



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / 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

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July 2019



We are pleased to announce that we have received a \$2,800 grant from the Massachusetts Councils on Aging (MCOA) that will allow us to purchase an **Assistive Listening System** (ALS) at 25% of its retail cost. The balance will be funded by a generous donation recently made by the Immanuel Chapel of Upton. We are so very grateful for their generosity. The ALS will help ensure that COA activities are accessible for hard of hearing visitors and volunteers. With this equipment we can significantly improve the hearing ability of people in a variety of situations—during large group events, small group classes, and 1 on 1 conversations—where they have difficulty hearing or cannot distinguish speech from other noises.

According to the a report from the Johns Hopkins University and the National Institute on Aging, nearly two-thirds of American adults over age 70 have hearing loss. This can make it almost impossible to distinguish one voice speaking among many in a crowded room. An ALS uses a microphone to capture the voice/audio source near its origin and re-broadcast it via a transmitter. The person listening can use a personal receiver with attached earphones or ear buds to tune into the signal and listen at his/her preferred volume. Or for people who have hearing aids, with a "T-switch", the listener can use a neck loop receiver to capture the sound and transmit it to their ear via their hearing aid.

A new resident recently stopped in to the Center to see what goes on here. After looking at the list of events in our Upton Chronicle, she said "It looks worth being elderly with everything you have going on here!" We got a kick out of that, and thought our readers would, too. 

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

Janice



We are fortunate to have the support of so many people and organizations in our community! This month we'd like to extend a special thanks to:

- **Ranger Viola**—for taking our Seniors on a fantastic tour of the zoo!
- **Volunteer Betty Brault**—for being a star volunteer! Not only is she a regular driver for Meals on Wheels, but she also comes up with a creative craft each month for our seniors and even provides all the supplies. We appreciate you Betty!
- **Nipmuc Students and Staff**—for volunteering their time to serve our seniors as part of their 21st Century Learning Day. They beautified our garden and bulletin boards, served breakfast to the seniors, helped with Meals on Wheels, and more. Thanks to **State Rep. David Muradian** as well for speaking with the students about the importance of community service, and to **Greg Trussell of Hartford Farm** for donating the mulch for our garden. It takes a village!
- **Senator Moore and his Staff**—for treating us to a delicious strawberry shortcake social!
- **Unibank of Upton**—for the free pizza party they brought as a random act of kindness.
- **Maria Griffin**—who has resigned from our COA Board. We appreciate all the time and effort you have dedicated to the Board in recent years!

Thank you all for your many contributions, big and small!



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.*

Tues., July 2 at 12:30—Shaw's/CVS/Job Lots, Northbridge
 Tuesday, July 9 at 12:30—Market Basket, Oxford
 Friday, July 12 at 9:15—Walmart, Northbridge
 Wednesday, July 17 at 9:15—Salvation Army/Shaw's/Job Lots/**Foppema's**/Walmart Loop*, Northbridge
 Tuesday, July 23 at 9:15—Hannaford's, Uxbridge
 Thursday, July 25 at 9:00—Market Basket, Hudson
 Monday, July 29 at 12:30—Salvation Army/Shaw's/Job Lots/**Foppema's**/Walmart Loop*, Northbridge
 Wednesday, July 31 at 10:00—Northborough Crossing Loop* (Wegman's/Kohl's/TJ Maxx), Northborough

Weekly Walks

Mondays at 3:00, and Tuesdays at 9:30



It's a great time of year to get out for a walk with friends! Senior Donna Dube has kindly agreed to meet up with a group of interested seniors each Monday at 3:00 at the Center to head out for a nice local walk. And Senior Jo McLaughlin has offered to do the same on Tuesdays at 9:30 for those of you who prefer a morning walk. So lace up your sneakers, bring your water bottle, and join in the fun! Please call to register.

Trip to Dairy Queen & Kelly's Farm Stand

Friday, July 5 at 12:30



Let's head to Dairy Queen to enjoy a delicious ice cream in honor of Independence Day! Then stop off at Kelly's Farm Stand for some great local produce. Please call by noon on **July 3** to register and let us know if you need a ride.

Senator Moore's Office Hours

Monday, July 8, 1:15–2:00

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



Happy 4th of July!

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).



Concerts at Kiwanis Beach in Upton

Wednesdays, July 10—August 14

Van departs at 5:15 / Concerts begin at 6:00

Upton Rec. Commission's summer concerts at Kiwanis Beach are back! Free van rides will be provided to the following concerts:

- Wed., July 10—Narragansett Soul
- Wed., July 17—South Street Band
- Wed., July 24—4Ever Fab
- Wed., July 31—Classic Groove
- Wed. Aug. 7—Mac Odom
- Wed., Aug. 14—Fast Times



Bring a blanket and chair and enjoy the music and the great outdoors! Burgers and hotdogs, chips and soda are available. And this year—if we get at least 10 seniors to attend on the van they'll each receive a 50% off coupon for 1 meal!

Concerts begin at 6:00. Please call the Center for a ride at least 2 days ahead so we can schedule transportation.

The van will depart at 5:15 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.



Summer Cookout with Live Band Music

Thursday, July 11—5:00 Cookout / 6:00 Band

Join us for a summer cookout with some great live band music by the Z-Pac Chaser duo. They play a cross section of old and new country, rock and blues which includes a huge variety of songs from Elvis, Ray Charles, Ed Sheeran, Elton John and more. Don't miss it! Meal is \$3.



Ice Cream Social with Fun & Games

Friday, July 12 at 12:45

Members of Summit Eldercare will be here to share some laughs with a game of Heads Up and treat you to an ice cream social. Please call the Center by noon on July 10 to register. No fee. Thank you Summit!!



Trip to the Ice Cream Lady

Monday, July 15 at 12:30

We're headed to see the Ice Cream Lady at the Family Store in Douglas! Many of you have seen the well known giant ice cream lady statue out in front of this spot, but maybe you've not yet had an opportunity to enjoy an ice cream there. Here's your chance. It's worth the trip! **Call to register by July 11.**



Boston State House Tour

Tuesday, July 16—Depart 10:00; Return around 2:00

We're heading to the State House in Boston for a tour led by State Representative David Muradian, followed by lunch. What a great opportunity to get to see your state government up close and personal. No fee for tour or lunch. **Please RSVP by July 10.** Space is limited so preference will be given to those who were not on the tour last year. But if there's room—you're welcome to go again!



Peter Pan Performance at Nipmuc

Friday, July 19—10:30 Departure for 11:00 Play

Join us for a performance of Peter Pan being organized by the Upton Recreation Commission. There's no charge for the play. It should last about 90 minutes (so you'll be back in time for the Birthday Bash!). Please call to register and let us know if you'd like a free ride on our van.



Birthday Bash

Friday, July 19 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! No fee for those who have a birthday this month; a donation of \$3 is suggested for others. Please call to register by **July 16.**



Craft Time with Betty

Tuesday, July 23 at 10:45

Betty will be here for yet another fun craft project. Please call by **July 19** to let us know if you can join us. No fee.



Lunch Trip to George's Surf & Turf

Tuesday, July 23—Van departs at 12:30

It's that time of year again! Enjoy a delicious lunch with friends at George's Surf & Turf in Mendon. Order your favorites at their take out window and sit out back at their picnic tables for lunch. Top it off with one of George's delicious ice creams. Please call the Center by **July 19** to register and let us know if you need a ride.



Nutrition Discussion with Wendy

Friday, July 26 at 10:45

Come get some great tips on eating healthy from Wendy Reid following her Friday Strength & Stretch session on July 26. 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 suggest any specific nutrition topics you'd like to hear covered.



Italian Lunch with Representative Muradian

Friday, July 26 at 12:00

State Rep. David Muradian has kindly offered to come treat our Seniors to an Italian Lunch! It's always delicious so be sure to mark your calendars. Please **register by July 22.** Thank you Rep. Muradian!



Afternoon Movie

Tuesday, July 30 at 12:30

Join us for *Walk the Line* (rated PG-13). It's the story of Johnny Cash, music legend, from his time growing up on a small farm in Arkansas, to his time in the US Air Force where his musical talent first started to manifest itself, to the early days of his career, through the trials and tribulations of being a star and beyond. We also see his relationships, particularly with his first wife Vivian, and, most importantly, with June Carter. Please call to register.



Healthy Mind & Body

FREE exercise classes!

Tai Chi —Mondays at 1:00

Strength & Stretch—Weds. & Fridays at 10:00
(no Strength & Stretch July 10 or 12)

Nutrition Discussion—Friday, July 26 at 10:45

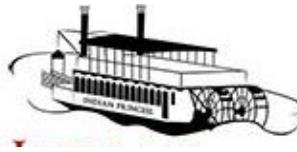
Blood Pressure Checks—Wed., July 31 at 12:30

Also see prior page for info. on our weekly walks!



COMING later in JULY—Blueberry Picking!

It's almost berry picking time! Picking dates are not yet available at Vandervalk farm in Mendon. We'll keep watching and we'll put a flyer on our board once we schedule a trip. Call to let us know if you're interested in going so we can keep you posted when we schedule a date.



Indian Princess Lunch Cruise

**Tues., Aug. 20—Depart Center
at 9:00 for 10:00 Boarding**

Enjoy a lake cruise aboard the Indian Princess in Webster, one of the few authentic paddle wheel riverboats still in operation in the U.S. The ride is between 75-90 minutes in length. Cruising time is 15 minutes after boarding. The bottom level of the boat houses the dining area which is enclosed and air conditioned. The top is an open air deck. Choice of seats is first come first served. The cost is \$29 per ticket for seniors which includes lunch (sandwich, chips, fruit, cookie & soft drink). Van ride available for an additional \$1 roundtrip. We're posting this August info. early so you have time to save the date! **Please call the Center by August 13 to register** with check payable to Indian Princess. **Space is limited; seats will be reserved in the order that payments are received at the Center.**

JESSICA'S SOCIAL SERVICES CORNER

SNAP Benefits

 SNAP recipients qualify for some added discounts and benefits. Here's a list for your reference:

- Discounts on Gas and Electric Utilities- If utilities are in SNAP beneficiary's name, you may be eligible for a discount on your utility bill automatically. Contact your utility company for more information.
- Discounts on Telephone Bills- Most telephone companies have low-income discounts through the Lifeline program. Any household who receives SNAP, cash assistance or other income based benefit may be eligible for a discount on telephone bills. If you do not have a landline, you may be eligible for a free cell phone with minutes. Please note, you may only have 1 Lifeline discount at a time.
- Healthy Incentives Program (HIP)- When available, you can use your SNAP benefits to buy farm-fresh fruits and vegetables at HIP-participating farmers markets, mobile markets and farm stands. An equal amount of money for food, up to your monthly limit, is automatically added back to your card. The amount you are eligible for is based on the number of people in your SNAP household. *availability based on funding* For more information visit: www.mass.gov/hip
- EBT Card to Culture- DTA and the Mass Cultural Council offer discounted or free admission to 140+ of the state's museums and cultural institutions. You will need to show your EBT to get the discount. For a list of participants please visit: Mass.gov/ebt-card-to-culture

If you would like any additional information please contact Jessica at the Upton Center at 508-529-4558 or visit our website at: www.uptonma.gov/council-aging-upton-center



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:

- Resealable sandwich bags—so that seniors can take leftovers home after our events.
- Non-perishable donations for our food pantry.



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

COMMUNITY CORNER

Upton Trash Recycling Schedule

Effective **July 1**, Upton residents who use the town's curbside trash and recycling service may have a new pickup day. In order to help save the taxpayers money, the program is going from a three day to a five day schedule. Details were included in an insert in the June 21 issue of the local Town Crier. Please call the Upton Board of Health at 508-529-6813 with any questions.

Farmers Markets

Farmers Markets begin at Daniels Farmstead (286 Mendon St. in Blackstone, on the Mendon line) **on July 7, 11 am—3 pm**, and continue every Sunday through September 29. Many special events are planned as well and the grill will be open 11:30 am—2:30 pm for lunch. Musical entertainment will be provided from 12:30—2:30 pm.

Perkins Library

The Perkins Library loans audio, large print, and braille books and magazines along with playback equipment to eligible individuals who are unable to read print materials due to a visual, physical or reading disability and to organizations that serve them. Upon approval of your application, materials and equipment will be sent to you at no charge for any of the services. For further information call the library at 800-852-3133 or 617-972-7240 or visit www.perkinslibrary.org

Upton Pickleball

Pickleball is one of the fastest growing sports in America right now, and it's suitable for any age and ability level. It is played on a court similar to tennis, but smaller, using wooden paddles and a plastic ball. A cost of \$25 for the outdoor season will let you play at weekly events, give you exclusive access to court times, and allow you the use of Upton Rec. equipment (including nets, paddles and balls). Open play times will be based on what the members desire. Generally there are multiple morning and evening sessions. For information, visit the Upton Rec. site at uptonma.myrec.com and look for: *Register*, then *Memberships*, and choose *Adult Pickleball*. Contact Bill McCormick, 508-320-3500, billmcproperty@gmail.com with questions.

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 Smiley Face? 😊

Congratulations to **Richard Bates** who was our lucky winner for finding our hidden baseball last month. This time we've hidden a little smiley face. Can you find it?...If so, call the Center and be entered to win a prize!

July 2019

Mon	Tue	Wed	Thu	Fri
1 1:00 Tai Chi 3:00 Afternoon Walk Sloppy Joe	2 10:00 Card Players Group 9:30 Morning Walk 12:30 Wii Games 12:30 Shopping Trip* Cranberry Chicken Salad	3 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Swedish Meatballs	4 INDEPENDENCE DAY  Center is Closed No meals served	5 10:00 Strength & Stretch 12:30 Trip to Dairy Queen and Kelly's Farm Stand Fish w/Crumb Topping
8 10:30 COA Meeting 1:00 Tai Chi 1:15–2:00 Senator Moore Office Hours 3:00 Afternoon Walk Pork Rib-i-que	9 10:00 Card Players Group 9:30 Morning Walk 12:30 Wii Games 12:30 Shopping Trip* Spaghetti & Meatballs	10 (No Strength & Stretch today) 11:00 Library Table 12:30 Canasta 5:15 Departure for 6:00 Concert at Kiwanis Garlic Herbed Chicken	11 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Summer Cookout 6:00 Live Band Music Glazed Baked Ham	12 9:15 Shopping Trip (No Strength & Stretch today) 12:45 Ice Cream Social with Fun & Games Potato Crunch Fish
15 12:30 Trip to the Ice Cream Lady 1:00 Tai Chi 3:00 Afternoon Walk Salmon Boat w/ Dill Sauce	16 10:00 Card Players Group 9:30 Morning Walk 10:00–2:00 Boston State House Tour with Representative Muradian 12:30 Wii Games Hot Dog	17 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for 6:00 Concert at Kiwanis Stuffed Pepper Casserole	18 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pot Pie	19 10:00 Strength & Stretch 10:30 Departure for 11:00 Peter Pan Performance at Nipmuc 12:45 Birthday Bash Braised Beef
22 1:00 Tai Chi 3:00 Afternoon Walk Roast Pork Loin w/Gravy	23 9:15 Shopping Trip* 10:00 Card Players Group 9:30 Morning Walk 10:45 Craft Time with Betty 12:30 Wii Games 12:30 Lunch Trip to George's Surf & Turf Burger	24 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for 6:00 Concert at Kiwanis Chicken Picatta	25 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO American Chop Suey	26 10:00 Strength & Stretch 10:45 Nutrition Talk 12:00 State Representative Muradian's Italian Lunch Jambalaya
29 12:30 Shopping Trip* 1:00 Tai Chi 3:00 Afternoon Walk Shepherd's Pie	30 9:30 Morning Walk 10:00 Card Players Group 12:30 Afternoon Movie Greek Chicken	31 10:00 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 5:15 Departure for 6:00 Concert at Kiwanis Meatloaf w/Gravy		* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.

July, 2019 — Dates to Remember

Check



here if you plan to attend!

July 2 _____ Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 12:30
 July 4 _____ HAPPY INDEPENDENCE DAY! Center is closed; no meals served.
 July 5 _____ Trip to Dairy Queen and Kelly's Farm Stand, 12:30
 July 8 _____ COA Meeting, 10:30
 July 8 _____ Senator Moore's Office Hours, 1:15—2:00
 July 9 _____ Shopping Trip—Market Basket, Oxford, 12:30
 July 10 _____ Depart for Concert at Kiwanis—5:15 (Concert begins at 6:00)
 July 11 _____ Summer Cookout at 5:00 with Live Band Music at 6:00
 July 12 _____ Shopping Trip—Walmart, Northbridge, 9:15
 July 12 _____ Ice Cream Social with Fun & Games, 12:45
 July 15 _____ Trip to the Ice Cream Lady, Douglas, 12:30 Departure
 July 16 _____ Boston State House Tour with Rep. Muradian—Departs at 10:00
 July 17 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:15
 July 17 _____ Depart for Concert at Kiwanis—5:15 (Concert begins at 6:00)
 July 19 _____ Peter Pan Performance at Nipmuc at 11:00 (Do you want a free ride on our van at 10:30? Yes _____ or No _____)
 July 19 _____ Birthday Bash, 12:45
 July 23 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
 July 23 _____ Craft Time with Betty at 10:45
 July 23 _____ Lunch Trip to George's Surf & Turf, Mendon, 12:30
 July 24 _____ Depart for Concert at Kiwanis—5:15 (Concert begins at 6:00)
 July 25 _____ Shopping Trip—Market Basket, Hudson, 9:00
 July 26 _____ Nutrition Talk with Wendy, 10:45
 July 26 _____ State Representative David Muradian's Italian Lunch, 12:00
 July 29 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 12:30
 July 30 _____ Afternoon Movie, "Walk the Line", 12:30
 July 31 _____ Shopping Trip—Northborough Crossing Loop (Wegman's/Kohl's/TJ Maxx), Northborough, 10:00
 July 31 _____ Blood Pressure Checks at the Center with Town Nurse, 12:30
 July 31 _____ Depart for Concert at Kiwanis—5:15 (Concert begins at 6:00)

Sign up for our Walks:



Tuesday Mornings at 9:30: July 2____; July 9____; July 16____; July 23____; July 30____

Monday afternoons at 3:00: July 1____; July 8____; July 15____; July 22____; July 29____

Aug. 20 _____ Depart at 9 a.m. for Indian Princess Lunch Cruise in Webster. Please register at the Center with a check for \$29 payable to the Indian Princess. *Seats will be reserved in the order that payments are received.*

 Do you need a ride on our van? (Yes _____ or No _____). Please choose 1 lunch option below:

Ham & Cheddar on Onion Roll____ Turkey & American on Wheat____ Grilled Veggie Wrap ____

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 smiley face? 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 7/30) 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

