



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

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April 2022

Spring is here, and we have a full line up of events at the Center to help usher in the season! First off, we're thrilled to be able to gather in person once again for our annual **Volunteer Appreciation Celebration** event. This year's theme is "Better Together". Volunteering brings people together; it builds communities and creates a better society for everyone. National Volunteer Week is a chance for all of us to celebrate and recognize the vital work of volunteers and to say thank you. We are, **BETTER TOGETHER!**

Whether you volunteer on our COA Board, help out with Meals on Wheels, bake for our local fundraisers, assist with setting up or calling BINGO, fold or distribute our newsletters, serve lunches, help with our crafts or volunteer in some other way — we want to thank you! Every moment of time you have volunteered has truly helped to enrich the programs we provide here at the Center. So please join us for refreshments at **1:00 on Wednesday, April 27** to help us say **THANK YOU** to all our volunteers!

Speaking of volunteers, we'd like to extend a special thanks to **Lori McGann** who recently resigned from our COA Board. We truly appreciate her service. Anyone else interested in joining the Board can contact the Center for more information.

We also want to thank the **Nipmuc students** who spent time with our seniors on St. Patrick's Day. What a wonderful group of kids! They served refreshments at our St. Patty's Day Social, teamed up with seniors for our scavenger hunt, participated in our country line dancing, and visited with seniors over lunch. What a great day it was! Many thanks to all those who participated.

We want to remind you to save the date for our **Senior Prom with Men's Club Supper on Friday, April 22 from 5:00—8:00 pm.** We'll have dinner, DJ, dancing, raffle prizes and more so you won't want to miss it! Fancy attire is welcome but NOT required. And the event is **FREE** thanks to generous donations from the Nipmuc Honor Society, Upton Men's Club and Selectman Brett Simas. So come join us for a fun night out and *bring a photo of you from YOUR prom days to share!*

We have a few additional program updates for you in April. Our **country line dancing** sessions have been a huge hit, so we'll be continuing them each Thursday morning at 10:30. Come give it a try or even just enjoy the music and clap along! A donation of \$3 per class is suggested for these sessions and our Strength & Stretch classes beginning April 1 to help defray the cost of the programs. We'll also be starting up our **weekly walks** on Wednesday mornings at 10 am beginning April 20. Read on for all the details of these and other programs.

Also please note that the bulk of our **food pantry** storage has been moved into the COA offices to free up some space in our main room. We'll keep a food pantry table open in the main room Monday—Wednesday from 9—1:00. Give us a call if you're in need of anything from the pantry.

Wishing you all a wonderful Easter Holiday and Passover!

- Janice

The Center will be closed Monday, April 18th for Patriots Day.

Doctor Visits & Prescription Pickup

Our van is available to get seniors and individuals with a disability to their medical appointments. Please contact us at 508-529-4558 with as much notice as possible to schedule van service. You will be required to wear a mask on our van for the safety of all riders.



Shopping Trips

Join us for our group shopping trips. Those who opt to ride will be required to wear a face mask on the van. Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register with as much notice as possible and choose one store for drop off/pick up on a loop. Destinations/times may change due to medical appointments.



- Wednesday, April 6 at 12:30—Market Basket, Hudson
- Fri., April 8 at 12:30—Christmas Tree Shop, Shrewsbury
- Monday, April 11 at 9:15—Shaw's/Job Lots/ Walmart Loop , Northbridge
- Tuesday, April 19 at 1:00—Hannaford's, Uxbridge
- Thursday, April 21 at 9:15—Market Basket, Oxford
- Thursday, April 28 at 9:15—Shaw's/Job Lots/ Walmart Loop , Northbridge

Tax Appointments

Mondays through April 4, 9:00—2:00

AARP tax preparers will be here each Monday through April 4th to help Seniors prepare their taxes at no charge. Please call the Center to schedule a time.



Country Line Dancing

Thursdays at 10:30

Country Line Dancing sessions with Chris Goodney were a huge hit in March, so we're happy to report that they will continue each Thursday at 10:30! Chris is a pro at leading you through the dances step by step. So come try something new and have a few laughs while you're at it! A donation of \$3 is suggested for dancers. You don't have to have any experience to enjoy these one hour sessions. You can even come just to watch, enjoy the music, and clap along.



Brain Healthy Talk & Muffins

Tuesday, April 12 at 10:00

Current research shows that diet CAN boost your brain health, at any age! Learn how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory. And enjoy some delicious "brain healthy" muffins while you're at it! Thank you to Cornerstone at Milford for providing this informative talk and healthy snack. Please RSVP by April 6. No fee.

SCRABBLE Social

Wednesday, April 13 at 12:30

Join us for some fun and games as we celebrate National Scrabble Day! Whether you're a pro, or you've never played before—RSVP by April 11 and come to play or even just to socialize. (The COA staff lost last time, so we need to redeem ourselves!). Refreshments will be served. No fee.

Stop the Bleed Training

Wednesday, April 13, 6:00 pm—8:00 pm



A bleeding injury can happen anywhere. Which is why this training session is so important. The purpose of the Stop the Bleed campaign is to make our nation more resilient by better preparing the public to save lives. The Upton Fire-EMS Department, in association with the Upton Center, invites you to this free session to learn three quick actions to control serious bleeding. **RSVP by April 11.**



Podiatrist Appointments

Thursday, April 14, 8:30—12:30

Dr. Biancamano will be here to hold appointments at the Center from 8:30—12:30. Please call the Center by **April 7** for an appointment time.



Learning to Use Library Ebooks, Audiobooks and More

Friday, April 15 at 9:30

Upton Librarian Matthew Bachtold will be here to show you how to use Libby, Hoopla and more to access electronic books, downloadable audio, movies, TV shows, digital magazines and music. Bring your smartphone, Kindle, tablet or laptop and learn how to expand your access to the Library's resources! Please **register by April 13.** Light refreshments will be served. No fee.



Afternoon Movie

Friday, April 15 at 12:30

Join us for this month's movie, *Respect* (PG-13). Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice, starring Jennifer Hudson. **RSVP by April 13.**



Senator Moore's Office Hours

Wednesday, April 20, 9:30—10:30

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



Morning Walks

Wednesdays at 10:00 beginning April 20

Senior Donna Dube has kindly offered to lead a group of senior walkers each week. Meet in front of the Center each Wed. at 10 for a nice local walk. If the weather does not cooperate, you'll walk inside instead. So bring your water bottle, and join the fun! **RSVP at least a day ahead.**



Trivia Time

Wednesday, April 20 at 12:15

The Upton Library staff will be back with trivia to test your knowledge of "American Holidays" this month. Join us! No fee. Please register by **April 15**.

Nutrition Talk with Wendy

Friday, April 22 at 11:30



Join Wendy Reid after her 10:30 Strength & Stretch Class for an informative nutrition talk. If you have specific nutrition topics you'd like to suggest, please let us know. Give us a call by **April 20** to register.



Friday, April 22, 5:00—8:00

Join us for a fun night out at the Center! The National Honor Society students of Nipmuc High School have partnered with the COA staff to help us plan a spectacular "Hollywood themed" night of fun for Upton's seniors. The event will include dinner courtesy of the Upton Men's Club, a DJ and dancing, raffle prizes and more! So save the date and dust off your dancing shoes or just come clap along as you visit with friends. Fancy attire is welcome but not at all required—just come as you are! If you know of anyone in the community who is interested in donating prizes for the event, please contact us at 508-529-4558. Please **RSVP by April 15th**. **There will be no fee for this event** thanks to donations from the Nipmuc Honor Society, the Upton Men's Club, and Selectman Brett Simas. Thank you for all support!



Lunch Trip to TJ's

Monday, April 25 at 11:30

We'll be heading to TJ's in Ashland for a delicious lunch with friends. They've got a great menu with plenty of options to choose from. Please **RSVP by April 20** and let us know if you need a ride on our van.

Upton Author Visit

Tuesday, April 26 at 10:00



Local author Gary Bohan will be here with a fun and informative presentation on his newly published book entitled *Sharkey: When Sea Lions Were Stars of Show Business*. Bohan, the great-grandson of Sharkey's trainer, Mark Huling, was inspired to tell the story of the trained sea lion who shared the stage with practically every important performer of the first half of the 20th century—from Bob Hope to Ella Fitzgerald, from Broadway to Hollywood and beyond. Readers follow Sharkey as he travels the world meeting a who's who of showbiz entertainers, sports superstars, and even a US president. *Sharkey* is a quirky slice of entertainment history, sure to delight fans of vintage pop culture and Americana, as well as animal lovers. The presentation will include photos and video clips from the World War II era and the early days of TV. Light refreshments will be served. No fee. Please **RSVP by April 22**.

BVT Salon Visit

Wednesday, April 27 at 9:00

Treat yourself to some pampering at the Salon at BVT. Choose from their full menu of services at discounted prices. Please **RSVP to the Center by April 20** to reserve a time and let us know if you need a ride on our van (\$1 roundtrip).

Craft Time with Betty

Wednesday, April 27 at 9:30



Volunteer Betty Brault will be back with another great craft! Please **RSVP by April 23** if you'd like to join her.

Volunteer Appreciation Celebration

Wednesday, April 27 at 1:00



Join us for our Volunteer Appreciation Celebration to help us show our many volunteers just how much we appreciate them! Light refreshments will be served. No fee. Please **RSVP by April 22**.

March for Meals

Bake Sale & Raffle



Thursday, April 28, 11:00—1:00

Check out our assortment of delicious baked goods and bring some home to support Tri-Valley's March for Meals campaign. If you'd like to bake for the fundraiser, please call the Center by **April 25**. We'll also be raffling off some great baskets which will be on display in support of the fundraiser. Contact Al Vautour at 508-529-9094 for tickets (\$1 each, or 6 tickets for \$5). Winners will be drawn April 28.



Birthday Bash

Friday, April 29, 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with a bday this month; a donation of \$3 is suggested for others. Please call by **April 27** to register.

Healthy Mind & Body

Join in our classes!



- **Strength & Stretch**—Classes will be held at 10:30 each Monday, Wed. & Fri. (except 4/18). All fitness levels welcome. Come give it a try! \$3 donation is suggested.
- **Mindfulness with Robin**—Tues., April 19 at 11:00. Join Robin Natanel for a session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **register by April 15**. No fee.
- **Country Line Dancing**—Thursdays at 10:30 (see details on prior page). \$3 donation is suggested.
- **Blood Pressure Checks**—The Town Nurse will be at the Center Wed., **April 27 at 12:30** to do blood pressure checks. Please call the Center by **April 22** to register.

Please call the Upton Center at 508-529-4558 with any questions on our services. Hours of operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

SOCIAL SERVICES CORNER

Info Information & Referral

Here are some of the services our Social Services Coordinator can help connect you with:

- SHINE: Serving the Health Insurance Needs of Everyone. Certified outreach staff trained by the Executive Office of Elders Affairs, offers counseling and assistance regarding health insurance.
- Medicare Part D: An outpatient prescription drug plan for all Medicare beneficiaries (entitled to Part A or enrolled in Part B). Medicare Part D is a voluntary plan.
- Fuel Assistance: A heating assistance program available in Massachusetts, funded by the state, to help people pay for heating during the winter season. Applications are taken at the Upton Center from November 1st through April 30th.
- SNAP: The Supplement Nutrition Program is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores.
- Meals on Wheels: Provides a daily hot lunch to individuals in the community. Please call Al Vautour (Nutrition Center Manager) at 508-529-9094 at least 48 hours in advance.
- Ambulatory Assistance: The Center has a variety of gently used equipment available to Upton residents. Our inventory varies daily and typically includes walkers, canes, scooters, bed rails, wheel chairs, shower chairs, and commodes.
- Phone and Internet Programs: The affordable connectivity program (formerly the Emergency Broadband Internet Program) is now permanent, and provides a broadband and/or one-time connected device benefit for qualifying low-income consumers. To learn about the program and qualifying criteria visit: <https://www.fcc.gov/acp>

For information about programs and area resources please contact Darynn at 508-529-4558. Feel free to reach out if you are concerned about a friend or loved one in need. The information you share is confidential.



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, call 508-529-9094 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.

Wish List



We're in need to \$5 and \$10 gift cards to local spots like Dunkin, JJ's, DQ, Coffee Bean, etc. as prizes for our seniors. Thanks for your help!

COMMUNITY CORNER

Town Meeting & Election

Annual Town Meeting is Thurs., **May 5** at 7 pm at Nipmuc High School and the Annual Town Election is Tues., **May 10** from 7 am—8 pm at Nipmuc. For information about absentee ballots, contact the Town Clerk at 508-529-3565

Technology for the Blind & Visually Impaired

For those experiencing vision loss, technology can play a significant role in providing access and independence. Jerry Feliz of the Mass. Association for the Blind and Visually Impaired is available by appointment each Thursday from 10:00—2:00 to meet with seniors at the Franklin Sr. Ctr. to help them learn about technology to help them adjust to their vision loss. Call Jerry directly at 857-443-6636 for an appointment. For a free assessment, call 1-888-613-2777. Note—the Upton Center van can be used when available to transport Upton residents to attend these Franklin sessions.

Community Supper at United Parish

United Parish of Upton will be hosting a Community Supper-to-go on Thurs., **April 21 at 5:30 p.m.** Please RSVP by the Friday before at 508-529-3192. There is no fee, but donations are always appreciated.

Community Cleanup

The Mendon-Upton Community Cleanup will take place from **Sat., April 23—Sun., May 1**. Volunteers sign up for a street, pick up their bags, then help clean up their town! Learn more and sign up at www.mendonma.gov/clean-up

Sheriff's Drive-Thru Senior Picnic

Worcester County Sheriff's Department is hosting a Drive-thru Spectacular picnic with free car wash on Saturday, **June 4** from 11:00—1:00 at SAC Park in Shrewsbury. It will include a BBQ meal, sundaes, tons of giveaways and a raffle bonanza. **Absolutely must register by May 11th to attend!** No to go bags; must be present to participate. Call 508-796-0344 to register to go on your own. **If you'd like to go on the Upton COA van, call the Upton Center by May 10** to register for a seat; space is limited.

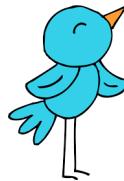
Upton's Neighbor to Neighbor Program

The Town of Upton continues to provide assistance to residents with financial needs due to COVID-19. Assistance for housing, utilities, heat, food, prescriptions, and medical expenses will be considered. Visit the Town website or contact Janice Nowicki at 508-529-4558 for more details.

Where is the Butterfly?

Congratulations to **Paula Lepore** who was our lucky winner in March for finding our hidden four-leaf clover in our newsletter. This month we've hidden a butterfly. Can you find it? If so, call us at 508-529-4558 for a chance to win a prize!

April 2022

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 APRIL FOOLS' DAY! 10:00 Facebook Fri. 10:30 Strength & Stretch Fish with Crumb Topping
4 9:00–2:00 AARP Tax Appointments 10:30 Strength & Stretch Terriyaki Beef	5 12:30 Hand & Foot Card Game Shepherd's Pie	6 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 Shopping Trip* Chicken Milano	7 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Salisbury Steak	8 10:00 Facebook Fri. 10:30 Strength & Stretch 12:30 Shopping Trip* Potato Crunch Fish
11 9:15 Shopping Trip* 10:30 Strength & Stretch 1:00 COA Meeting Chicken Picatta	12 10:00 Brain Healthy Talk w/ Brain Healthy Muffins 12:30 Hand & Foot Card Game Hot Dog	13 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 Scrabble Social 6:00–8:00 pm—Stop the Bleed Training Marinated Pork Loin	14 8:30–12:30 Podiatrist Appts. 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Baked Ham	15 PASSOVER BEGINS/GOOD FRIDAY 9:30 Learning to Use Ebooks & Audiobooks 10:00 Facebook Fri. 10:30 Strength & Stretch 12:30 Afternoon Movie Macaroni & Cheese
18 PATRIOTS DAY Center is Closed   No meals served	19 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game 1:00 Shopping Trip* Roast Pork	20 9:00 Computer Class 9:30–10:30 Senator Moore's Office Hours 10:00 Morning Walk 10:30 Strength & Stretch 11:00 Library Table 12:15 Trivia Time Chicken Fajitas	21 9:15 Shopping Trip* 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Beef with Onions & Peppers	22 10:00 Facebook Fri. 10:30 Strength & Stretch 11:30 Nutrition Talk with Wendy 5:00–8:00 SENIOR PROM with Men's Club Dinner DJ & Dancing!!  Vegetable Cheese Bake
25 10:30 Strength & Stretch 11:30 Lunch Trip to TJ's in Ashland Beef Stew	26 10:00 Upton Author Visit 12:30 Hand & Foot Card Game Buttermilk Chicken	27 9:00 Computer Class 9:00 BVT Salon Visit 9:30 Craft Time 10:00 Morning Walk 10:30 Strength & Stretch 11:00 Library Table 12:30 Blood Pressure Check 1:00 Volunteer Appreciation Celebration Baked Potato w/Chili 	28 9:15 Shopping Trip* 10:00 Knit/Crochet Group 10:30 Country Line Dancing 11:00–1:00 Bake Sale & Raffle 1:00 BINGO Meatballs w/Onion Gravy	29 10:00 Facebook Fri. 10:30 Strength & Stretch 12:45 Birthday Bash Fish w/Parmesan Cream Sauce

April, 2022 — Dates to Remember

Check here if you plan to attend!

April 4 AARP Tax Appts., 9:00—2:00 (call for appointment)

April 6 Shopping Trip—Market Basket, Hudson, 12:30

April 8 Shopping Trip—Christmas Tree Shop, Shrewsbury, 12:30

April 11 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15

April 11 COA Meeting, 1:00

April 12 Brain Healthy Talk w/Brain Healthy Muffins, 10:00

April 13 Scrabble Social, 12:30

April 13 Stop the Bleed Training, 6:00—8:00 pm

April 14 Podiatrist Appointments, 8:30—12:30 (call for appt.)

April 15 Learning to Use Ebooks & Audiobooks, 9:30

April 15 Afternoon Movie, 12:30

April 18 Patriots Day—Center is closed, no meals served.

April 19 Mindfulness with Robin, 11:00

April 19 Shopping Trip—Hannaford's, Uxbridge, 1:00

April 20 Senator Moore's Office Hours, 9:30—10:30

April 20 Morning Walk, 10:00

April 20 Trivia Time, 12:15

April 21 Shopping Trip—Market Basket, Oxford, 9:15

April 22 Nutrition Talk with Wendy, 11:30

April 22 Senior Prom with Men's Club Dinner, DJ,Dancing & Raffles (free!), 5:00—8:00 pm

April 25 Lunch Trip to TJ's in Ashland, 11:30. Do you need a ride on our van? Yes or No

April 26 Upton Author Visit, 10:00

April 27 BVT Salon Visit—Van departs at 8:45 for 9:00 Appts. What service do you want? _____

April 27 Craft Time with Betty, 9:30

April 27 Morning Walk, 10:00

April 27 Blood Pressure Checks with Town Nurse, 12:30

April 27 Volunteer Appreciation Celebration with light refreshments, 1:00

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

April 28 Bake Sale & Raffle, 11:00—1:00. Would you like to bake for the bake sale? If so, what? _____

April 29 Birthday Bash, 12:45

COMPUTER CLASSES WITH PAULA: Wednesdays at 9:00—Please call us if you'd like to schedule time with Paula.

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 butterfly? If so—where?! _____

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 Thursday Knit/Crochet Group 10:00

Every Thursday Country Line Dancing..... 10:30

Every Thursday BINGO 1:00

Every Friday Facebook Friday..... 10:00

Every Friday Strength & Stretch 10:30

