



# 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

Debbie Hart  
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 Lopore  
Greg Manning  
Judie Pitts  
Richard Provost  
Linda Sanders  
Grace Wadsworth  
Margaret Watson



## October 2019



Fall is here, and we have loads of great activities coming up through the end of the year. I'd love to highlight a few in particular and encourage you to mark your calendars and join us!

- Leaf Peeping with Ranger Viola at nearby West Hill Dam—October 4 at 12:30
- Visit to the Hat Industry Exhibit at the Upton Historical Society—October 8 at 10:00
- Breakfast with the Town Manager—October 10 at 9:00
- Brain Healthy Cooking with Cornerstone—October 16—join us for this free lunch at 12:30
- Mindfulness & Meditation with Robin—October 21 at 10:00
- Halloween Spooky Social with Music by Gary Landgren—October 28 at 12:30
- Trunk or Treating at United Parish—October 31, 5:15—8 pm

I'd also like to make you aware of some events coming up in early November to be sure you save the dates:

- Free Rides to Upton Town Meeting at Nipmuc High School—November 5 at 7 pm
- Holiday Fraud Program—Nov. 8 at 12:30
- Leaf Raking by Upton Students—November 9
- Senator Moore's Turkey Dinner—Nov. 12 at Noon
- BVT Aging Well Assessment Day— Nov. 13, 8:00—Noon

In addition to making time to enjoy the many events here at the Center, fall is also a great time to think about "turning over a new leaf" in areas of your life that might require a change. Is there a bad habit you'd like to drop? Or another area of life where you need a fresh start? If so, here are some tips that can help get you headed in the right direction this fall!

- Think about what makes you happy, and set a goal
- Put it in writing, and look at it daily
- Have realistic expectations
- Solicit support from friends and family for encouragement
- Celebrate even small victories along the way
- Look at the positives and find the silver linings, even when there are setbacks
- Stick with it, and remember that commitment is what binds you to your goals!



We hope to see you soon at the Center!

**Janice**

*Please note that the Upton Center will be closed  
in observance of Columbus Day on Monday, October 14*



## Shopping Trips

*Time spent in the stores is typically 60–90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up on a loop\*. Destinations/times may change due to medical appts.*

Thursday, October 3 at 9:00—Salvation Army/Shaw's/Job Lots/**Foppema's**/Walmart Loop\*, Northbridge

Tues., October 8 at 12:30—Hannaford's, Uxbridge

Friday, October 11 at 12:30—Market Basket, Oxford

Wednesday, October 16 at 9:00—Salvation Army/Shaw's/Job Lots/**Foppema's**/Walmart Loop\*, Northbridge

Friday, October 18 at 12:30—Trip to Franklin Farmer's Market at 12:30

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

Mon., Oct. 28 at 9:15—Shaw's/CVS/Job Lots, Northbridge

Wednesday, October 30 at 12:30—Walmart, Northbridge

## Leaf Peeping with Ranger Viola

**Friday, October 4 at 12:30**



Join us as we head to the covered picnic area at West Hill Dam in Uxbridge to meet up with Ranger Viola. We'll supply some light refreshments and she'll supply a wealth of information on the beautiful fall colors that Mother Nature will have on display for us. Viola will arrange van access right up to the dam and picnic area, so walkers and wheelchairs can be accommodated. For seniors who'd like to take a walk to the wetlands and butterfly garden or down to the river, that's an option as well. \$2 fee for van ride. Please call by **October 2** to register.



## Visit the Upton Hat Industry Exhibit

**Tuesday, October 8 at 10:00**

Visit the Upton Historical Museum to learn about the history of the Upton Hat Industry from Knowlton to Jenny Rand and Giovanni. From 1833 through much of the 20th Century, Upton was well recognized for its production of hats which were found in stores from NY to Paris! Call if you'd like a free ride to the exhibit on our van. If the timing doesn't work, we hope you'll visit on your own during regular museum hours. (Call museum for hours: 508-529-6600.)

## Afternoon Movie

**Wednesday, October 9 at 12:30**



Join us for *Yesterday* (PG-13), a musical fantasy about a struggling musician who realizes he's the only one on Earth who remembers The Beatles after waking up in an alternate timeline where they never existed! Call to register.

**Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of operation: Mon.—Fri., 9:00—3:30 (weather and staff permitting).**



## Breakfast with the Town Manager

**Thursday, October 10 at 9:00**

Town Manager Derek Brindisi will return to help serve up another delicious breakfast along with an update on what's happening in town. Come share your concerns and get your questions answered. Please register by **Oct. 8**. \$3 fee.

## Rep. Muradian's Office Hours



**Thursday, October 10, 12:00—1:00**

State Representative Muradian's office will hold office hours here at the Center. Please stop by to discuss your concerns.



## BVT Charity Dinner

**Thursday, October 10 - Depart at 4:45 for 5:00 Dinner**

Attend an all you can eat buffet (chicken parmesan dinner, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by October 7** and let us know if you need a free ride on our van. We'll reserve a 5 pm seating. Tickets are \$15 at the door (\$8 for kids 12 and under). Van departs Millhaus at 4:45 and Coach Rd. at 4:50.

## Craft Time with Betty



**Tuesday, October 15 at 10:30**

Betty will be here for yet another fun craft project. Please call by **October 11** to let us know if you can join us. No fee.



## Brain Healthy Cooking for One

**Wednesday, October 16 at 12:30**

Enjoy a brain healthy lunch, interactive presentation and cooking demonstration based on the Mediterranean Diet which enhances cognitive function. Research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease. Which is why we are thrilled to have the chefs from Cornerstone of Milford coming to show you how to prepare tasty dishes out of a short list of healthful staples, helping you cut waste and stretch your budget when cooking for one. Please call the Center by **October 11** to let us know if you can join us. No fee. Thank you Cornerstone!



## Podiatrist Appointments

**Thursday, October 17, 9:30—12:00**

Dr. Biancamano will hold appointments at the Center from 9:30—12:00. Please call the Center by **October 11** to reserve an appointment.



## BVT Salon Visit

**Friday, October 18 at 9:00**

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

**SHINE****Friday, October 18, 9:00—12:00**

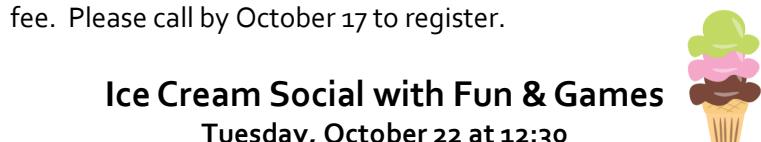
SHINE Counselor Robin Fletcher will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.

**Men's Club Supper****Friday, October 18 at 5:30**

Thank you to the Upton Men's Club for a wonderful September meal! They'll be back on October 18. 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 October 16**.

**Mindfulness and Meditation with Robin****Monday, October 21 at 10:00**

Robin Natanel will be returning to the Center with her Mindfulness and Meditation class. Join her for a casual discussion and enjoy the experience of being present right here, right now while learning about the benefits of living a mindful life. Learn how to let go of anxiety, struggle, feelings of depression, and constant worry and see things in a new light. No fee. Please call by October 17 to register.

**Ice Cream Social with Fun & Games****Tuesday, October 22 at 12:30**

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 **October 18** to register. No fee. Thank you Summit!!

**Lunch Trip to TJ's in Ashland****Wednesday, October 23 at 12:00**

We're heading to TJ's Fine Food & Spirits. So join your friends and consider the \$5.95 lunch buffet or choose from a wide variety of other menu selections or daily specials. Please call by **October 21** to register and let us know if you need a ride.

**Birthday Bash****Friday, October 25 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 October 23**.

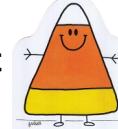
**Coming in November—Save the dates!**

- **Free Rides to Town Meeting at Nipmuc**—November 5, 7 pm meeting
- **Holiday Fraud Program**—Nov. 8 at 12:30
- **Leaf Raking by Upton Students**—November 9
- **Senator Moore's Turkey Dinner**—Nov. 12 at Noon
- **BVT Aging Well Assessment Day**—Nov. 13, 8:00—Noon—including free breakfast & lunch at BVT!

Sign up now on the enclosed sign up sheet. Further details will be included in our November newsletter.

**Halloween Spooky Social with Music by Gary Landgren****Friday, October 28 at 12:30**

Join us for some tricks and treats at the Center as we enjoy the honky tonk ragtime piano music of Gary Landgren!! Wear a costume and have some fun! No fee for those in costume. \$1 fee for those not in costume. Come enjoy the fun and prizes!

**Trunk or Treat Event at United Parish****Wednesday, October 31—Depart 5:15; return at 8pm**

If you enjoy seeing all the littler trick or treaters in town but you no longer get any at your door—here's your chance to hand out candy by the bucket full! Take a free ride on our van and join the 5th annual Trunk or Treat Event at United Parish in Upton. About 300 kids will be there—marching in a Halloween parade, and then "trunk or treating" right there in the parking lot. Please call the Center to register by October 29 if you'd like to ride over and pass out candy at our van. Candy will be supplied by the Center.

**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 (no class 10/28)

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

Nutrition Discussion with Wendy—Fri., Oct. 11 at 10:45

Blood Pressure Checks—Wednesday, Oct. 30 at 12:30

**Weekly Walks**

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

The fall is a great time for walks! Senior Donna Dube has kindly agreed to meet up with interested seniors each Monday at 3:00 at the Center for a local walk. And Senior Jo McLaughlin has offered to do the same on Tuesdays at 9:30. So bring your water bottle and join in the fun, weather permitting. Please call to register.

**Computer Classes****Wednesdays, 9:00—10:00**

Volunteer Paula Lepore is available 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 her.



## JESSICA'S SOCIAL SERVICES CORNER

### Welcome to the World Baby Mauro!

We are thrilled to announce that baby **Charlotte Lorraine Mauro** was born on September 3rd weighing 8 pounds 5 ounces and measuring 20.5 inches. Mommy and baby are both doing great. Thank you for all the well wishes! Anyone needing assistance while Jes is on maternity leave until early December can call Bernadette or Jan at 508-529-4558.

### 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

Medicare Open Enrollment runs from October 15th to December 7th. Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, copays, deductibles, list of drugs covered and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you. **REMEMBER**— You need to be sure that your providers are covered in the plan's network before you change to a different Medicare plan! You should be sure your medications are covered as well.

SHINE Counselors can help you understand your plan changes and options. Call now to schedule a SHINE appointment by phone or face to face. Numerous update meetings have been scheduled in the area, including:

-Thurs., Oct. 24 at 10 am—Milford Sr. Center (508-473-8334)  
-Thurs., Nov 7 at 10 am—Grafton Sr. Center (508-839-5335)  
Please contact these Centers for registration details. For more information visit: shinema.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.

Additionally, starting this year, we are strongly urging all beneficiaries to sign up for a "**MyMedicare Account**". Having this account will allow us to assist you more comprehensively with your choices for 2020. Information on signing up is available on the SHINE website at [www.shinema.org](http://www.shinema.org). Just click on the MyMedicare link.



### 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

### Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between the IRS and the AARP, needs volunteer counselors to help low and moderate income persons in your community to prepare their taxes. Additional positions available for site greeters. Training begins in December and volunteers work 4-6 hours per week from Feb. 1—April 15. Basic computer skills are necessary. For further information, go to <https://aarp.org/taxaide>

### Free Concert at Upton Town Hall

The United States Air Force Heritage of America Band will be performing 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.

### Community Supper at United Parish

Head to United Parish of Upton on Thurs., **Oct. 17 at 5:30 p.m.** RSVP by the Tues. before at 508-529-3192. No fee.

### Shoe Drive

Please donate your gently worn, used and new shoes and sneakers to help raise money for WE Care Miscoe to provide grants to improve the school. You'll also be helping people living in need to create their own small businesses. Donations can be made now through mid-Nov. at Upton & Taft Libraries and Nipmuc, Memorial, Miscoe & Clough Schools.

### Networking Group for 50+ Job Seekers

Your AGE is your edge! Funded by the Mass. Executive Office of Elder Affairs, managed by Mass. Councils on Aging and supported by the AARP, this is a unique job seekers networking and training group program to assist people in the 50+ demographic looking for a new job, a new career, re-entry to the workforce, or a second act career. Meetings are held at 16 locations at various times, including at the Hopkinton Sr. Ctr. (28 Mayhew St., 508-497-9730) the **1st and 3rd Mon's** from 1:30-3:30 pm. Registration required.



### Where's the Black Cat?

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



### Wish List

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

- Wipes to keep our seniors' hands clean at craft time
- Individually wrapped candy for our Seniors to give out at the Trunk or Treat event on Halloween
- Individually wrapped healthy snacks

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

# October 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>	<b>1</b> <b>9:30 Morning Walk</b> 10:00 Card Players Group  Burger	<b>2</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Roast Pork w/Gravy	<b>3</b> <b>9:00 Shopping Trip*</b> 10:00 Knit/Crochet Group 1:00 BINGO  Turkey Supreme	<b>4</b> 10:00 Strength & Stretch <b>12:30 Leaf Peeping with Ranger Viola at West Hill Dam</b>  Chicken Drumsticks
<b>7</b> <b>10:30 COA Meeting</b> 1:00 Tai Chi <b>3:00 Afternoon Walk</b>	<b>8</b> <b>9:30 Morning Walk</b> 10:00 Card Players Group <b>10:00 Visit the Hat Industry Exhibit at the Upton Historical Society</b> <b>12:30 Shopping Trip*</b>  Shepherd's Pie	<b>9</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Afternoon Movie</b>  Meatloaf w/Gravy	<b>10</b> <b>9:00 Breakfast with the Town Manager</b> 10:00 Knit/Crochet Group <b>12:00–1:00 Representative Muradian Office Hours</b> 1:00 BINGO <b>5:00 BVT Charity Dinner</b> American Chop Suey	<b>11</b> 10:00 Strength & Stretch <b>10:45 Nutrition Talk with Wendy</b> <b>12:30 Shopping Trip*</b>  Pork Rib-i-que
<b>14</b> <b>COLUMBUS DAY</b> Center is Closed   No meals served	<b>15</b> <b>9:30 Morning Walk</b> 10:00 Card Players Group <b>10:30 Craft Time with Betty</b>  Pinwheels w/Marinara Sauce & Meatballs	<b>16</b> <b>9:00 Shopping Trip*</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Brain Healthy Cooking with Cornerstone</b>  Chicken Milano	<b>17</b> <b>9:30–12:00 Podiatrist Appointments</b> 10:00 Knit/Crochet Group 1:00 BINGO  Salisbury Steak	<b>18</b> <b>9:00 BVT Salon Visit</b> <b>9:00–12:00 SHINE Appointments</b> 10:00 Strength & Stretch <b>12:30 Trip to Franklin Farmer's Market</b> <b>5:30 Men's Club Supper</b> Potato Crunch Fish
<b>21</b> <b>10:00 Mindfulness &amp; Meditation with Robin</b> 1:00 Tai Chi <b>3:00 Afternoon Walk</b>  Pulled Pork w/BBQ Sauce	<b>22</b> <b>9:15 Shopping Trip*</b> <b>9:30 Morning Walk</b> 10:00 Card Players Group <b>12:30 Ice Cream Social with Fun &amp; Games</b>  Meatballs w/Onion Gravy	<b>23</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:00 Lunch Trip to TJ's in Ashland</b> Vegetable Cheese	<b>24</b> 10:00 Knit/Crochet Group 1:00 BINGO  BBQ Chicken	<b>25</b> 10:00 Strength & Stretch <b>12:45 Birthday Bash</b>  Teriyaki Beef
<b>28</b> <b>9:15 Shopping Trip*</b> <b>12:30 Halloween Spooky Social with Music by Gary Landgren</b> <b>3:00 Afternoon Walk</b>  Lasagna & Meatballs	<b>29</b> <b>9:30 Morning Walk</b> 10:00 Card Players Group  Chicken Fajitas	<b>30</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Shopping Trip*</b> <b>12:30 Blood Pressure</b> Herbed Pork w/Gravy	<b>31</b> <b>HAPPY HALLOWEEN!</b> 10:00 Knit/Crochet Group 1:00 BINGO <b>5:15–8:00 pm Trunk or Treat Event at United Parish</b>  Beef Patty w/Onions & Peppers	

## October, 2019 — Dates to Remember

Check  here if you plan to attend!

Oct 3  Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00  
Oct 4  Leaf Peeping with Ranger Viola at West Hill Dam, 12:30 Departure  
Oct 7  COA Meeting, 10:30  
Oct 8  Visit the Hat Industry Exhibit, 10:00 Departure. Do you need a ride? Yes  or No   
Oct 8  Shopping Trip—Hannaford's, Uxbridge, 12:30  
Oct 9  Afternoon Movie: *Yesterday*, 12:30  
Oct 10  Breakfast with the Town Manager, 9:00  
Oct 10  Rep. Muradian Office Hours, 12:00—1:00  
Oct 10  BVT Charity Dinner—4:45 Departure for 5:00 Seating. Do you need a ride? Yes  or No   
Oct 11  Nutrition Talk with Wendy, 10:45  
Oct 11  Shopping Trip—Market Basket, Oxford, 12:30  
Oct 14  HOLIDAY—Columbus Day—Center is closed; no meals served.  
Oct 15  Craft Time with Betty, 10:30  
Oct 16  Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00  
Oct 16  Brain Healthy Cooking Demo with Cornerstone (free lunch), 12:30  
Oct 17  Podiatrist Appointments, 9:30—12:00 (Please call for Appointment)  
Oct 18  BVT Salon Visit, Depart 8:45 for 9:00 appts. What service would you like? \_\_\_\_\_  
Oct 18  SHINE Appointments, 9:00—12 (Please call for appointment)  
Oct 18  Trip to Franklin Farmer's Market, 12:30  
Oct 18  Men's Club Supper, 5:30  
Oct 21  Mindfulness & Meditation w/Robin, 10:00  
Oct 22  Shopping Trip—Market Basket, Hudson, 9:15  
Oct 22  Ice Cream Social with Fun & Games, 12:30  
Oct 23  Lunch Trip to TJ's in Ashland, 12:00 Departure. Do you need a ride? Yes  or No   
Oct 25  Birthday Bash, 12:45. Is it your birthday this month?! Yes  or No   
Oct 28  Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 9:15  
Oct 28  Halloween Spooky Social with Music by Gary Landgren, 12:30. Wear your costume!  
Oct 30  Shopping Trip—Walmart, Northbridge, 12:30  
Oct 30  Blood Pressure Checks with the Town Nurse, 12:30  
Oct 31  HAPPY HALLOWEEN! Trunk or Treating Event at United Parish. Depart at 5:15; return around 8 pm.  
**COMING IN NOVEMBER! (Sign up now and watch for further details in our November newsletter)**  
Nov 5  Free ride to Upton Town Meeting—Depart Millhaus at 6:40 for 7:00 meeting.  
Nov 8  Holiday Fraud Program, 12:30  
Nov 9  Leaf Raking. Provide address & phone #: \_\_\_\_\_  
Nov 12  Senator Moore's Turkey Dinner, 12:00  
Nov 13  BVT's Aging Well Health Assessment Day—includes free breakfast, lunch and assessment. Van will depart at 8 am; program runs until Noon. Do you need a ride? 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 object? If so—where? \_\_\_\_\_**

### WEEKLY EVENTS AT THE UPTON CENTER

Every Monday ..... Tai Chi (**No Tai Chi on 10/28**) ..... 1:00  
Every Tuesday ..... Card Players Group ..... 10:00  
Every Wednesday ..... Computer Class (call to schedule) ..... 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