



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES
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

Darynn Khuth

Department Specialist

Bernadette Denson

COA Assistants

Deb Saulen
Karen Varney

Drivers

Jim Earl
John Saulen
Rick Vernon

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

Chair
Laurie Fantini

Vice Chair
Josephine McLaughlin

Secretary
Linda Sanders

Members
Myra Bigelow
Betty Consigli
Paula Lepore
Gregg Manning
Lori McGann
Richard Provost
Grace Wadsworth
Margaret Watson

December 2021

It's hard to believe we're at the end of yet another year. And what a year it has been! We are thankful for the progress we've made with respect to the pandemic, and we are so happy that our doors were able to reopen in 2021. It has been wonderful to spend time with all of you again! Of course we continue to take precautions, and we encourage all of you to do the same. We want nothing more than to be able to continue to offer in person programming to see your many smiling faces! We also want to remind you to register in advance for our programs by calling the Center or dropping off your sign-up sheet (enclosed) so we can be sure to have enough food and supplies on hand for all events. So please read on for details of our upcoming holiday celebrations. Here's a sampling of

what we have in store for you to help make your holidays sparkle this year!

- Tree Trimming Coffee Hour with Piano Music and Singalong
- Holiday Trivia
- Men's Club Holiday Supper
- Breakfast with the Town Manager and Holiday Bingo
- Holiday Social, Yankee Swap, and Lunch from Oliva's with Music by Tommy Rull
- Holiday Crafts & Gingerbread Houses
- New Year's Eve Social

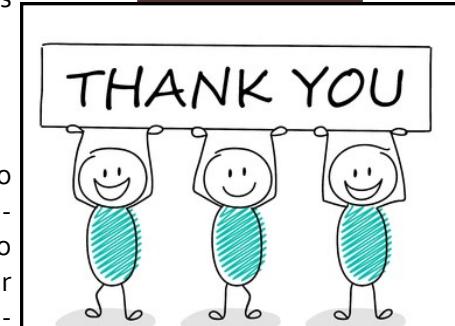
And speaking of our programs, we can't let the year come to a close without giving a bit shout out to the many individuals, businesses and organizations in our community who help us out, not just around the holidays, but all year through. This includes the **Upton Men's Club**, which organizes and funds our wonderful monthly Men's Club Suppers—we appreciate you! We are also very grateful to the **Upton Bloomer Girls** who come through time and time again with financial assistance for Upton residents in need, both at the holidays, and in other times of crisis. Your generosity amazes us! We are also so very thankful for the wonderful holiday collections organized by Unibank of Upton, and the Saint Gabriel's Giving Tree program . The donations you collect for our seniors are so appreciated. Thank you to all the residents who donate to these collections as well. Your gifts are put to good use for our town residents in need.

We hope you all have a happy, healthy holiday season. Happy New Year!

Janice



The Upton Center will be closed on December 24 for Christmas & December 31 for New Year's



Thank you to Upton high school student **Jeffrey Powers** for donating a set of wooden centerpieces which he custom made for our Center. Jeffrey has previously made us some wooden planters for our patio, along with a beautiful table to be used in our main room. His craftsmanship and attention to detail are obvious to those who see his work. We appreciate your time and generosity Jeffrey!

Transportation

Our van is here to transport seniors and individuals with a disability to medical appointments. Please call us at 508-529-4558 with as much notice as possible.



Shopping Trips:

- Friday, December 3 at 9:00—Market Basket, Hudson
- Tuesday, December 7 at 10:00—Hannaford's, Uxbridge
- Thursday, December 9 at 12:30—Holiday Shopping at Solomon Pond Mall, Marlboro
- Friday, December 10 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, December 14 at 9:15—Market Basket, Oxford
- Wednesday, December 15 at 12:30—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, December 21 at 12:30—Shaw's/Job Lots/Walmart Loop, Northbridge
- Thurs., December 23 at 12:30—Market Basket, Hudson
- Tuesday, December 28 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge

Time spent in the stores is typically 60—90 minutes. Please register at least 2 days ahead and choose one store for drop off/pick up on a loop. Times may change due to medical appointments.



Fridays at 10:00

We'll be LIVE with our Facebook Fridays at 10:00 throughout the month. Tune in to hear what's happening at the Center. You do not need to have a Facebook account to watch. Just Google "The Upton Center Facebook Page" to watch LIVE. Videos are also saved on our FB page to be watched later.



BVT Charity Dinner

Thurs., December 2—depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (ham, dessert & beverage) at BVT High School to benefit the Be Like Brit Charity and BVT SkillsUSA Chapter. Please **RSVP by Dec. 1st** 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.

Tree Trimming Coffee Hour with Piano Music & Singalong

Monday, December 6 at 12:15

Join us for some holiday cheer as we deck the halls and decorate the Upton Center Christmas trees! Members of the Upton Grange 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 by Dec. 3.



Holiday Trivia

Wednesday, December 8 at 12:15

The Upton Library staff will be back with Holiday Trivia this month! And lucky for you—it just so happens to be "National Brownie Day" — which means we'll be treating you to brownies and milk as you enjoy your trivia game. Come test your memory and have some fun! No fee. Please register by **Dec. 6**.



Podiatrist Appointments

Thursday, December 9, 9:30—12:00

Dr. Biancamano will be here to hold appointments at the Center from 9:30—12:00 Please call the Center by **Dec. 3** for an appointment time.



Men's Club Supper

Friday, December 10 at 5:15

Head to the Center for a delicious hot meal with friends, courtesy of the Upton Men's Club. It's a great chance to get out and take the night off from cooking! Please **RSVP by December 3**. No fee, thanks to the Men's Club.



Muffin House Muffins & "10 Warning Signs" Talk

Monday, December 13 at 9:15

Join us for an important talk on the 10 warning signs of Alzheimer's. Representatives of the Alzheimer's Association will help us learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection, the benefits of diagnosis, and more. After the presentation, we'll serve coffee and the one of a kind Muffin House muffins! No fee. Please RSVP by **Dec. 9**.



COA Board Meeting

NOTE NEW TIME: Monday, December 13 at 1:00

Our monthly COA Board Meetings will now be held on the second Monday of the month at 1:00. You don't have to be a Board Member to sit in on our discussion. Please feel free to join us. If you are interested in joining the Board, please see Janice Nowicki for more information.



Lunch Trip to TGI Fridays

Tuesday, December 14 at 12:30

We're heading to TGI Fridays in Milford for our monthly lunch trip in December. You're sure to find something you like on the menu. Please call the Center by **Dec. 10** if you'd like to join us and let us know if you need a ride.

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).



Holiday Lights Ride

Wednesday, December 15 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.

Breakfast with the Town Manager & Holiday Bingo

Thursday, December 16 at 9:00

Join us as we gather for a 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. Then we'll enjoy some holiday Bingo with a chance at some prizes for a little added fun! Please call by **Dec. 13** to register. Breakfast is \$3.



BVT Salon Visit

Thursday, December 16 at 9:00

Treat yourself to some pampering at discounted prices at the Salon at BVT. Please call the Center to RSVP by **December 8** to reserve a time and let us know if you need a ride for \$1.

CHRISTMAS PARTY

FRIDAY, DECEMBER 17



10:00 Holiday Social

10:30 Yankee Swap

12:00 Holiday Lunch from Olivas (\$5)

1:00 Singer Tommy Rull Performs

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 cost of lunch will be \$5. Then at 1:00 singer Tommy Rull will be back to perform his classic Christmas songs along with other songs that will take you on a trip down memory lane! This performance is supported in part by a grant from the Upton Cultural Council, a local agency which is supported by the Mass. Cultural Council, a state agency. **Please call the Center by Dec. 13** to register for the fun!

Holiday Movie & Cocoa

Monday, December 20 at 12:30



This month we'll be showing a true holiday classic: ***It's a Wonderful Life*** (Rated PG-13). It's the story of George Bailey (James Stewart) who encounters some troubles and wishes he had never been born. Thankfully, an angel is sent to help him see just how wonderful life really is. Call if you can join us.



Mindfulness with Robin

Tuesday, December 21 at 11:00

Join Robin Natanel for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **RSVP by Dec. 17**. No fee.

Craft Time with Betty

Wednesday, December 22 at 9:30



Volunteer Betty Brault will be back with a holiday craft to get you in the spirit of the season! Please **RSVP by December 16** if you'd like to join her.



Birthday Bash

Monday, December 27 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! No fee for those with a birthday this month; a donation of \$3 is suggested for others. Please call to **register by Dec. 22**. Stick around afterwards to decorate a gingerbread house if you'd like (see details below).



Gingerbread House Decorating

Monday, December 27 at 1:45

After we've served the cake and ice cream for our Bday Bash (detailed above), we'll be decorating little gingerbread houses! If you'd like to participate—please RSVP and drop off \$5 to the Center by **December 20th**. We'll pick up the gingerbread house kits with all the necessary supplies for all those who have prepaid by Dec. 20.



New Year's Eve Social

Thursday, December 30 at 11:30

Join us at the Center to say so long to 2021 and usher in the 2022! We'll enjoy some refreshments, have some fun and count down to the New Year with mock mimosas at noon! No fee. Please register by **Dec. 27**.



Healthy Mind & Body

Join in our classes this month!

- **Strength & Stretch**—Classes will be held at 10:30 each Monday and Wednesday in December, with an additional class on Friday, December 3. The fee is \$3 per class. Beginning in Jan., classes will be Mon/Wed/Fri.
- **Mindfulness with Robin**—Tues., December 21 at 11:00. Please register by Dec. 17. No fee.
- **Blood Pressure Checks**—Wed. December 29 at 12:30.

Taking a Break from Computer Classes

For the month of December

Our volunteer Paula Lopore will be taking a break from her Wednesday morning computer classes for a bit. We'll keep you posted once these are scheduled to resume.





SOCIAL SERVICES CORNER

Medicare Open Enrollment

Medicare Open Enrollment is almost over. This is an opportunity for Medicare beneficiaries to make any changes to their Medicare Advantage plans until December 7th. If you are considering making changes to your Medicare Insurance or have any questions regarding Medicare, please call the Center at 508-529-4558. SHINE counselors can provide information and guidance as they provide a review of all plans that are available.



Free & Confidential Information

Mass 2-1-1 is an information and referral line that provides free, confidential information to individuals and families seeking child and elder care, emergency food and shelter, substance abuse treatment, and educational and vocational assistance. If you need help with these services, dial 2-1-1 from any phone in Massachusetts to speak with a friendly information and referral specialist 24 hours a day, 7 days a week. Translation services are available in 140+ languages.



General Information

For questions regarding Fuel, SNAP, housing, or any other information; please contact our Social Services Coordinator, Darynn Khuth, at the Upton Center at 508-529-4558 or by email at dkhuth@uptonma.gov. For additional information please visit our website: <https://www.uptonma.gov/council-aging-upton-center>



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, calls should be made by 10 am the day before a meal is served to reserve or cancel a meal. Meals are \$3 (including milk and bread). You can also inquire about delivery of lunch and/or frozen evening dinners.



Reverse Holiday Collection

For those of you interested in donating to our food pantry, consider setting aside an item on each day, or even just once a week, to donate to the Center this holiday season.

Dec 1	Box of cereal	Dec 13	Canned vegetables
Dec 2	Peanut butter	Dec 14	Box of crackers
Dec 3	Stuffing mix	Dec 15	Box of rice
Dec 4	Boxed potatoes	Dec 16	Package of oatmeal
Dec 5	Macaroni & cheese	Dec 17	Pasta
Dec 6	Canned fruit	Dec 18	Spaghetti sauce
Dec 7	Canned tomatoes	Dec 19	Low sodium soup
Dec 8	Canned tuna	Dec 20	Canned chicken
Dec 9	Dessert mix	Dec 21	Nuts
Dec 10	Jar of applesauce	Dec 22	Toilet paper
Dec 11	Healthy snack	Dec 23	Paper towels
Dec 12	100% fruit juice	Dec 24	Soap pumps

Please call 508-529-4558 to arrange drop off. Thank you!

COMMUNITY CORNER

Flu Shots

The Town Nurse has non high dose flu shots available. Call the Board of Health at 508-529-6813 if you'd like to schedule an appointment to receive one there.

Holiday Bazaar at United Parish

United Parish of Upton invites you to attend their Holiday Bazaar on Saturday, **December 4** from 10 am—3 pm. Shop their 30+ vendors, enjoy good food, roast a marshmallow over the outdoor firepits, visit the alpacas, and enjoy the many raffles. Santa will be there 10—2, with a story time 12:15—12:30. Masks are required.

Holiday Shopping Scams

The Better Business Bureau (BBB) wants you to make smart shopping decisions this holiday season. Research before you buy. Make sure the website you're shopping on is secure. Use secure and traceable transactions and payment methods. For more details, additional tips, and information on what to do if you think you may be the victim of a scam, visit www.bbb.org

Trees for Hope Festival

Attend the Trees for Hope Festival at St. Gabriel the Archangel Parish, 151 Mendon St. in Upton on Saturday **Dec. 4** (9 am—7) and Sunday **Dec. 5** (9 am—1). Enjoy the beautiful display of trees and purchase a chance to take one home! Proceeds to benefit DetecTogether and the Alzheimer's Association.

Community Supper at United Parish

United Parish of Upton will be hosting a Community Supper-to-go on Thurs., **December 16 at 5:30 p.m.** Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are always appreciated.

Upton's Neighbor to Neighbor Program

The Town continues to collaborate with community groups and churches to address the financial needs of residents of **all ages** impacted by COVID-19. Anyone in need of assistance for housing, utilities, heat, food, prescriptions, or medical expenses can refer to the Town of Upton website or call the Upton Center at 508-529-4558 for information.



Trivia Question

Congratulations to **Nancy Adams** who was our November winner. According to www.whitehousehistory.org, Presidents Kennedy and Reagan pardoned Thanksgiving turkeys, and the modern turkey pardon then became an annual tradition under the administration of George HW Bush. This month, can you unscramble each set of letters to come up with three holiday words? 1) EREDRINE 2)STIMTOLEE 3)SHIGEL. If you think you know the answers, call us at 508-529-4558 for a chance to win a prize!



December 2021



Mon	Tue	Wed	Thu	Fri
<p>*Please see Newsletter for details of shopping trips and call the Center at 508-529-4558 to register.</p>		1 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta Beef w/Onions & Peppers	2 10:00 Knit/Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner Roast Pork w/Gravy	3 9:00 Shopping Trip* 10:00 Facebook Friday 10:30 Strength & Stretch Chicken Cacciatore
6 10:30 Strength & Stretch 12:15 Tree Trimming Coffee Hour with Piano Music and Singalong  HAPPY LAST DAY of of HANUKKAH Beef Stew	7 10:00 Shopping Trip* 12:30 Hand & Foot Card Game Buttermilk Chicken	8 10:30 Strength & Stretch 11:00 Library Table 12:15 Holiday Trivia with Brownies & Milk 12:30 Canasta Baked Potato w/Chili & Cheese	9 9:30-12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 12:30 Shopping Trip* 1:00 BINGO Hot Dog	10 9:15 Shopping Trip* 10:00 Facebook Friday (Note: No Strength & Stretch Today) 5:15 Men's Club Holiday Supper Shepherd's Pie
13 9:15 Muffin House Muffins & "10 Warning Signs" Talk 10:30 Strength & Stretch 1:00 COA Meeting Chicken Mornay	14 9:15 Shopping Trip* 12:30 Lunch Trip to TGI Fridays 12:30 Hand & Foot Card Game Meatloaf	15 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* 5:45 Holiday Lights Ride Roast Turkey w/Gravy	16 9:00 Breakfast with the Town Manager & Holiday Bingo 9:00 BVT Salon Visit 10:00 Knit/Crochet Group 1:00 BINGO Macaroni & Cheese	17 10:00 Facebook Friday (Note: No Strength & Stretch Today) 10:00 Holiday Social 10:30 Yankee Swap 12:00 Holiday Lunch from Oliva's 1:00 Singer Tommy Rull Performs Fish w/Parmesan Sauce
20 10:30 Strength & Stretch 12:30 Holiday Movie & Cocoa Pork Rib-i-que	21 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game 12:30 Shopping Trip* Sloppy Joe	22 9:30 Craft Time with Betty 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta Swedish Meatballs	23 10:00 Knit/Crochet Group 12:30 Shopping Trip* 1:00 BINGO Stuffed Chicken	24 CHRISTMAS EVE Center is Closed  No Meals Served
27 10:30 Strength & Stretch 12:45 Birthday Bash 1:45 Gingerbread House Decorating Chicken Pot Pie	28 9:15 Shopping Trip* 12:30 Hand & Foot Card Game Spaghetti w/Meatballs	29 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks Fish w/Crumb Topping	30 10:00 Knit/Crochet Group 11:30 New Year's Eve Social with Mock Mimosas and Appetizers 1:00 BINGO Maple Glazed Ham	31 NEW YEAR's EVE Center is Closed  No Meals Served

December, 2021 — Dates to Remember

Check here if you plan to attend!

Dec 2 BVT Charity Dinner, 5:00 (Tickets are \$15 at the door). Do you need a ride? Yes or No

Dec 3 Shopping Trip—Market Basket, Hudson, 9:00

Dec 6 Tree Trimming Coffee Hour with Piano Music and Singalong, 12:15

Dec 7 Shopping Trip—Hannaford's, Uxbridge, 10:00

Dec 8 Holiday Trivia with Brownies & Milk, 12:15

Dec 9 Podiatrist Appts., 9:30—12:00. Please call for appt. time.

Dec 9 Holiday Shopping Trip—Solomon Pond Mall, Marlboro, 12:30

Dec 10 Men's Club Supper, 5:15

Dec 10 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15

Dec 13 Muffin House Muffins & "10 Warning Signs" Talk, 9:15

Dec 13 COA Meeting, 1:30

Dec 14 Shopping Trip—Market Basket, Oxford, 9:15

Dec 14 Lunch Trip to TGI Fridays, Milford, 12:30 Departure

Dec 15 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30

Dec 15 Holiday Lights Ride, 5:45

Dec 16 Breakfast w/the Town Manager & Holiday Bingo, 9:00

Dec 16 BVT Salon Visit, appts. starting at 9:00. What type of service do you want? _____

Dec 17 CHRISTMAS PARTY—Please check all that you plan to participate in:
 10:00 Social 10:30 Yankee Swap 12:00 Lunch from Oliva's (\$5) 1:00 Singer

Dec 20 Holiday Movie & Cocoa: *It's a Wonderful Life*

Dec 21 Mindfulness with Robin, 11:00

Dec 21 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30

Dec 22 Craft Time with Betty, 9:30

Dec 23 Shopping Trip—Market Basket, Hudson, 12:30

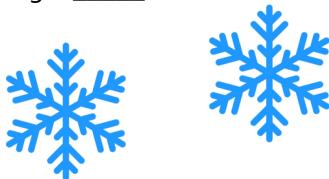
Dec 27 Birthday Bash, 12:45. Is it your Bday this month? Yes or No

Dec 27 Gingerbread House Decorating, 1:30. Fee of \$5 due Dec. 20.

Dec 28 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15

Dec 29 Blood Pressure Checks with Town Nurse, 12:30

Dec 30 New Year's Eve Social with Mock Mimosas & Appetizers, 11:30



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 unscramble the 3 words in our newsletter? _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday..... Strength & Stretch. 10:30

Every Tuesday Hand & Foot Card Players Group..... 12:30

Every Wednesday Strength & Stretch 10:30

Every Wednesday Library Table 11:00

Every Wednesday Canasta Card Players Group..... 12:30

Every Thursday Knit/Crochet Group 10:00

Every Thursday BINGO 1:00

Every Friday..... Strength & Stretch (**Note: There will only be 1 Fri. Class in Dec. : Dec 3**) 10:30