



# 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 Lepore  
Greg Manning  
Judie Pitts  
Richard Provost  
Linda Sanders  
Grace Wadsworth  
Margaret Watson

## December 2019



As the year comes to a close, we have so much to be grateful for here at the Upton Center! We'd like to extend a special thanks to **Senator Moore** and his staff for serving up a fantastic turkey dinner to 70 seniors here in November. It was delicious! Then on November 14 we hosted a breakfast to honor our country's **Veterans**. We are so thankful for their service and sacrifices. And on November 20th, **Shaw's** of Northbridge surprised us with a generous donation of 25 turkey dinners—some of which were distributed to seniors in town, and others which were shared here as a communal meal. We are so thankful!

## Happy Holidays!

November's Men's Club Supper was a special treat for us as well. In addition to the a delicious meal provided by the Mens' Club, we had a special guest—**State Rep. David Muradian**, who came along with Upton resident Pat O'Toole to deliver an amazing surprise. Together they presented a donation of \$6,000 to the Upton Center! The check was made possible by a charity golf tournament which is run by the David Muradian Charitable Foundation, and sponsored by Pat's employer, New England Disposal Technologies of Sutton, along with other local businesses. Needless to say, we were overwhelmed by their generosity. We will certainly put the funds to good use here at the Center. **THANK YOU** to Rep. Muradian and all the organizations and individuals who support his charitable organization for making this all possible!

We'd also like to thank to **BVT** for inviting our seniors to their "Aging Well Day" where they experienced a full health screening by BVT students and were treated to breakfast and lunch! Our seniors found it to be a great way to give back to the community by giving aspiring young health professionals an opportunity to gain hands on experience in their field. So **THANK YOU BVT!**

With the holidays upon us, we'd like to remind you that our Christmas Party is fast approaching on December 6th. We had planned to charge \$10 for the holiday meal which will be catered by **Oliva's** this year. But I am happy to announce that, as a result of generous donations from Rep. Muradian and Senator Moore, the holiday meal will now be **FREE** for all in attendance! Please be sure to **register by December 2**. Thank you to our sponsors!

Here are more of the festive events we have in store for you. We hope you'll plan to attend!..

- Tree Trimming with Holiday Piano Music & Sing-along—Dec 2
- Pie Baking Contest with Emergency Preparedness Talk—Dec 3
- Holiday Social with the Sutton Serenaders—Dec. 10
- Holiday Breakfast with the Town Manager—Dec 12
- Miscoe Hill Christmas Carolers Visit—Dec 16
- Crafts & Carols w/Girl Scouts plus Pot Luck Supper—Dec 17
- Holiday Lights Ride—Dec 18
- Memorial School Carolers Visit—Dec 19
- Holiday Social with Piano Music—Dec 20
- New Year's Eve Social—Dec 31

Read on for further details. We wish you a wonderful holiday season and look forward to celebrating the holidays with you!

*Janice*

*The Upton Center will be closed Wednesday, December 25th for Christmas and Wednesday, January 1st for New Year's Day. Also—please call to be sure we are open on days when the weather is questionable.*

### Upton Center Bucks



Don't forget—"Upton Center Bucks" make a great gift for the Seniors you know in town! They are available in any denomination and can be used for any activity with a fee at the Upton Center.



## 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.*

Monday, December 2 at 1:00 —Shaw's/Walgreens, Milford

Thursday, December 5 at 9:15—Walmart, Northbridge

Wednesday, December 11 at 9:15—Market Basket, Oxford

Monday, December 16 at 12:30—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

Friday, Dec. 18 at 12:30—Christmas Tree Shop, Shrewsbury

Monday, December 23 at 9:15—Market Basket, Hudson

Friday, December 27 at 9:15—Hannaford's, Uxbridge

Monday, December 30 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

## Tree Trimming Coffee Hour with Piano & Music & Singalong

Monday, December 2 at 9:30

Join us for some holiday cheer as we deck the halls and decorate the Upton Center Christmas trees! Upton resident Ann Perkins will be here to play Christmas music on our piano as we decorate and sing along. Light refreshments will be served; no fee. Please call to register.

## Pie Baking Contest & Emergency Preparedness Talk

Tuesday, December 3 at 12:30

Calling all bakers! We're combining a delicious treat with an informative info. session. Join us at 12:30 for our pie baking contest. Submit a pie entry if you'd like, or just come to sample the varieties and let us know which one is your favorite! Afterwards, State Representative **David Muradian** will be here with the Emergency Preparedness Coordinator from the Mass. Office on Disability to present a great program on how to prepare for emergencies of all kinds. **They'll also be giving out gift bags** to the first 50 people to register! Please register by **Dec. 2** and let us know if you plan to bake a pie. No fee.

## Holiday Concert at Mechanics Hall

Wednesday, December 4 at 12:00

Join us for a free Holiday Concert at Mechanics Hall in Worcester. The New England Conservatory Symphonic Winds & Chamber Singers will be joined by the U.S. Navy Band Northeast from 12-1. Bring your own "brown bag" lunch or purchase one at the Hall while they last. Please call the Center to register for a ride (\$4 roundtrip); space is limited. **Van will depart the Center at 10:45.**



## BVT Charity Dinner

Thurs., December 5—depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (ham, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by noon Dec 3** 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.



## CHRISTMAS PARTY FRIDAY, DECEMBER 6



10:00 Holiday Social / 10:30 Yankee Swap

12:00 Lunch by Oliva's/ 12:45 Singing Trooper

Let's celebrate the holidays together! We'll start with a Holiday Social at 10. Enjoy coffee and munchies and holiday cheer. Next we'll enjoy the annual Yankee Swap gift exchange! If you'd like to participate, just bring along a new, wrapped gift valued at about \$10. At Noon we'll enjoy a delicious **lunch catered by Oliva's** of Milford. The lunch is FREE thanks to generous donations by Senator Moore and Rep. Muradian. Then at 1:00 we have a special treat—the **Singing Trooper** will be back! Don't miss the chance to enjoy his holiday themed show. **Please call the Center by Dec. 2 to register for the fun!**

## Senator Moore's Office Hours

Monday, December 9, 1:15—2:00

A representative of Senator Moore's office will hold office hours here at the Center. Please stop by with any concerns.



## Craft Time with Betty

Tuesday, December 10 at 10:00

Betty will be here for yet another fun craft project, just in time for the holidays! Please call by **Dec. 6** to let us know if you can join us. No fee.



## Holiday Social with the Sutton Serenaders

Tuesday, December 10 at 1:00

Join us for holiday fun as we enjoy some great entertainment by the Sutton Serenaders. Light refreshments will be served. No fee. Please call to register by **December 6**.



## Trivia at the Center with Library Staff

Wednesday, December 11 at 12:30

The Upton Library staff will be back with more trivia fun! This time it has a new twist — they'll be showing video clips to test your knowledge of ad slogans and jingles! Come test your memory and have some fun! Light refreshments will be served. No fee. Please register by **Dec. 9**.

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).

## Holiday Breakfast with the Town Manager

Thursday, December 12 at 9:00

Join us as we gather for a delicious holiday breakfast with Town Manager, Derek Brindisi. After a delicious meal, Derek will update you on what's happening in town and answer your questions. Come share your concerns and learn what's new in Upton! Please call by **Dec. 10** to register. Breakfast is \$3.



### BVT Salon Visit

Friday, December 13 at 9:00

Treat yourself to some pampering at discounted prices at the Salon at BVT. Please call the Center to RSVP by **December 10** to reserve a time and let us know if you need a ride for \$1.



### Afternoon Movie

Friday, December 13 at 12:30

Join us for a holiday classic: **Miracle on 34th Street**! We'll watch the original version with Natalie Wood as a precocious little girl whose well meaning mother has raised her not to believe in Santa Claus. A man with a white beard teaches them otherwise! Please call to register.

### Men's Club Supper

Friday, December 13 at 5:00

The Upton Men's Club will be back for another super supper on Dec. 13. Note the earlier time. It's always a delicious meal and a great chance to catch up with friends from around town—especially around the holidays! Remember—it's for ALL seniors, not just the men! No fee. Please call to register by **Dec. 10**.



### Miscoe Carolers Visit the Center

Monday, December 16 at 9:30



Join us for this festive tradition as Miscoe Hill School's Chorus comes caroling for the holidays! Light refreshments will be served. No fee. Please call by **Dec. 12** to register.



### "My Gift to You" Program

Tuesday, December 17 at 12:30

Take time this holiday season for a special program offered by Tri-Valley which focuses on the true gifts in your life. Play a game as you share memories of your childhood, the changes you've seen in the world, your favorite holiday traditions and more. Light refreshments will be served. No fee. Please register by **December 13**. Thanks TriValley!

### Craft & Caroling with Girl Scouts Followed by Holiday Pot Luck Supper

Tuesday, December 17 at 4:30



The Girl Scouts from Troop 64994 have kindly offered to join us for a festive holiday craft and carols at the Center! We'll follow that up with a holiday potluck—so bring your favorite dish (or plan to donate \$5). The paper goods and drinks will be supplied. Please register by **Dec 13**.

### Holiday Lights Ride

Wednesday, December 18 at 5:45



Join us for a ride on our van to marvel at some of the beautiful holiday light displays around town. Please call the Center by **Dec. 13** to register. No fee. Space is limited.

### Podiatrist Appointments

Thursday, December 19, 9:30—12:00

Dr. Biancamano will hold appointments at the Center from 9:30—12:00. Please call the Center by **Dec. 13** for appt.



### Memorial Carolers Visit

Thursday, December 19 at 4:45

Memorial School students will join us to spread holiday cheer with some wonderful carols. Light refreshments will be served. No fee. Please register by **Dec 17**.

### Holiday Social with Piano Music

Friday, December 20 at 12:30

Join us for a festive afternoon of piano music by college student Alex Romine. You won't want to miss it! Light refreshments will be served. No fee. Just come and enjoy!

Please call by **Dec. 17** to register.

### Lunch Trip to Grille 122

Tuesday, December 24 at 11:30



Enjoy a Christmas Eve lunch with friends at the new restaurant in Northbridge (where Brian's used to be). You're sure to find something you like on the huge menu. Please register by **Dec. 20** and let us know if you need a ride.

### Birthday Bash

Friday, December 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 **December 24**.



### New Year's Eve Social

Tuesday, December 31 at 11:00

Join us at the Center to say so long to 2019 and usher in 2020! We'll enjoy some refreshments, have some fun and count down to the new year! \$1 fee. **Register by Dec. 27**.



### Healthy Mind & Body—Free Classes!

Mindfulness & Meditation—Mon. Dec. 9 & 23 at 9:30

Tai Chi —Mondays at 1:00 (no class Dec. 23)

Strength & Stretch—Weds. & Fridays at 10:00  
(no class Dec. 6 or Dec. 18)

Nutrition Discussion with Wendy—Fri., Dec. 13 at 10:45

Blood Pressure Checks—Wednesday, Dec. 18 at 12:30

## JESSICA'S SOCIAL SERVICES CORNER

### Social Services Update



Jessica is due back from maternity leave on December 2!  
WELCOME BACK JES—we missed you!!



### SMOC-Fuel Assistance

The fuel assistance program helps income eligible households pay a portion of their heating costs. You are not required to meet with an application assister, but if you need help completing an application, please call the Upton Center at 508-529-4558 for an appointment. If you would like to speak to SMOC directly, they can be reached at 1-800-286-6776.



### Medicare Open Enrollment

Don't forget—Medicare Open Enrollment ends December 7th. This is an opportunity to review and/or make changes to your plan for 2020. 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 =**

Serving the Health Insurance Needs of Everyone

SHINE Counselors can help you understand your plan changes and options. Call now to schedule a SHINE appointment by phone or face to face. For more information visit: shinema.org or call 1-800-243-4636. If you prefer, call the Upton Center at 508-529-4558 to 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.



### 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 to schedule a time.

## COMMUNITY CORNER

### Flu Shots

Flu shots are available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call ahead to schedule an appointment at 508-529-3110.

### Calling All Knitters!

Nipmuc students are collecting hat and scarf donations through **Dec. 20** to benefit Why Me, a non-profit organization. For details, pick up a flyer at the Upton Center or email Michelle McMahon at [WhyMeFundraising@gmail.com](mailto:WhyMeFundraising@gmail.com)

### Suppers at United Parish

United Parish of Upton invites you to attend their free monthly community supper on Thursday, December 19 at 5:30 pm. Please RSVP by the Tues. before at 508-529-3192.

### Trees for Hope Festival

The Trees for Hope Festival will be held in St. Paul's Hall in the lower level of St. Gabriel's Parish in Upton on **Dec. 7** (9 am—7 pm) and **Dec. 8** (9 am—1 pm). The festival features holiday trees donated by individuals, families and groups, each with a different theme. The festival benefits the 15-40 Connection and the ALS Therapy Development Institute. For details contact Penny Bentley at [bentleyp@charter.net](mailto:bentleyp@charter.net)

### St. Gabriel's Christmas Fair

St. Gabriel's Parish of Upton will hold its traditional Christmas Fair one day only this year: Sat., **Dec. 7** from 9 a.m. to 2 p.m. The fair features balsam wreaths, indoor plants, Christmas crafts, decorations, attic treasures, gifts, knit and crocheted items and many raffles. Lunch will be available along with baked goods to go. Santa will visit 9-11 a.m.

### Wish List

We could use your help at the Upton Center!

- Our meal site is in need of volunteers weekdays from 9:00—12:30 (or any portion of that) - to package meals, serve our congregate meal, and deliver meals to Millhaus residents (no driving required). If you can help—call Al Vautour at 508-529-9094
- We can always use gift cards to Shaws, Walmart, etc. in low denominations to help seniors in need.

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

### Where's the Winter Hat?



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

**HAPPY NEW YEAR**





# December 2019

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:30 Tree Trimming Coffee Hour with Holiday Piano Music & Singalong 10:30 COA Meeting 1:00 Tai Chi 1:00 Shopping Trip*  Fish w/Dill Sauce	<b>3</b> 10:00 Card Players Group 12:30 Pie Baking Contest & Emergency Preparedness Talk  Hot Dog	<b>4</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 10:45 Departure for 12:00 Holiday Concert at Mechanics Hall 11:00 Library Table 12:30 Canasta Stuffed Pepper Casserole	<b>5</b> 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner  Ranch Chicken	<b>6</b> (No Strength & Stretch) 10:00 Holiday Social 10:30 Yankee Swap 12:00 Holiday Lunch 12:45 Singing Trooper  Braised Beef
<b>9</b> 9:30 Mindfulness & Meditation with 1:00 Tai Chi 1:15–2:00 Senator Moore's Office Hours  Burger	<b>10</b> 10:00 Card Players Group 10:00 Craft Time with Betty 1:00 Holiday Social with Music by the Sutton Serenaders  Chicken Pesto	<b>11</b> 9:00–10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Trivia at the Center with Library Staff  Roast Pork Loin	<b>12</b> 9:00 Holiday Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO  American Chop Suey	<b>13</b> 9:00 BVT Salon Visit 10:00 Strength & Stretch 10:45 Nutrition Talk with Wendy 12:30 Christmas Movie 5:00 Men's Club Supper  Jambalaya
<b>16</b> 9:30 Miscoe Hill School Christmas Carolers Visit 12:30 Shopping Trip* 1:00 Tai Chi  Greek Chicken	<b>17</b> 10:00 Card Players Group 12:30 Gift to You Program 4:30 Holiday Craft and Christmas Carols with the Girl Scouts followed by a Holiday Pot Luck  Meatloaf	<b>18</b> 9:00–10:00 Computer Class (No Strength & Stretch) 11:00 Library Table 12:30 Blood Pressure Checks 12:30 Canasta 12:30 Shopping Trip* 5:45 Holiday Lights Ride Shepherd's Pie  Shepherd's Pie	<b>19</b> 9:30–12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Memorial School Christmas Carolers Visit  Sage Stuffed Chicken	<b>20</b> 10:00 Strength & Stretch 12:30 Holiday Social with Piano Music  Lemon Pepper Fish
<b>23</b> 9:15 Shopping Trip* 9:30 Mindfulness & Meditation with Robin (No Tai Chi)  Vegetable Cheese Bake	<b>24</b> 10:00 Card Players Group 11:30 Lunch Trip to Grille 122  Roast Turkey	<b>25</b> Center is Closed    No meals served	<b>26</b> 10:00 Knit/Crochet Group 1:00 BINGO  Salisbury Steak	<b>27</b> 9:15 Shopping Trip* 10:00 Strength & Stretch 12:45 Birthday Bash  Potato Crunch Fish
<b>30</b> 9:15 Shopping Trip* 1:00 Tai Chi  Chicken Picatta	<b>31</b> 10:00 Card Players Group 11:00 New Year's Eve Social  Meatballs			*Please see Newsletter for Details of our Shopping trips and Call the Center at 508-529-4558 to Register

## December, 2019 — Dates to Remember

Check  here if you plan to attend !

Dec 2  Tree Trimming Coffee Hour w/Holiday Piano Music & Sing-along, 9:30  
Dec 2  COA Meeting, 10:30  
Dec 2  Shopping Trip—Shaw's/Walgreens, Milford, 1:00  
Dec 3  Pie Baking Contest & Emergency Preparedness Talk, 12:30—Do you plan to bake a pie? Yes  or No   
Dec 4  Holiday Concert at Mechanics Hall (Depart 10:45 for Noon Concert). Do you need a ride? Yes  or No   
Dec 5  Shopping Trip—Walmart, Northbridge, 9:15  
Dec 5  BVT Charity Dinner, 4:45 Departure for 5:00 Seating. Do you need a ride? Yes  or No   
Dec 6  HOLIDAY PARTY—please check off all you plan to attend:  
10:00 Social  10:30 Yankee Swap  12:00 Oliva's lunch (free!)  12:45 Singing Trooper   
Dec 9  Mindfulness & Meditation w/Robin, 9:30  
Dec 9  Senator Moore's Office Hours, 1:15—2:00  
Dec 10  Craft Time with Betty, 10:00  
Dec 10  Holiday Social with Music by the Sutton Serenaders, 1:00  
Dec 11  Shopping Trip—Market Basket, Oxford, 9:15  
Dec 11  Trivia at the Center with Library Staff, 12:30  
Dec 12  Holiday Breakfast with the Town Manager, 9:00  
Dec 13  BVT Salon Visit, Depart 8:45 for 9:00 appts. What service would you like?  
Dec 13  Christmas Movie: *Miracle on 34th Street*, 12:30  
Dec 13  Men's Club Supper, 5:00  
Dec 16  Miscoe Hill School Christmas Carolers Visit, 9:30  
Dec 16  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 12:30  
Dec 17  Gift to You Program, 12:30  
Dec 17  Holiday Craft & Carols with Girl Scouts at 4:30. Then Holiday Pot Luck—please check what you'll bring:  
Appetizer , Main Dish , Salad , Side Dish , Dessert , (Or else please bring \$5 )  
Dec 18  Blood Pressure Checks, 12:30  
Dec 18  Shopping Trip—Christmas Tree Shop, Shrewsbury, 12:30  
Dec 18  Holiday Lights Ride, 5:45  
Dec 19  Podiatrist Appointments, 9:30—12:00 (Please call for Appt.)  
Dec 19  Memorial School Christmas Carolers Visit, 4:45  
Dec 20  Holiday Social with Piano Music, 12:30  
Dec 23  Shopping Trip—Market Basket, Hudson, 9:15  
Dec 23  Mindfulness & Meditation with Robin, 9:30  
Dec 24  Lunch Trip to Grille 122, Northbridge, 11:30  
Dec 25  MERRY CHRISTMAS! Center is closed; no meals served  
Dec 27  Shopping Trip—Hannaford's, Uxbridge, 9:15  
Dec 27  Birthday Bash, 12:45  
Dec 30  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15  
Dec 31  New Year's Eve Social, 11:00

**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 class Dec 23) ..... 1:00  
Every Tuesday ..... Card Players Group ..... 10:00  
Every Wednesday ..... Computer Class (call to schedule) ..... 9:00  
Every Wednesday ..... Strength & Stretch (no class Dec 6) ..... 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 (no class Dec 18) ..... 10:00