP Tax Appointments</b> 1:00 Tai Chi 2:30 ZENgevity  Chicken Pot Pie	<b>26</b> 9:15 <b>Breakfast at the Center</b> 10:00 <b>Medicare Fraud Talk</b> 10:00 Card Players Group 12:30 Wii Games 12:30 <b>Shopping Trip*</b>  Hot Dog	<b>27</b> 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 <b>BP Checks</b> 12:30 <b>Cooking Trivia at the Center with Library Staff</b> 2:00—4:00 <b>Matter of Balance</b> Stuffed Pepper Casserole	<b>28</b> 9:15 <b>Shopping Trip*</b> 10:00 Knit/Crochet Group 1:00 BINGO 5:00 <b>BVT Charity Dinner</b>  Ranch Chicken	<b>* Please see Newsletter for details of our shopping trips and call the Cen- ter at 508-529- 4558 to register.</b>  

## February, 2019 — Dates to Remember

Check  here if you plan to attend !

- Feb 1 ☐ Super Bowl Birthday Bash, 12:45. GO PATS!!! Is it your bday this month? Yes\_\_\_ or No\_\_\_
- Feb 4 ☐ Senator Moore's Office Hours, 9:00—10:00
- Feb 4 ☐ AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Feb 4 ☐ COA Meeting, 10:30
- Feb 5 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge, 9:15
- Feb 6 ☐ Lunch at Stephanie's, 12:00
- Feb 7 ☐ Podiatrist Appointments, 9:30—12:00 (Please call Center to schedule appointment time)
- Feb 8 ☐ Talking Books Tea Party, 10:00
- Feb 8 ☐ Shopping Trip—Kohl's/Home Goods/Stop & Shop Loop\*, Milford, 12:30
- Feb 11 ☐ AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Feb 11 ☐ Breakfast at Memorial School, 9:30. Van departs Center at 9:15. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Feb 12 ☐ Valentine's Craft with Betty, 10:00
- Feb 13 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- Feb 14 ☐ Valentine's Pancake Breakfast with the Town Manager, 9:00
- Feb 15 ☐ BVT Salon Visit—Depart 8:45 for 9:00 Appts. What service do you want? \_\_\_\_\_
- Feb 15 ☐ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Feb 15 ☐ Afternoon Movie & Cocoa, 12:30
- Feb 18 ☐ PRESIDENTS' DAY—Center is Closed; no meals served
- Feb 19 ☐ Lunch Trip to the Post Office Pub, Grafton, 12:00. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Feb 20 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Feb 22 ☐ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Feb 22 ☐ Piano Man Pizza Party—Music at 11, followed by pizza
- Feb 22 ☐ Men's Club Supper, 5:30
- Feb 25 ☐ AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Feb 26 ☐ Breakfast at the Center, 9:15
- Feb 26 ☐ Medicare Fraud Talk, 10:00
- Feb 26 ☐ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Feb 27 ☐ Blood Pressure Checks with Town Nurse, 12:30
- Feb 27 ☐ Cooking Trivia at the Center with Library Staff, 12:30
- Feb 28 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Feb 28 ☐ BVT Charity Dinner, 5:00. Do you want a ride on our van, departing at 4:45? 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 tea cup? 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
Every Friday .....	Strength & Stretch (Call if you'd like a 1 on 1 Nutrition Appt afterwards).....	10:00