



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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May 2019

Every May marks our nation's observance of **Older Americans Month**. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- *Connect* with friends, family, and services that support participation.
- *Create* by engaging in activities that promote learning, health, and personal enrichment.
- *Contribute* time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. Here are the Upton Center, we are committed to celebrating older Americans and the communities of which they are a vital part. Everyone benefits when everyone can participate, which is why we are trying hard to spread the word about all we have to offer at the Upton Center by mailing this month's newsletter out to all town residents aged 60 and older. Please see our insert for more details on accessing our newsletter every month.



May 2 at 7 pm
Annual Town Meeting
at Nipmuc High School

May 14, 7 am—8 pm
Annual Town Election
At Nipmuc High School

See details inside of free rides provided seniors. Contact Town Clerk at 508-529-3565 for information on absentee ballots.

We hope you'll join us in honor of Older Americans Month at our first cookout of the season on Tuesday, May 7 at 12:45. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year! This includes participating in our upcoming events, such as:

- Complimentary Manicures at BVT—May 7
- Police Spaghetti Supper at the Center—May 8
- Mother's Day Strawberry Shortcake Social—May 10
- Trip to Roger Williams Zoo with Ranger Viola—May 14
- Lunch with Attorney's Elder Law Talk—May 21



Happy
Mothers
Day

Please read on for details of these and all the other programs we have to offer our seniors! We hope to see you soon at the Center.

Janice

Thank you to the many people who made a special difference here at the Center in April! This includes:



- The AARP Volunteers—for the many tax returns they prepared, free of charge
- The Bloomer Girls—for hosting a fantastic Spring Dinner Dance at the Center
- The Pharmacy Staff of MCPHS—for holding a great medication safety session
- The Upton Library—for inviting our seniors to two fun intergenerational events
- Mary Lee Welch—for her kind donation of yarn to our knitters
(we have plenty of yarn now!)

We appreciate the support you have all shown towards our seniors!

Please note that the Upton Center will be closed for Memorial Day on Monday, May 27.

No meals will be served.

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

Monday, May 6 at 12:30—Market Basket, Oxford

Wednesday, May 8 at 9:15—Walmart, Northbridge

Mon., May 13 at 10:00—Solomon Pond Mall, Marlborough

Thursday, May 16 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge

Mon., May 20 at 12:30—Christmas Tree Shop, Shrewsbury

Wednesday, May 22 at 9:15—Market Basket, Hudson

Tuesday, May 28 at 12:30—Hannaford's, Uxbridge

Thursday, May 30 at 9:15—Northborough Crossing Loop* (Wegman's/Kohl's/TJ Maxx), Northborough



Free Ride to Annual Town Meeting

Thursday, May 2—Depart at 6:30 for 7:00 Meeting

This is the second year in a row that the Town Meeting is being held before an election (Town Elections are on May 14). Head to Nipmuc High School to participate in the process and have your voices heard. Please call the Center by noon on **May 1** if you would like a free ride on our van.

Complimentary Manicures at BVT Salon

Tuesday, May 7 Beginning at 9:00



Calling all Seniors!...BVT's cosmetology students have kindly offered to treat you to a free manicure at BVT in honor of Mother's Day this month. How nice! Please call the Upton Center at 508-529-4558 by Friday, **May 3** to schedule a specific appointment time for that morning and let us know if you need a ride on our van (departing the Center at 8:50). THANK YOU BVT!



Older Americans

Month Cookout

Tuesday, May 7 at 12:45

Join us for hotdogs at our first cookout of the season as we pay tribute to the many wonderful contributions our seniors make to our community. Please call the Center by **May 3** to register. Fee 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).

Annual Police Spaghetti Supper

Wednesday, May 8 at 6:00



The Upton Police Department will hold its annual Spaghetti Supper for Seniors at the Upton Center once again. It's always a delicious meal! Space is limited. Please call the Center by **May 6** to register and let us know if you need a free ride to the Center on our van at 5:30. No fee thanks to our wonderful Police! *Please note that the supper is on May 8 (and not May 9 as noted in last month's newsletter). We apologize for any confusion.*



Breakfast with the Town Manager

Thursday, May 9 at 9:00



BVT Charity Dinner

Thursday, May 9 at 5:00

Attend an all you can eat buffet (porketta, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by May 6** 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.



Mother's Day

Strawberry Shortcake Social

Friday, May 10 at 12:45

Join us as we pay tribute to all the moms in our lives! Whether you're a mom or not—you won't want to miss some yummy strawberry short cake! Please **RSVP by May 8**. Free for moms; \$1 for others.



Senator Moore's Office Hours

Monday, May 13, 9:00—10:00

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

Free Ride to in Town Election

Tuesday, May 14—Van departs at 9:00

The polls will be open at Nipmuc High School gymnasium from 7:00 am until 8:00 pm for Upton's Annual Town Elections. Local offices are on the ballot, including Selectman, School Committee, Assessors, etc., so get out and vote! If you'd like a free ride on our van, please call to register. If you are interested in obtaining an absentee ballot, please contact Town Clerk Kelly McElreath at 508-529-3565.

Trip to Roger Williams Zoo with Ranger Viola

Tuesday, May 14 at 10:15



We know that many of you are big fans of Ranger Viola who has given some great nature talks here in the past. This month—we have an extra special treat. Ranger Viola has offered to accompany you on a trip to the Roger Williams Zoo! She is particularly knowledgeable about the animals and she will be a great guide for you as you explore the zoo and the new indoor/outdoor Rainforest Exhibit. Tickets are \$12.95 (this represents the Sr. rate, which is available for seniors 62 and older, less a discount available through a pass we have from our local library). Please call the Center by **May 10** to register and let us know if you would like a ride on our van for \$3 roundtrip. There are concession stands available at the zoo as well as plenty of picnic tables. Outside food can be brought in if you prefer to pack a lunch to bring with you.

Lunch Trip to Three Seasons at BVT

Wednesday, May 15 at 11:45



We're heading to the Three Seasons Restaurant at BVT to enjoy a delicious meal prepared by the BVT culinary students. Please call the Center to register and let us know if you need a ride on our van.



Afternoon Movie

Friday, May 17 at 12:30

Join us for Stan and Ollie (rated PG-13) - the true story of Hollywood's greatest comedy double act, Laurel and Hardy. Please call to register.

Men's Club Supper

Friday, May 17 at 5:30

Join us for another great Men's Club Supper. It's not just for men! Come enjoy a good meal with friends. No fee, thanks to the Upton Men's Club! Please call by **May 15** to register.



Lunch Followed by Attorney's Elder Law Talk

Tuesday, May 21 at 12:30

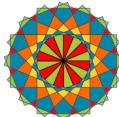
Join us for sandwiches followed by an informative talk by Attorney Will Lane of Borchers Trust Law Group of Medway. He will give a presentation on the power of Trusts in an estate plan. Topics discussed will include: What is a Trust? Are Trusts still effective for Long Term Care Planning? Is the Death Tax dead? Are your beneficiaries protected from the "Killer D's"? Is your estate plan "funded" and up to date? The free talk is provided through the Mass. Bar Association's 2019 Elder Law Program. Please call by **May 17** to register. Lunch fee is \$3.



Hearing Loss Movie

Wednesday, May 22 at 12:30

In honor of "Better Hearing Month", join us for a showing of "Stop Living in Isolation! A Conversation with Dr. Keith Darrow, PhD". Dr. Darrow says "Aging is inevitable, but decline is optional." Come watch the movie to hear his important message on how treating hearing loss can change your life, help you maintain your independence, and may reduce your risk of dementia.



Nipmuc Fine Arts Festival

Thursday, May 23 at 9:00

Nipmuc High School's most talented artists will display their art at the Nipmuc Fine Arts Festival. The show is free. Call to reserve a free ride on our van. You won't believe the outstanding talent on display!



Reading with Preschoolers at the Library

Thursday, May 23 at 10:30

Calling all seniors—you've been invited to enjoy a story time hour and craft with some local preschoolers at the Upton Library! Come watch or let us know if you'd like to read a story to the kids. Please call the Center by **May 21** to register and let us know if you need a free ride at 10:20.



Craft Time with Betty

Tuesday, May 28 at 10:00

Betty will be here for yet another fun craft project. Please call by **May 24** to let us know if you can join us. No fee.



Trip to JJ's Ice Cream

Wednesday, May 29 at 12:45

Who is up for a JJ's Ice Cream run now that the warmer temperatures are finally here?! Please call by **May 27** to register and let us know if you need a ride on our van



Birthday Bash

Friday, May 31 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with May birthdays; a donation of \$3 is suggested for others. Please call to register by noon on **May 29**.

Healthy Mind & Body

See the back of this issue for details



JESSICA'S SOCIAL SERVICES CORNER

See this month's insert for Jessica's
Social Services updates

NEW Nutrition Discussions with Wendy Fridays at 10:45

Come get some great tips on eating healthy from Wendy Reid each Friday at 10:45. This is a new offering from Wendy and will be held following her Friday Strength & Stretch sessions. It's a great way to learn new things about healthful eating and get your nutrition questions answered. Let us know if you can make it and feel free to let Wendy know (or tell us in the office) if there are specific nutrition topics you'd like to hear covered.



Healthy Mind & Body

*Commit to get fit by joining us for one of our
FREE exercise classes!*

Tai Chi —Mondays at 1:00

Strength & Stretch—Weds. & Fridays at 10:00

NEW: Nutrition Discussions—Fridays at 10:45

Blood Pressure Checks—Wed., May 29 at 12:30

**Note: We're taking a break from ZENgevity for now.
Watch our newsletter for future updates!**

Coming in June

Podiatrist Appts. at the Center—
Thursday, June 13, 9:30—12:00



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 could use the following at the Center:

- Sturdy paper plates (not foam please)
- Healthy Snacks
- Cans of soda for upcoming picnics
- Craft glue, foam brushes and paint brushes for crafts

Please let us know if you can help! Thank you.



COMMUNITY CORNER

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **May 16 at 5:30**. RSVP by the Tues. before at 508-529-3192. There is no fee but donations are always appreciated.

Hearing Loss Association Meeting

Hearing topics will be discussed **May 18** at the Northborough Public Library. "Over the Counter Hearing Aids" will be discussed from 10 am—Noon. Then from 1:00—3:00 pm the topic will be "Saying Yes to the Future" with insights on the impact HLAA is having to promote hearing access.

Clothing & Textile Fundraiser

The Young Neighbors in Action (YNIA) group at St Gabriel's Parish is holding a fundraiser for their upcoming mission trip. You can help by donating used items, including: adult & kid clothing (which can be stained, as long as it's clean), belts, purses, backpacks, blankets, sheets, curtains, towels, shoes (tied together). Drop off bags on lower level of St. Gabriel's (151 Mendon Street in Upton) in St. Paul's Hall before or after masses on **May 19**. If you are unable to drop the items yourself, call 508-254-8822 for assistance.

Elder Home Repair Program

Elder Home Repair is a non-profit program of the Central Mass. Housing Alliance that aims to assure a physically safe home by correcting unsafe housing conditions (on a manageable scale) which, if left unattended, threaten the immediate health and safety of elders in their homes. You may be eligible if you are 60 years or older, occupy your own home, and are in need of necessary home repairs, such as stairs, doors, windows, ceilings and minor plumbing and electrical issues. For more information or to see if you qualify, call 774-243-3815.

Save the Date—Eldercare 2019

ElderCare 2019, a free educational event for seniors and caregivers, will be held on Wed., **June 12** at Worcester State University, featuring dynamic speakers and a raffle bonanza! For details, call Central Mass. Agency on Aging: 508-852-5539. Watch our June newsletter for details on free rides.

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 Daisy?



Congratulations to **Alice Coffin** who was our lucky winner for finding our hidden toad stool last month. This time we've hidden a little daisy. Can you find it?...If so, call the Center and be entered to win a prize!

May 2019

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>		1 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Potato Crunch Fish	2 10:00 Knit/Crochet Group 1:00 BINGO 6:30 Rides to 7pm Annual Town Meeting at Nipmuc Baked Ham	3 10:00 Strength & Stretch 10:45 Nutrition Discussion with Wendy 12:30 Shopping Trip* Garlic Herbed Chicken
6 10:30 COA Meeting 12:30 Shopping Trip* 1:00 Tai Chi Stuffed Pepper Casserole	7 9:00–11:00 Complimentary Manicures at BVT Salon 10:00 Card Players Group 12:45 Cookout in Honor of Older Americans Month Hot Dog	8 9:15–Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 6:00 Police Spaghetti Supper at the Center Ranch Chicken	9 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner Mother's Day Meal: Roast Pork Loin	10 10:00 Strength & Stretch 10:45 Nutrition Discussion with Wendy 12:45 Mother's Day Strawberry Shortcake Social Braised Beef
13 9:00–10:00 Senator Moore Office Hours 10:00 Shopping Trip* 1:00 Tai Chi  Chicken Pesto	14 9:00 Rides to Annual Town Election at Nipmuc 10:00 Card Players Group 10:15 Trip to Roger Williams Zoo with Ranger Viola 12:30 Wii Games Beef Stir Fry	15 10:00 Strength & Stretch 11:00 Library Table 11:45 Lunch Trip to Three Seasons Restaurant at BVT 12:30 Canasta Lemon Pepper Haddock	16 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO American Chop Suey	17 10:00 Strength & Stretch 10:45 Nutrition Discussion with Wendy 12:30 Afternoon Movie 5:30 Men's Club Supper Jambalaya
20 12:30 Shopping Trip* 1:00 Tai Chi Shepherd's Pie	21 10:00 Card Players Group 12:30 Wii Games 12:30 Lunch Followed by Attorney's Elder Law Talk Greek Chicken	22 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Hearing Loss Movie: "Stop Living in Isolation" Turkey Supreme	23 9:00 Trip to Nipmuc Fine Arts Festival 10:00 Knit/Crochet Group 10:30 Reading with Preschoolers at the Library Storytime 1:00 BINGO Meatloaf w/Gravy	24 10:00 Strength & Stretch 10:45 Nutrition Discussion with Wendy Burger w/Chili & Cheese
27 MEMORIAL DAY Center is Closed  No Meals Served	28 10:00 Card Players Group 10:00 Craft Time with Betty 12:30 Wii Games 12:30 Shopping Trip* Vegetable Cheese Bake	29 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 BP Checks 12:45 Trip to JJ's Ice Cream Chicken Milano	30 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Salisbury Steak w/Gravy	31 10:00 Strength & Stretch 10:45 Nutrition Discussion with Wendy 12:45 Birthday Bash Potato Crunch Fish

May, 2019 — Dates to Remember

Check



here if you plan to attend!

May 2 _____ Rides to Annual Town Meeting at Nipmuc—depart 6:30 for 7:00 mtg.

May 3 _____ Nutrition Discussion with Wendy, 10:45

May 3 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge , 12:30

May 6 _____ COA Board Meeting, 10:30

May 6 _____ Shopping Trip—Market Basket, Oxford, 12:30

May 7 _____ Complimentary Manicures at BVT Salon, 9:00—11:00

May 7 _____ Cookout in Honor of Older Americans Month, 12:45

May 8 _____ Shopping Trip—Walmart, Northbridge, 9:15

May 8 _____ Police Spaghetti Supper at the Center, 6:00. Do you need a ride here? Yes____ or No____

May 9 _____ Breakfast with the Town Manager, 9:00

May 9 _____ BVT Charity Dinner 5:00. Do you need a ride at 4:45? Yes____ or No____

May 10 _____ Nutrition Discussion with Wendy, 10:45

May 10 _____ Mother's Day Strawberry Shortcake Social, 12:45

May 13 _____ Senator Moore's Office Hours, 9:00—10:00

May 13 _____ Shopping Trip—Solomon Pond Mall, Marlborough, 10:00

May 14 _____ Rides to Annual Town Election at Nipmuc, 9:00

May 14 _____ Trip to Roger Williams Zoo with Ranger Viola, 10:15

May 15 _____ Lunch Trip to Three Seasons Restaurant at BVT, 11:45. Do you need a ride? Yes____ or No____

May 16 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge , 9:15

May 17 _____ Nutrition Discussion with Wendy, 10:45

May 17 _____ Afternoon Movie—Stan & Ollie, 12:30

May 17 _____ Men's Club Supper, 5:30

May 20 _____ Shopping Trip—Christmas Tree Shop, Shrewsbury, 12:30

May 21 _____ Lunch Followed by Attorney's Elder Law Talk, 12:30

May 22 _____ Shopping Trip—Market Basket, Hudson, 9:15

May 22 _____ Hearing Loss Movie: "Stop Living in Isolation", 12:30

May 23 _____ Trip to Nipmuc Fine Arts Festival, 9:00

May 23 _____ Reading with Preschoolers at the Library Storytime, 10:30. Would you like to read? Yes____ or No____

May 24 _____ Nutrition Discussion with Wendy, 10:45

May 27 _____ MEMORIAL DAY—Center is Closed; no meals served.

May 28 _____ Craft Time with Betty, 10:00

May 28 _____ Shopping Trip—Hannaford's, Uxbridge, 12:30

May 29 _____ Blood Pressure Checks w/the Town Nurse, 12:30

May 29 _____ Trip to JJ's Ice Cream, 12:45

May 30 _____ Shopping Trip—Northborough Crossing Loop*(Wegman's/Kohl's/TJ Maxx), Northborough, 9:15

May 31 _____ Nutrition Discussion with Wendy, 10:45

May 31 _____ Birthday Bash, 12:45. Do you have a Bday this Month? Yes____ or No____



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up! Or call 508-529-4558.

Name: _____ ; Phone #: _____

Did you find our hidden daisy? 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 5/7)	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	10:00
Every Friday	Nutrition Discussion	10:45



Social Services Corner

Social Services Coordinator, **Jessica Mauro**, is available to assist all Upton Residents of any age with Fuel Assistance, SNAP (food stamps), Medicare (SHINE), Health Insurance information, referrals for local agencies, housing applications and more. Feel free to call her at 508-529-4558 with any questions. The Center is open Monday-Friday 9-3:30, weather and staff permitting.

What is SHINE??

Serving Health Information Needs for Everyone

Jessica is a trained SHINE Counselor. **SHINE** Counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. People who have Medicare or who are about to become eligible for Medicare (on disability, turning 65 or retiring after turning 65) can meet with a counselor to learn about benefits and options available to them. These options include Medicare parts A & B, Medicare Advantage Plans (Part C), Medicare Prescription Drug Plans and Coverage (Part D) and Medicare Supplement Plans (Medigap). A counselor will also review programs that assist people with limited income to help pay for some health care costs. If you are an Upton Resident you can call the Center to schedule an appointment with Jessica or another onsite SHINE counselor at **508-529-4558**. You can also call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE voice mail, leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org.

Medicare Open enrollment is October 15th-December 7th

Medicare health and drug plans can change each year; things like cost, coverage, and what providers and pharmacies are in their networks. During this annual open enrollment, individuals are allowed to make changes to their Medicare health plans and prescription drug coverage and have them start January 1st of the following year. It is important for individuals to review their options annually to confirm their coverage is meeting their needs.

Need Help with the cost of your Prescription Medications??

Prescription Advantage can Help!!



Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$62,450 for a single person or \$84,550 for a married couple
- OR
- Under 65 years and disabled, with an annual income at or less than \$23,481 for a single person or \$31,791 for a married couple.

You may also join... if you are 65 years or older and not eligible for Medicare.

Prescription Advantage is free for those who have an annual income at or less than \$37,470 for a single person and \$50,730 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call a SHINE Counselor or Prescription Advantage today to enroll on the phone or ask for an application form. You will need to provide required documentation. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to www.prescriptionadvantagema.org.



PLEASE SUPPORT THE MUNICIPAL COMMUNITY CENTER

The Upton Center opened its doors thirty-five years ago. Since that time, with a dedicated team consisting of a small staff and many volunteers, we have provided services to address many important issues facing our residents. Activities and programs are specifically designed to address the following areas: health, fitness and wellness, information, referral and assistance, meal(s) and nutrition, transportation services, social and recreational activities, education and arts programs, and intergenerational programs. We are available to assist any resident in need regardless of age.

We are desperately lacking in space and parking. We are currently looking for a new "home" where we will be able to expand services and programs all while providing a space for community groups. This would be a great gathering place for the residents of Upton!

Please do not hesitate to contact me with questions, concerns, and most of all your support!!!

-Janice Read Nowicki, Director of Upton Elder and Social Services- 508-529-4558 or jnowicki@uptonma.gov



Food Pantries open to Upton Resident

The United Parish

1 Church St, Upton, MA 01568
508-529-3192

Open 2nd and 4th Tuesday of the month from 9:30-11:00am

St. Gabriel the Archangel

151 Main Street, Upton, MA 01568
508-529-1629

Open Monday thru Friday 9:00-4:00pm and closed on Holy days

The Upton Center

2 Farm Street Upton, MA 01568
508-529-4558

Open Monday- Friday 9:00- 3:30pm
Limited supply and please call ahead
Upton Residents only

Peoples Pantry of Douglas

289 Main Street Douglas MA 01516
508-476-3070

Open Tuesdays 3:00-5:00pm

Need Photo ID and persons limited to 2x a month

Daily Bread

21 Exchange Street Milford MA 01757
508-478-4225

Open Tuesday and Thursday 6:00-7:30pm

They also deliver to those who are homebound, MUST PROVIDE

DOCTORS NOTE for this service

Sudbury Food Pantry

150 Concord Road Sudbury MA 01776
1-978-443-7725

Open Tuesday and Thursdays 12:00-2:30pm
Please call ahead.

Blessing Barn

Call for location*
508-482-0010

By appointment only.

If anyone is in need and located in another town please contact

Project Bread to inquire about additional food pantries at:

1-800-645-8333



Helpful Phone Numbers

The Upton Center: 508-529-4558

SHINE: 1-800-243-4636

Prescription Advantage:

State prescription drug assistance program
1-800-243-4636 PRESS 2

MassHealth: 1-800-841-2900

MCPHS Pharmacy Outreach Program:

Prescription drug assistance
1-866-633-1617

Medicare Advocacy Project:

Legal advice and assistance
1-800-323-3205

Medicare: 1-800-633-4227

Social Security: 1-800-772-1213

For additional online resources, please visit our website at:

www.uptonma.gov/council-aging-upton-center

>>>Monthly Newsletter

If you would like to continue receiving our newsletter to your mailbox you can sign up for a \$5 annual subscription. We can also email you a copy at no charge. Please stop by or call the office to sign up. If you are not interested in either of those options you can also find our newsletter on our website:

www.uptonma.gov/council-aging-upton-center

Printed copies are also available at:
: Town Hall, the Upton Library, the Post Office, Jade Garden, The Little Coffee Bean, Shear Excitement, Richard Anthony Salon & Unibank.