



# 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)

## September 2019

### 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

Laurie Fantini

#### Vice Chair

Josephine McLaughlin

#### Secretary

Myra Bigelow

#### Members

Betty Consigli  
Paula Lepore  
Greg Manning  
Judie Pitts  
Richard Provost  
Linda Sanders  
Grace Wadsworth  
Margaret Watson

September is **National Senior Center Month**! It's a wonderful opportunity to showcase our Center and the valuable programs, activities, and services we offer you all year long. It's also a great time to promote a positive image of aging, remind you of our Center's importance in the community, and encourage those of you who still haven't participated in any activities to come give us a try!

The national celebration theme this year is **Senior Centers: The Key to Aging Well**. This year's theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people's lives—the virtual key to unlocking the components that will give an individual the opportunity to age well.

Aging well means different things to different people. For some, aging well means *Growing*. They want to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling. Others see aging well as having time to devote to *Learning*, whether it is a new language, tap dancing, or taking up pickle ball, a popular sport. Others see their most important work as *Connecting* to family, old friends, and growing new relationships. And some see *Giving* back at the senior center and within the community as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all the above while they are on their journey to reach their full potential.



Here at the Upton Center, we aim to provide activities and resources to enhance all these varied experiences that are fundamental to aging well. We are always open to hearing your input and suggestions for new programs, so we hope you'll reach out to our staff to let us know how we can best serve your needs. Read on for details of all we have in store for you in September!



- **Donna Dube and Josephine McLaughlin**—for kindly offering to lead our seniors on walks Mondays and Tuesdays throughout the summer and fall (see details on the next page). We appreciate you!
- **Greg Manning**—for calling Bingo at the Center each week. You do a great job!
- **Whitney Place**—for donating the cake for our Birthday Bash last month—it was delicious!
- **Paula Lepore**—for offering to start up the computer tutoring sessions again on Wednesday mornings (see details on the next page). What a help that is to our seniors!

*Janice*

*Please note that the Upton Center will be closed in observance of Labor Day on Monday, September 2nd.*



## 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, Sept. 6 at 9:00—Salvation Army/Shaw's/Job Lots/  
**Foppema's\*\*/Walmart Loop\***, Northbridge

Tues., Sept. 10 at 12:30—Market Basket, Oxford

Wednesday, Sept. 11 at 2:00—Trip to Grafton Farmer's Market\*\* & Swirls & Scoops Ice Cream, Grafton

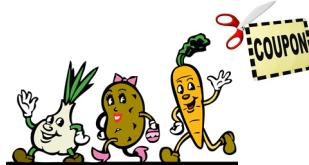
Friday, Sept. 13 at 1:00—Walmart, Northbridge

Tuesday, Sept. 17 at 9:15—Hannaford's, Uxbridge

Wed., Sept. 18 at 1:00—Salvation Army/Shaw's/Job Lots/  
**Foppema's\*\*/Walmart Loop\***, Northbridge

Mon., Sept. 23 at 1:00—Shaw's/CVS/Job Lots, Northbridge

Wed., Sept. 25 at 9:15—Market Basket, Hudson



### \*\*Note:

*Farmer's Market Coupons distributed at the Center 8/2 can be used at this market.*

## Weekly Walks

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

September is a great time to head out with friends to enjoy the sunshine! Senior Donna Dube has kindly agreed to meet up with a group of interested seniors each Monday at 3:00 at the Center 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, weather permitting. Please call to register.



## Computer Classes

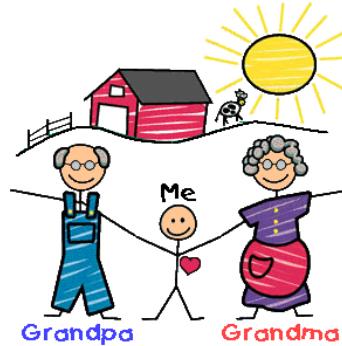
**Wednesdays, 9:00—10:00**

Paula is back, Wednesday mornings, to help you with your computer questions. Please call the Center at least 2 days ahead if you'd like to schedule a time to meet with Paula.



**Fridays, September 6 & 20, 9:00—12:00**

SHINE Counselor Robin Fletcher will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.



## Grandparents' Day Social

**Friday, September 6 at 12:30**

Calling all Grandparents! Come let us celebrate YOU and all you do! Grandparents Day falls on Sunday, but we'll be celebrating a little early. Bring your grandchildren or even just some photos of your grandchildren (and your grandparents too!) and enjoy some light refreshments. You don't have to be a grandparent to join in the fun! No fee. Please call the Center by **September 4** to register.

## Senator Moore's

### Office Hours



**Monday, September 9, 1:15—2:00**

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

## Breakfast with the Town Manager

**Thursday, September 12 at 9:00**



After taking a break for the summer, it's time for the return of our Breakfast with the Town Manager! Derek Brindisi will give a talk to bring you up to speed on what's happening in town and hold a Q&A session. Come share your concerns and learn more about what's happening in Upton! Please call by **September 10** to register. Breakfast is \$3.

## Nutrition Discussion with Wendy

**Friday, September 13 at 10:45**



Come get some great tips on eating healthy from Wendy Reid following her Friday Strength & Stretch session on September 13. 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.

**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).**

## Men's Club Supper Returns!

**Friday, September 13 at 5:30**

We know you'll all be glad to hear that it's time for the return of the Men's Club Supper! After a well deserved summer break, the Men's Club will be back with burgers and more to help you say so long to summer. It's always a delicious meal and a great chance to catch up with friends from around town. Remember—it's for ALL seniors, not just the men! No fee, thanks to the Upton Men's Club! Please call to register by **September 11**.



## Lunch Trip to the Beef Barn

**Monday, September 16 at 12:00**

Join your friends for a lunch trip to the Beef Barn in Bellingham. The Beef Barn has been featured on the Phantom Gourmet and is best known for its delicious signature roast beef sandwiches. It's always a hit. Please call the Center by **September 13** to register and let us know if you need a ride on our van.

## Craft Time with Betty

**Tuesday, September 17 at 10:30**



Betty will be here for yet another fun craft project. Please call by **September 13** to let us know if you can join us. No fee.



## BVT Salon Visit

**Friday, September 20 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 September 17** to reserve a time and let us know if you need a ride for \$1.



## Afternoon Movie

**Friday, September 20 at 12:30**

Join us for *A Dog's Journey* (rated PG), the next chapter in this series told from the dog's perspective. It's the soulful story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love. Please call to register.



## Breakfast at the Center with Fire Safety Talk

**Monday, September 23 at 9:30**

Join us for a delicious breakfast followed by important safety information. Upton Fire fighter Bonnie Lopez will be here to give a talk on fire and life safety. Please call by **September 19** to register. Breakfast is \$3.

## Birthday Bash

**Friday, September 27 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 **September 25**.



## COA Table & "Go 4 Life" Walk at Upton's Heritage Day

**Saturday, September 28, 10-2**

The Council on Aging staff will have a table at the upcoming



Upton Heritage Day on the town common—so come visit us! We'll be sharing resource and referral information and letting people know about all the services offered here at the Center. We'll also share information on our "Go 4 Life" walk and we encourage you to take on the 1 mile challenge, or even just part of it if you'd prefer. Further details on Upton's Heritage Day can be found in the Community Corner section on the back of this newsletter.



## Trip to JJ's and Kelly's Farm Stand

**Monday, September 30 at 12:30**

Let's head for ice cream at JJ's while the weather is still good! Then stop off at Kelly's Farm Stand for some great local produce. Please call by noon on **Sept. 27** to register and let us know if you need a ride.

## Healthy Mind & Body

*Join us for our FREE exercise classes! The exercises can be modified to accommodate ALL fitness levels!*



**Tai Chi —Mondays at 1:00**

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

**Nutrition Discussion—Friday, September 13 at 10:45**

**Blood Pressure Checks—Friday, Sept. 25 at 12:30**

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



## 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.



## Wish List

Here are some things that we could use at the Center:

- Fine or extra fine sharpies for our seniors to enjoy in our adult creative corner.
- Volunteers to share their time and talents. If you have a hobby or interest—we'd love to set up a time for you to share it with our seniors!

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

## JESSICA'S SOCIAL SERVICES CORNER

### Upcoming Maternity Leave

Thank you to everyone who came to the shower and for those who stopped by to show their love and support for baby girl Mauro. Baby girl has not yet made her debut and she is already so lucky to have so many people care about her. She will most definitely be surrounded by nothing but love. Thank you so much from us at the Mauro household.

Please note I will be out of the office on maternity leave starting September 3rd and returning December 2nd 2019. We will make sure to pop in before my return in December. While I'm out, anyone needing assistance can contact Bernadette or Janice at 508-529-4558. They will be able to assist you and if not, they will gladly refer you to someone who can.

-Jessica

### SMOC-Fuel Assistance



If you received Fuel assistance last heating season, you will start receiving renewal applications for the upcoming heating season. Please note, the season does not start until November 1st. You are not required to meet with an application assister, but If you need help completing an application, please call Janice at 508-529-4558 for an appointment.



### Medicare Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2020. Premiums, networks, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Open Enrollment, you can adjust your plan for the next year. SHINE Counselors can help you understand your plan changes as well as other options you may have. Call now to discuss your questions, schedule a SHINE appointment by phone or face to face, or learn about group presentation meetings during the Open Enrollment from October 15 through December 7th. For more information visit: [shine-ma.org](http://shine-ma.org) or call 1-800-243-4636. If you prefer, call the Upton Center at 508-529-4558 and you will be referred to a local SHINE counselor. Watch for information on local Medicare 2020 presentations as well.



### 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

### Hearing Loss Association Meeting

Learn how to make the most of your mobile or landline phone when you have hearing loss at the Hearing Loss Association of America's next meeting at the Northborough Public Library on **September 7** from 2-4 pm. Topics include apps for hearing loss, captioning, purchasing advice, emergency alerts, text to 9-1-1, work and home solutions and more. Light refreshments will be provided.

### Saint Gabriel's Harvest Fair

Save the date for the annual Saint Gabriel's Harvest Fair at 151 Mendon Street in Upton on Sunday, **September 8th from 11:30 a.m.—3 p.m.** Come enjoy the vendor fair, lunch, music, bake sale, bouncy house, raffles and more!

### Free Breakfast Bingo

The Blaire House of Milford Assisted Living is hosting Free Breakfast Bingo on Wednesday, **September 18** from 9-11 am to be held in their Activity Room. Enjoy a free hot breakfast and free Bingo with a chance to win prizes. Space is limited. Please RSVP by Sept. 16 to Beth LaForge at 508-958-0301.

### Community Supper at United Parish

Community Suppers at United Parish are back! Head to United Parish of Upton on Thursday, **September 20 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee, but donations are gratefully accepted.

### Upton Heritage Day

Don't miss the fun on Saturday, **September 28, 10 a.m.—2 p.m.** Head to the Town Common for this community event which includes a craft and vendor fair, entertainment, food and more with activities held at various departments around town. Please stop by to visit the Upton Center staff at the Council on Aging's table and pick up information on our Go4Life Walk!

### Free Concert Coming in October

Save the date for a concert by the United States Air Force Heritage of America Band at Upton Town Hall on Sunday, **October 6th at 2 pm.** The Upton Cultural Council is sponsoring this free event featuring the world's finest active duty musicians performing classic big band favorites from the 40's and 50's as well as new songs for all ages. You won't want to miss it!

### Where's the Coffee Cup?



Congratulations to **Susan Doyle** who was our lucky winner for finding our hidden watermelon slice last month. This time we've hidden a little coffee cup. Can you find it?...If so, call the Center and be entered to win a prize!

# September 2019

Mon	Tue	Wed	Thu	Fri
2 Center is closed <b>LABOR DAY</b>  No meals served	3 9:30 Morning Walk 10:00 Card Players Group 12:30 Wii Games	4 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta	5 10:00 Knit/Crochet Group 1:00 BINGO	6 9:00–12:00 SHINE Appointments 9:00 Shopping Trip* 10:00 Strength & Stretch 12:30 Grandparents' Day Social
9 10:30 COA Meeting 1:00 Tai Chi 1:15–2:00 Senator Moore's Office Hours 3:00 Afternoon Walk   Sunday, Sept. 8: Grandparents' Day	10 9:30 Morning Walk 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip*	11 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 2:00 Trip to Grafton Farmers Market & Swirls & Scoops Ice Cream	12 9:00 Breakfast With the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO	13 10:00 Strength & Stretch 10:45 Nutrition Talk 1:00 Shopping Trip* 5:30 Men's Club Supper Returns!
Roast Turkey	Swedish Meatballs	Sloppy Joe	Chicken Cacciatore	Braised Beef
16 1:00 Tai Chi 12:00 Lunch Trip to Beef Barn 3:00 Afternoon Walk	17 9:15 Shopping Trip* 9:30 Morning Walk 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games	18 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Shopping Trip*	19 10:00 Knit/Crochet Group 1:00 BINGO	20 9:00 BVT Salon Visit 9:00–12:00 SHINE Appointments 10:00 Strength & Stretch 12:30 Afternoon Movie
Pork Rib-i-que	Macaroni & Cheese	Chicken Pesto	Spaghetti & Meatballs	Potato Crunch Fish
23 9:15 Breakfast at the Center followed by Fire Safety Talk 1:00 Tai Chi 1:00 Shopping Trip* 3:00 Afternoon Walk	24 9:30 Morning Walk 10:00 Card Players Group 12:30 Wii Games	25 9:00–10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks	26 10:00 Knit/Crochet Group 1:00 BINGO	27 10:00 Strength & Stretch 12:45 Birthday Bash  Pinwheels w/ Marinara Sauce & Meatballs
Beef Steak Fajitas	Hot Dog	Chicken Mornay	Stuffed Pepper Casserole	   Sat., Sept. 28: Upton Heritage Day on Town Common, 10am–2pm & COA GO4Life Walk
30 12:30 Trip to JJ's and Kelly's Farm Stand 1:00 Tai Chi 3:00 Afternoon Walk  BBQ Pulled Pork			*Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.	

# September, 2019 — Dates to Remember

Check  here if you plan to attend !

Sept 2  LABOR DAY HOLIDAY—Center is closed; no meals served

Sept 6  SHINE Appointments, 9:00—12 (Please call for appointment)

Sept 6  Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00

Sept 6  Grandparents' Day Social, 12:30

Sept 9  COA Meeting, 10:30

Sept 9  Senator Moore's Office Hours, 1:15—2:00

Sept 10  Shopping Trip—Market Basket, Oxford, 12:30

Sept 11  Trip to Grafton Farmers Market & Swirls & Scoops Ice Cream, 2:00

Sept 12  Breakfast with the Town Manager, 9:00

Sept 13  Nutrition Talk with Wendy, 10:45

Sept 13  Shopping Trip—Walmart, Northbridge, 1:00

Sept 13  Men's Club Supper Returns! 5:30

Sept 16  Lunch Trip to Beef Barn, Bellingham, Departing 12:00. Do you need a ride? Yes  or No

Sept 17  Shopping Trip—Hannaford's, Uxbridge, 9:15

Sept 17  Craft Time with Betty, 10:30

Sept 18  Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 1:00

Sept 20  BVT Salon Visit, Depart 8:45 for 9:00 appts. What service would you like? \_\_\_\_\_

Sept 20  SHINE Appointments, 9:00—12 (Please call for appointment)

Sept 20  Afternoon Movie, 12:30

Sept 23  Breakfast at the Center with Fire Safety Talk, 9:15

Sept 23  Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 1:00

Sept 25  Shopping Trip—Market Basket, Hudson, 9:15

Sept 27  Birthday Bash, 12:45. Is it your birthday this month? Yes  or No

Sept 28  Upton Heritage Day—Come visit the COA table and pick up info. on our Go4Life Walk! 10:00-2:00

Sept 30  Trip to JJ's Ice Cream and Kelly's Farm Stand, 12:30



## Sign up for our Walks:



Monday afternoons at 3:00: Sept. 9 ; Sept. 16 ; Sept. 23 ; Sept. 30

Tuesday Mornings at 9:30: Sept. 3 ; Sept. 10 ; Sept. 17 ; Sept. 24

**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 coffee cup? 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 ..... 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