



# 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

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

Gregg Manning

Judie Pitts

Richard Provost

Linda Sanders

Grace Wadsworth

Margaret Watson



## February 2020



February is **National Random Acts of Kindness Month**, so there's no better time to practice compassion and reach out to others! In fact—we'll be holding a **Kindness Challenge** throughout the month of February to encourage you to do just that. We challenge you to reach out and brighten someone's day with a simple act of kindness for no specific reason. Each time you do, please jot down your act of kindness and your name on one of the slips of paper where you sign in at the Center. We'll draw a name and award a \$25 Walmart gift card at our Candy Making Social on February 28 at 12:45! If you're stumped on what types of things you can do for others, here are just a few simple ideas:

- Visit someone who is alone
- Leave a nice note on the windshield of a car
- Go out of your way to make a new friend
- Run an errand for someone
- Sit with someone new at the Center
- Pick up trash in your community
- Give someone an unsolicited compliment
- Help someone carry their bags
- Volunteer at the Upton Center
- Say thank you to someone who works hard
- Pay for the order for the person behind you in line
- Cook a meal for someone
- Give words of encouragement to someone
- Ask someone how they are, and really listen when they answer
- Pick a good cause and donate whatever time or money you can
- Call a loved one you haven't spoken to in a while, or send them an unexpected note
- Spend a day saying only nice things about and to other people



There are no limits to the number of entries you can submit to our challenge—so we hope you'll commit random acts of kindness all month long! Not only will it increase your chances of winning the prize, but research shows there are many side benefits to practicing kindness, such as improving your sense of self respect, empathy, and compassion. Good luck!

Since we're speaking of kindness, thank you to the following who helped us out in January:

- **BVT Dental Students**—for providing a great talk on oral hygiene
- **Cornerstone**—for a delicious lunch and a great presentation on senior bullying
- **Ranger Viola**—for offering to accompany our seniors on a museum trip
- **The Alzheimer's Association**—for an informative talk on legal and financial planning
- **Seniors Paula Lepore, Jo McLaughlin & Judie Pitts**—for doing a big cleanup at the Center

We are also pleased to announce that Upton COA Board Member **Richard Provost** was recently recognized as an outstanding Tri-Valley Nutrition Program volunteer. Richard and 11 other nominees were guests at an annual award breakfast where Richard received the 2019 George Wild Award in recognition of going above and beyond for the nutrition program and for his community as well. Congratulations Richard!

*Janice*

*The Center will be closed on Mon., Feb. 17 for Presidents' Day; 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.*

Tuesday, February 4 at 12:30—Shaw's/Walgreens, Milford

Thursday, February 6 at 9:15—Market Basket, Oxford

Wednesday, February 12 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

Friday, February 14 at 9:30—Solomon Pond Mall, Marlborough—come shop or just take a warm walk!

Tuesday, February 18 at 9:00—Market Basket, Hudson

Friday, February 21 at 9:15—Walmart, Northbridge

Tuesday, February 25 at 9:00—Hannaford's, Uxbridge

Thursday, February 27 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge



## Tax Appointments

**Mondays, Feb. 3—March 30, 9:00—2:15**

It's that time of year again!....AARP tax preparers will be here to help Seniors prepare their taxes at no charge. Spaces fill fast. Please call the Center to schedule a time and be sure to pick up the AARP tax intake forms in our office and complete them in advance of your appointment. If you can't make your scheduled appointment, please let us know because we typically have a wait list. Note: There will be no appointments Feb. 17 since we'll be closed for Presidents' Day.



## Following Your Trail of Shared DNA Matches

**Friday, February 7 at 12:30**

Seema Kenny of Ancestral Books, Legacy & Education will be here to lead an interesting presentation on "Following the Trail of Shared DNA Matches". DNA test results can be overwhelming. Get some great tips from Seema who will share a case study that shows how she used shared matches in her DNA test results to fill in many holes in her family tree. Light refreshments will be served. No fee. Please **RSVP by February 4.**

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). Please call to be sure we are open on days when the weather is questionable.



## Senator Moore's Office Hours

**Monday, February 10, 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.

## Art Workshops

**Tuesday, February 11 at 3:30 and 6:30**



The Upton Library will be hosting art workshops at the Upton Center on Tuesday, **February 11**. Paint your own "Starry Night" creation from 3:30—5:30 pm at the Center, or create a "Miracle Flowers" scene from 6:30—8:30. There will be no cost for the programs, thanks to funding provided by the **Upton Cultural Council**. Space is limited so please register soon by calling the Upton Center.



## Valentines Breakfast with the Town Manager

**Thursday, February 13 at 9:00**

Who doesn't love a good breakfast in celebration of Valentines Day? Join us for a delicious meal with your friends and Town Manager, Derek Brindisi. Afterwards, Derek will let you know what's going on in town and answer any questions you may have. Please call the Center to register by **February 11**. Breakfast is \$3.

## Valentines Movie

**Friday, February 14 at 12:30**



Join us for a little afternoon romance as we watch *Sleepless in Seattle* (PG), starring Tom Hanks and Meg Ryan. It's the heart-warming story of a widower named Sam whose eight-year-old son Jonah feels that his father really needs to find new love. Jonah calls into a radio station on Christmas Eve, telling the radio psychiatrist that his Christmas wish is for a new wife for his dad. Call to let us know if you can join us.



*Happy Valentine's Day*

## Men's Club Supper

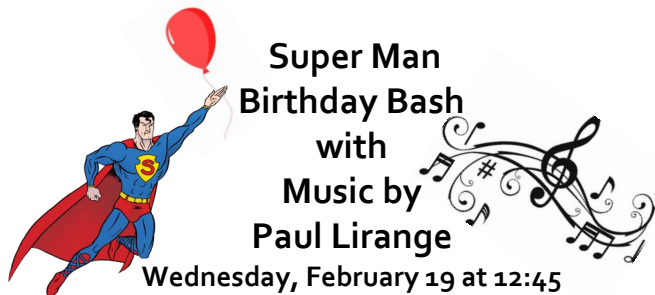
**Friday, February 14 at 5:30**

The Upton Men's Club will be back for another super supper on February 14. Come share some love with your friends and enjoy a great meal on Valentines Day! Remember—it's for ALL seniors, not just the men! No fee. Please **register by February 11**.

## Lunch Trip to Wheelock Inn

**Tuesday, February 18 at 12:00**

Join us for a lunch trip to the Wheelock Inn in Millbury. They offer a big variety of surf, turf, sandwiches and lunch specials so you're sure to find something you like on the menu. Please register by **February 14** and let us know if you need a ride.



## Super Man Birthday Bash with Music by Paul Lirange

**Wednesday, February 19 at 12:45**

Guess who's turning 82 this month?...Superman!! Come celebrate his birthday, and all our February Bdays, with pizza, cake and ice cream! No fee for those who have a birthday this month; a donation of \$3 is suggested for others. Afterwards—Paul Lirange will be back with some great musical entertainment. Paul was a big hit when he joined us after our Thanksgiving meal so we asked him to come back. You won't want to miss him! Please call to **register by February 14**.

## Podiatrist Appointments

**Thursday, February 20, 9:30—12:00**

Dr. Biancamano will hold appointments at the Center from 9:30—12:00. Please call the Center by **February 18** for an appointment.



## Small Animals & 4H Club Students Visit

**Friday, February 21 at 12:30**

Students from the 4H Club in Upton will be bringing some special visitors along with them for a visit as they join us to tell us more about the 4H Club. Some guinea pigs, a dog, and maybe even some bunnies will be among the special guests that day! Join us learn more about the 4H Club and the small animals they care for. Light refreshments will be served. No fee. Please call by **February 19** to register.

## Mardi Gras Craft Time with Betty

**Tuesday, February 25 at 10:00**

Betty will be here for a Mardi Gras themed craft project this month. What fun! Please call by **Feb 21** to let us know if you can join us. No fee.



## "Gift to You" Program

**Tuesday, February 25 at 12:30**

Valentines season seems like the perfect time 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 family traditions and more. Light refreshments will be served. No fee. Please register by **February 21**.



## Stars, Stripes & Apple Pie Trivia

**Wednesday, February 26 at 12:30**

The Upton Library staff will be back with more trivia fun. Enjoy some laughs as you watch video clips to test your knowledge of this month's theme: stars, stripes and apple pie! Come test your memory and have some fun! Light refreshments will be served. No fee. Please register by **February 24**.



## BVT Salon Visit

**Friday, February 28 at 9:00**

Treat yourself to some pampering at discounted prices at the Salon at BVT. Please call the Center to RSVP by Feb. 25 to reserve a time and let us know if you need a ride for \$1.



## Candy Making Social &

## Random Acts of Kindness Drawing

**Friday, February 28 at 12:45**

Join us for a candy making social where you'll make your own sweet treats to enjoy! Afterwards, we'll choose the winner for our Random Acts of Kindness Drawing and award a \$25 gift card (see details on cover of this newsletter)! \$1 fee for candy making. Please RSVP by **Feb. 25**.

## 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.



## 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.

## Healthy Mind & Body—Free Classes!

*Start the new year off right by joining  
in our free exercise classes! All fitness levels are welcome.*



**Mindfulness & Meditation—Mon. Feb. 24 at 9:30**

**Tai Chi —Mondays at 1:00**

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

**Nutrition Discussion with Wendy—Fri., Feb. 7 at 10:45**

**Blood Pressure Checks—Wednesday, Feb. 26 at 12:30**





## JESSICA'S SOCIAL SERVICES CORNER

### Social Services Update

January 2020 has already come and gone and for some of us who had some New Years resolutions, those resolutions may have also. It is never too late to start over. Every month, week, day or hour gives us a new opportunity to start over. In case the New Years resolutions did not last through January, here are some tips to help you start fresh:

- Clarify your vision or goal. Those who have a clear sense of what they want achieve more.
- Come up with a strategy and measurable goals.
- Develop self-confidence and self-efficacy by completing small goals and drawing from that success.
- Encourage and develop persistence. Do not give up. If you fail, accept it and start fresh.
- Never stop learning.



### Medicare Questions??

Medicare open enrollment ended December 7th 2019. If you still have questions or concerns, you may still have options to make a change. You can contact a SHINE Counselor on staff at the Center by calling 508-529-4558. Or if you would prefer to contact the SHINE Regional Office you can call 1-508-422-9931.

### SMOC-Fuel Assistance



Fuel Assistance applications are still available until April 30, 2020. If you would like more information or to inquire about eligibility please contact Jessica at 508-529-4558. You can learn more about Fuel Assistance and other local resources on our website at: [www.uptonma.gov/council-aging-upton-center](http://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.

### Flu Shots



Flu shots are still 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.



### Wish List

If you'd like to donate a gift basket or make a donation of money or items that could be included in a gift basket for TriValley's "March for Meals" fundraiser, please contact Al Vautour at 508-529-9094. Tri-Valley conducts the March for Meals fundraiser each year to raise funds for the Meals on Wheels program which delivers nutritious meals, visits and safety checks to seniors all year long.

## COMMUNITY CORNER

### Notes from the Town Clerk

Here are some important updates from the Town Clerk's office:

The town census has been mailed to town residents. Please remember to sign and return it to the Town Clerk's office.

Also—just a friendly reminder that dog licenses are due **March 31** for dog owners.

Are you registered to vote in Upton? There are 4 elections in 2020. Are you new to town? Have you moved within the town? Have you responded to your census? Does the Town Clerk have your updated information? Knowing your precinct and voting status ahead of time will save you time on Election Day! **Your enrollment as a voter will affect the party primary in which you can vote at the Presidential Primary.** You may check your voter registration status online at:

<https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>.

If you wish to change your **party enrollment** for the Presidential Primary, you must do so by **February 12** by completing a new voter registration form in person, by mail, or online at [www.RegisterToVoteMA.com](http://www.RegisterToVoteMA.com)

**March 3** is the **Presidential Primary**. Absentee ballots will be available in February. We will also be holding **early voting** at Town Hall beginning on **February 24-28**. Please contact the Town Clerk for details.

### Join the 2020 Census Team

Are you interested in being a census taker? 2020 Census jobs provide great weekly pay, flexible hours and paid training. For more information and to apply online, visit [2020census.gov/jobs](http://2020census.gov/jobs).

### Supper at United Parish

United Parish of Upton invites you to attend their free monthly community supper on Thursday, February 20 at 5:30 pm. Please RSVP by the Tues. before at 508-529-3192.


### Where's Cupid?




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



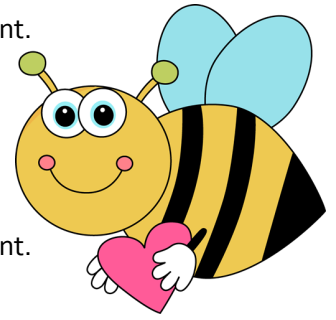
# ♥ February 2020 ♥

Mon	Tue	Wed	Thu	Fri
♥	Please call the Center at 508-529- 4558 to Register for programs.	♥	*Please see Newsletter for Details of our Shopping trips.	♥
<b>3</b> 9:00—2:15 AARP Tax Appointments 10:30 COA Meeting 1:00 Tai Chi  Chicken Pot Pie	<b>4</b> 10:00 Card Players Group 12:30 Shopping Trip*  Spaghetti & Meatballs	<b>5</b> 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta  Potato Crunch Fish	<b>6</b> 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO  Baked Ham	<b>7</b> 10:00 Strength & Stretch 10:45 Nutrition Talk with Wendy 12:30 Following Your Trail of Shared DNA Matches  Garlic Herbed Chicken
<b>10</b> 9:00—2:15 AARP Tax Appointments 1:15—2:00 Senator Moore's Office Hours 1:00 Tai Chi  Braised Beef	<b>11</b> 10:00 Card Players Group 3:30—5:30 Painting Workshop—"Starry Night" 6:30—8:30 Painting Workshop—"Miracle Flowers"  Hot Dog	<b>12</b> 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta  Stuffed Pepper Casserole	<b>13</b> 9:00 Valentines Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO  Broccoli & Cheese Stuffed Chicken	<b>14</b> 9:30 Shopping Trip* 10:00 Strength & Stretch 12:30 Valentines Movie: Sleepless in Seattle 5:30 Men's Club Supper  VALENTINES DAY ♥
<b>17</b> PRESIDENTS' DAY  Center is Closed No Meals Served	<b>18</b> 9:00 Shopping Trip* 10:00 Card Players Group 12:00 Lunch Trip to Wheelock Inn  Burger w/Chili	<b>19</b> 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:45 Super Man Birthday Bash with Music by Paul Lirange  Roast Pork Loin	<b>20</b> 9:30—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO  American Chop Suey	<b>21</b> 9:15 Shopping Trip* 10:00 Strength & Stretch 12:30 Small Animals & Students from the 4H Club Visit  Greek Chicken
<b>24</b> 9:00—2:15 AARP Tax Appointments 9:30 Mindfulness & Meditation 1:00 Tai Chi  Shepherd's Pie	<b>25</b> 9:00 Shopping Trip* 10:00 Card Players Group 10:00 Mardi Gras Craft Time with Betty 12:30 Gift to You Program  Jambalaya	<b>26</b> 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Trivia at the Center w/Library Staff  Ravioli w/Vegetable Alfredo Sauce	<b>27</b> 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO  Chicken Pesto	<b>28</b> 9:00 BVT Salon Visit 10:00 Strength & Stretch 12:45 Candy Making Social & Random Acts of Kindness Drawing  Lemon Pepper Fish

## February, 2020 — Dates to Remember

Check  here if you plan to attend!

- Feb 3 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Feb 3 \_\_\_\_\_ COA Meeting, 10:30
- Feb 4 \_\_\_\_\_ Shopping Trip—Shaw's/Walgreens, Milford, 12:30
- Feb 6 \_\_\_\_\_ Shopping Trip—Market Basket, Oxford, 9:15
- Feb 7 \_\_\_\_\_ Nutrition Talk with Wendy, 10:45
- Feb 7 \_\_\_\_\_ Following Your Trail of Shared DNA Matches, 12:30
- Feb 10 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Feb 10 \_\_\_\_\_ Senator Moore's Office Hours, 1:15-2:00
- Feb 11 \_\_\_\_\_ Painting Workshop—"Starry Night", 3:30—5:30
- Feb 11 \_\_\_\_\_ Painting Workshop—"Miracle Flowers", 6:30—8:30
- Feb 12 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15
- Feb 13 \_\_\_\_\_ Valentines Breakfast with the Town Manager, 9:00
- Feb 14 \_\_\_\_\_ Shopping Trip—Solomon Pond Mall, Marlborough, 9:30
- Feb 14 \_\_\_\_\_ Valentines Movie: Sleepless in Seattle, 12:30
- Feb 14 \_\_\_\_\_ Men's Club Supper, 5:30
- Feb 17 \_\_\_\_\_ PRESIDENTS' DAY - Center is closed; no meals served.
- Feb 18 \_\_\_\_\_ Shopping Trip—Market Basket, Hudson, 9:00
- Feb 18 \_\_\_\_\_ Lunch Trip to Wheelock Inn, Millbury, 12:00
- Feb 19 \_\_\_\_\_ Super Man Birthday Bash with Music by Paul Lirange, 12:45. Is it your bday this month? Yes\_\_\_ or No\_\_\_
- Feb 20 \_\_\_\_\_ Podiatrist Appointments at the Center, 9:30—12:00. Please call the Center to schedule an appointment.
- Feb 21 \_\_\_\_\_ Shopping Trip—Walmart, Northbridge, 9:15
- Feb 21 \_\_\_\_\_ Small Animals & Students from the 4H Club Visit, 12:30
- Feb 24 \_\_\_\_\_ AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.
- Feb 24 \_\_\_\_\_ Mindfulness & Meditation with Robin, 9:30
- Feb 25 \_\_\_\_\_ Shopping Trip—Hannaford's, Uxbridge, 9:00
- Feb 25 \_\_\_\_\_ Mardi Gras Craft Time with Betty, 10:00
- Feb 25 \_\_\_\_\_ Gift to You Program, 12:30
- Feb 26 \_\_\_\_\_ Blood Pressure Checks, 12:30
- Feb 26 \_\_\_\_\_ Trivia at the Center w/Library Staff, 12:30
- Feb 27 \_\_\_\_\_ Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15
- Feb 28 \_\_\_\_\_ BVT Salon Visit, depart at 8:45 for 9:00 appts. What service would you like? \_\_\_\_\_
- Feb 28 \_\_\_\_\_ Candy Making Social & Random Acts of Kindness Drawing, 12:45



*Happy Valentine's Day*

**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 .....	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