



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

 **May 2022** 

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Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2022 theme is *Age My Way*, offering us an opportunity to explore the many ways older adults can remain in and be involved with their communities, living independently for as long as possible. Naturally, what each person needs and prefers is unique. Which is why here at the Upton Center, we're looking to help provide the necessary resources and referrals to help you plan, participate, access, and make the connections needed to help you age in place in a way that meets your personal needs.

In addition, we'd like to invite you to our **Older Americans Month Celebration on Wednesday, May 25** to help honor our seniors and the many contributions you've made and continue to make to our society. The festivities will begin at noon that day with a lunch by Oliva's of Milford, along with piano music, a caricaturist, and tarot card readings for some extra fun! Read on for all the details of times and registration inside this newsletter. We hope you'll join us!



As a reminder, **Upton's Annual Town Meeting** will be held at Nipmuc Regional High School at 7:00 pm on Thursday, May 5, and the **Town Election** will be held at Nipmuc from 7:00 am to 8:00 pm on Tuesday, May 10. We'll be providing free van rides to both events. Please see the inside of this newsletter for details on timing and registration.

We'd also like to bid a fond farewell to Social Services Coordinator Darynn Khuth who will be leaving the Upton Center at the end of April. We appreciate all that Darynn has done to assist the residents of Upton in her time here, and we wish her the very best in her next chapter.



And finally—we want to wish all the mothers out there a very Happy Mother's Day! Please read on for details of our **Mother's Day Tea** on Friday, May 6th at 1:00 pm. We also wish you a Happy Memorial Day as we honor all those who lost their lives serving in the US Military.

Janice

We appreciate the time and talents donated by the members of our community:

- Thank you to all those who helped make our "Senior Prom" a reality in April. From the Nipmuc Honor Society students who helped to organize and decorate for the event, to the Men's Club who donated the meal, to the DJ who provided the dancing music, to those who donated raffle prizes, and Selectman Brett Simas who donated towards the expenses, we appreciate you!
- We also thank James Earl of the Upton Fire Department for coming to provide an informative "Stop the Bleed" training session at the Center in April.

We appreciate the support you have shown towards our seniors!



The Center will be closed Monday, May 30 for Memorial Day.

Medical Visits & Shopping Trips

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. We also run 1-2 group shopping trips each week. 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, May 4 at 9:15—Market Basket, Hudson
- Monday, May 9 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, May 17 at 9:15—Hannaford's, Uxbridge
- Thursday, May 19 at 9:15—Market Basket, Oxford
- Friday, May 27 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, May 31 at 1:00—Market Basket, Hudson



Potluck Dinner

Monday, May 2 at 4:00

The potluck dinner is back! Gather with friends to share a nice meal. Please call to RSVP by April 29 and let us know if you plan to bring an appetizer, main dish or dessert to share. We'll provide the drinks and paper goods. If you are not able to bring a food item, please plan to donate \$5.

Seated Tai-Chi



Tuesdays, May 3, 10, 17, 24 & 31 at 10:00

We're excited to introduce a NEW Seated Tai Chi exercise class with Robin Natanel at 10:00 on Tuesdays beginning May 3! Tai Chi is a gentle exercise that strengthens and improves flexibility. It consists of making slow, graceful movements while breathing deeply. Seated Tai Chi is a great option for those with limited mobility, helping you to get the health and wellness benefits of exercise without the fall risk. The classes will be **free** for the month of May. Based on the interest level and your feedback, we'll determine a schedule going forward. Please **RSVP** at least 4 days ahead of each of the May classes.

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).

Country Line Dancing

Thursdays at 10:30



Country Line Dancing sessions with Chris Goodney will continue each Thursday at 10:30! Chris is a pro at leading you through the dances step by step. So come give it a try! A donation of \$3 is suggested.

Free Rides to Town Meeting & Election

Thursday, May 5—6:40 Departure for 7:00 Meeting

Tuesday, May 10—10:30 Departure for Voting

The Annual Town Meeting will take place on Thursday, **May 5** at 7 pm and the Town Election will take place from 7:00 am to 8:00 pm on **May 10**, both at Nipmuc High School. If you'd like a free ride on our van, please **RSVP at least 2 days in advance**. For information about absentee ballots, please contact the Town Clerk at 508-529-3565.

Mother's Day Tea

Friday, May 6 at 1:00



Join us for tea and refreshments as we celebrate Mother's Day! Whether you're a mom or not, we invite you to join us to celebrate all the wonderful moms in the world! Please **RSVP by Wednesday, May 4**. No fee.



Lunch Trip to

Scales Seafood Restaurant

Tuesday, May 10 at 11:45

Join your friends for a delicious lunch at Scales Seafood in Millbury. Scales is known to have the freshest seafood around, and much more! Please call the Center to RSVP by May 6 and let us know if you need a ride.

Trivia Time & Brain Teasers

Wednesday, May 11 at 12:15



The Upton Library staff will be back with trivia to test your knowledge of "Authors & Actors". And this month they'll throw in an extra challenge with some fun brain teasers and puzzles. Join us! No fee. Please **RSVP by May 9**.



BVT Salon Visit

Friday, May 13 at 9:00

Treat yourself to some pampering at the Salon at BVT before they close for the summer! Choose from their full menu of services at discounted prices. **Please RSVP to the Center by May 6** to reserve a time and let us know if you need a ride on our van (\$1 roundtrip departing at 8:45).

Men's Club Supper

Friday, May 13 at 5:30

Join us for a chance to catch up with friends over a delicious, dinner, courtesy of the Men's Club! Remember—it's for ALL seniors, not just the men! No fee. Please call the Center by **May 6** to register.





Balance & Fall Prevention Talk

Monday, May 16 at 1:00

Physical Therapist Laura Caccavale of Uxbridge Orthopedic & Sports Therapy Rehab. Associates will be here to speak about Balance and Fall Prevention. She will highlight some "take home" exercises that the attendees can incorporate into their daily routines. Please **RSVP by Friday, May 13**. No fee.

Fun, Games & Ice Cream Sundaes

Tuesday, May 17 at 2:30

Some Nipmuc High School National Honor Society students have volunteered to come visit with our seniors for some fun and games! We'll be providing a free make your own sundae bar to add to the fun. Don't miss this opportunity for a tasty treat and lots of laughs as you spend time with a great group of students. Please **register by May 13**. No fee.



Morning Walks & Kick-off of the "Walk for Your COA" Challenge

Weekly Walks each Wednesday at 10:00

Kick-off Challenge on Wednesday, May 18 at 10:00

We are fortunate to have Senior Donna Dube lead our senior walkers each week at 10:00. Thank you Donna! As an extra special treat, we'll be kicking off our "Walk for Your COA" Challenge on Wednesday, May 18th at 10:00 as well! Check out our insert to learn more about how to sign up so that you can get a free water bottle at our Kickoff along with a chance to earn lots of other prizes! Please refer to the insert of this newsletter for more details on how to participate in the challenge. Please **register for the Kickoff event by May 13**.



Nutrition Talk with Wendy

Friday, May 20 at 11:30

Join Wendy Reid after her 10:30 Strength & Stretch Class for a nutrition talk. If you have specific topics you'd like to suggest, please let us know. Give us a call by **May 18** to register.



Birthday Bash

Friday, May 20 at 12:45

Enjoy pizza, cake and ice cream in celebration of May's Bdays! The event is free for those with a bday this month; a donation of \$3 is suggested for others. Please **RSVP by May 18**.

Afternoon Movie

Monday, May 23 at 12:30

Join us for **Cyrano** (PG-13). It's a remake of the classic story of a man who dazzles everyone with his words, but is convinced his appearance renders him unworthy of the affections of the beautiful Roxanne. Please **RSVP by May 20**.



Craft Time with Betty

Wednesday, May 25 at 9:00

Volunteer Betty Brault will be back with another great craft! Please **RSVP by May 20** if you'd like to join her.



OLDER AMERICANS MONTH CELEBRATION

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Wednesday, May 25th, 12:00—3:30

We're honored to celebrate Older Americans Month with all of you in recognition of the many important contributions you make to our society. With that in mind—we'd love to help you **showcase your talents** during our celebration. Whether it's something you've drawn, knitted, sewn, carved, collected, or created in some other way—now is a great time to share it with others! We'll have a table ready that day where you can display your things and perhaps even inspire someone else to take up a new hobby!



Oliva's Lunch with Piano Music

at 12:00



We'll start off our celebration with one of your favorites—lunch from Oliva's in Milford. Upton Senior Ann Perkins will be here to entertain you with piano music as you enjoy a delicious Italian meal. RSVP by **May 13** so we can be sure to have plenty of food on hand. Cost for lunch is **\$5**.

Caricature Artist

12:30—3:30

Caricaturist Tim Snow will be here to share his artistic talents with all of us. You'll be amazed at the sketches he can produce in such a short period of time! Please RSVP by May 16 if you'd like your caricature done so that we can plan his time accordingly. No fee.



Zen Tarot Card Readings

1:00—3:00

Looking for a little enlightenment with an issue you're having? Join us for a Zen Tarot Card Reading with Robin Natanel! The readings will be available during our Older Americans Month celebration as a fun way for you to get some new insights into the here and now. Please RSVP by May 16 so we can schedule some one-on-one time for you with Robin during our celebration. No fee.

Healthy Mind & Body

Join in our classes!



- **Strength & Stretch** — Mondays, Wednesdays & Fridays at 10:30. All fitness levels welcome. Come give it a try! \$3 donation is suggested.
- **Mindfulness with Robin**—Tues., May 31 at 11:00. Join Robin Natanel for a session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **register by May 27**. No fee.
- **Country Line Dancing**—Thursdays at 10:30 (see details on prior page). \$3 donation is suggested.
- **NEW Seated Tai Chi Class**—Tuesdays at 10:00 (see details on prior page). Free for the month of May!
- **Blood Pressure Checks**—The Town Nurse will be at the Center Wed., **May 18 at 12:30** for blood pressure checks. Please call the Center by **May 16** to register.



SOCIAL SERVICES CORNER

Free Legal Services by Phone

The Helpline is a project of the Volunteer Lawyers Project of Boston. Attorneys are available at (800)342-5297 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, consumer rights and more.



MassOptions

MassOptions connects elders, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs. MassOptions empowers you to make informed choices by making access to community services and supports easier. It is a free resource that links you to services that help you or a loved one live independently. You can speak to a specialist at MassOptions, Monday-Friday from 9:00 AM to 5:00 PM toll-free at 1-800-243-4636.



SHINE

SHINE counselors are here to assist with the process of signing up for Medicare. Every year you have the option of changing your health coverage. If you do not know if you have enough coverage or need help picking a plan, our SHINE counselor will be able to steer you in the right direction. It can be very overwhelming and help is available for you!



Helpful Phone Numbers:

Shine: 1-800-243-4636

Prescription Advantage:

State prescription drug assistance program
1-800-243-4636 Press 2

MassHealth: 1-800-841-2900

MCPHS Pharmacy Outreach Program: 866-633-1617

Medicare: 1-888-594-1523

Social Security: 1-800-772-1213



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 of the following for our food pantry: Small canned hams, 100% juice boxes, cereal, fruit cups, applesauce, nuts, tissues, toilet paper (individual or 4 packs), paper towels (individual or 2 packs), tissues. 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. See details inside this newsletter regarding availability of free rides to the Meeting and Election on the Upton Center van.

Community Supper at United Parish

United Parish of Upton will be hosting a Community Supper-to-go on Thurs., **May 19 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 includes a BBQ meal, sundaes, 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. Or if you'd like to go on the **Upton COA van, call the Upton Center by May 10** for a seat and we'll register you for the picnic; space is limited.

Nutrition Webinar

Blue Cross Blue Shield of MA is offering no-cost health education webinars. You don't have to be a Blue Cross member to participate. The topic on May 11 from 10:00—10:30 will be *Grub and Guts: Eating Well for a Healthier Microbiome*, presented by Tricia Silverman, RD. Learn about eating well for optimal intestinal health. Discover what the microbiome is and how a nutritious way of eating can support it. Register at bcbsma.info/May11.

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 Frog?



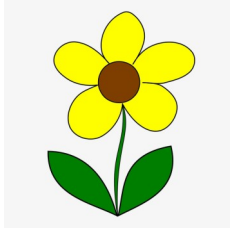


Congratulations to **Muriel Kulkin** who was our lucky winner in April for finding our hidden butterfly in our newsletter. This month we've hidden a little frog. Can you find it? If so, call us at 508-529-4558 for a chance to win a prize!




May 2022



Mon	Tue	Wed	Thu	Fri
2 10:30 Strength & Stretch 4:00 Pot Luck Dinner Chicken Mornay	3 10:00 NEW! Seated Tai Chi 12:30 Hand & Foot Card Game Meatloaf w/Gravy	4 9:00 Computer Class 9:15 Shopping Trip* 10:00 Morning Walk 10:30 Strength & Stretch 11:00 Library Table Macaroni & Cheese	5 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO 6:40 Van Ride to 7:00 Town Meeting Chicken Fajitas	6 10:00 Facebook Fri. 10:30 Strength & Stretch 1:00 Mother's Day Tea Mother's Day Meal: Roast Turkey w/Gravy
9 9:15—Shopping Trip* 10:30 Strength & Stretch 1:00 COA Meeting  BBQ Pulled Pork	10 10:00 NEW! Seated Tai Chi 10:30 Van Ride to Vote in Town Election 11:45 Lunch Trip to Scales Seafood 12:30 Hand & Foot Card Game Swedish Meatballs	11 9:00 Computer Class 10:00 Morning Walk 10:30 Strength & Stretch 11:00 Library Table 12:15 Trivia Time Chicken Cacciatore	12 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Sloppy Joe	13 9:00 BVT Salon Visit 10:00 Facebook Fri. 10:30 Strength & Stretch 5:15 Men's Club Supper Breaded Fish Patty
16 10:30 Strength & Stretch 1:00 Balance & Fall Prevention Talk Chicken Pot Pie	17 9:15 Shopping Trip* 10:00 NEW! Seated Tai Chi 12:30 Hand & Foot Card Game 2:30 Fun & Games Ice Cream Social with Students Spaghetti & Meatballs	18 9:00 Computer Class 10:00 Morning Walk & Kick-off of the "Walk for Your COA" Challenge 10:30 Strength & Stretch 11:00 Library Table 12:30 Blood Pressure Checks Potato Crunch Fish	19 9:15 Shopping Trip* 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Baked Ham w/Maple Glaze	20 10:00 Facebook Fri. 10:30 Strength & Stretch 11:30 Nutrition Talk with Wendy 12:45 Birthday Bash Garlic Herbed Chicken
23 10:30 Strength & Stretch 12:30 Afternoon Movie Fish w/Parmesan Cream Sauce	24 10:00 NEW! Seated Tai Chi 12:30 Hand & Foot Card Game 1:00 Shopping Trip* Burger w/Chili & Cheese	25 9:00 Craft Time 9:00 Computer Class 10:00 Morning Walk 10:30 Strength & Stretch 11:00 Library Table Older American's Month Celebration: 12:00 Oliva's Lunch/ Piano 12:30 Caricaturist 1:00 Zen Tarot Cards Stuffed Pepper Casserole	26 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Ranch Chicken	27 9:15 Shopping Trip* 10:00 Facebook Fri. 10:30 Strength & Stretch Chicken Cranberry Salad
30 MEMORIAL DAY Center is Closed  No Meals Served	31 10:00 NEW! Seated Tai Chi 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game 1:00 Shopping Trip* Hot Dog			*Please see Newsletter for details of shopping trips and call the Center at 508-529-4558 to register.

May 2022 — Dates to Remember

Check  here if you plan to attend !

- May 2 _____ Pot Luck Dinner, 4:00. Please let us know which of the following you plan to bring:
Appetizer: _____, Main Dish: _____, Dessert: _____ or \$5 _____
- May 4 _____ Shopping Trip—Market Basket, Hudson, 9:15
- May 5 _____ Van ride to Town Meeting—Depart Millhaus at 6:40 for 7:00 Meeting.
- May 6 _____ Mother's Day Tea, 1:00
- May 9 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- May 9 _____ COA Meeting, 1:00
- May 10 _____ Van ride to vote in Town Election—Depart Millhaus at 10:30
- May 10 _____ Lunch Trip to Scales, 11:45. Do you need a ride on the van? Yes___ or No___
- May 11 _____ Trivia Time, 12:15
- May 13 _____ BVT Salon Visit—Van departs at 8:45 for 9:00 Appts. What service do you want? _____
- May 13 _____ Men's Club Supper, 5:15
- May 16 _____ Balance & Fall Prevention Talk, 1:00
- May 17 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- May 17 _____ Fun & Games Ice Cream Social with Nipmuc Students, 2:30
- May 18 _____ Blood Pressure Checks with Town Nurse, 12:30
- May 19 _____ Shopping Trip—Market Basket, Oxford, 9:15
- May 20 _____ Nutrition Talk with Wendy, 11:30
- May 20 _____ Birthday Bash, 12:45. Do you have a May birthday? Yes___ or No___
- May 23 _____ Afternoon Movie, Cyrano, at 12:30
- May 25 _____ Craft Time with Betty, 9:00
- May 25 _____ Older American's Month Celebration, 12:00—3:30. Please check off which things you plan to attend:
12:00 Oliva's Lunch (\$5) _____ Caricaturist _____ Zen Tarot Card Reading _____
- May 27 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- May 31 _____ Mindfulness with Robin, 11:00
- May 31 _____ Shopping Trip—Market Basket, Hudson, 1:00



SIGN UP FOR SEATED TAI CHI CLASSES (no fee in May):

Tuesdays at 10:00: May 3 _____ May 10 _____ May 17 _____ May 24 _____ May 31 _____

SIGN UP FOR MORNING WALKS (no fee):

Wednesdays at 10:00: May 4 _____ May 11 _____ **May 18*** _____ May 25 _____

***NOTE:** May 18 walk will include our Kick-off Event for the "Walk for Your COA" Challenge!

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 frog? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri.	Strength & Stretch	10:30
Every Tuesday.....	NEW: Seated Tai Chi	10:00
Every Tuesday.....	Hand & Foot Card Players Group.....	12:30
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

Walk

for your Council on Aging!

The Upton COA is joining Walk Massachusetts in the state-wide walking challenge running from **May 1-October 31, 2022**. We encourage all to participate in this challenge with us! Walking is the most common way people remain physically active, whether done outside or indoors. The challenge is open to those age 5 and over, and anyone under 60 can sponsor a parent, grandparent, neighbor, colleague, or a friend. Remaining active is key to aging well and living independently!

HOW TO PARTICIPATE:



- ♦ Log on to www.walkmachallenge.com to register! Participation is online only. Our staff are available to help you access registration and input entries.
- ♦ Choose your challenges based on your walking abilities whether it's the number of days you walk, miles, or steps for your goal. Enter each walking activity between May 1 and October 31.
- ♦ For each milestone reached you'll be entered into a raffle (up to 5 total entries) for a **chance to win one of over 80 prizes** in gift cards from the Mass. Council on Aging. During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. For each person completing their challenge our COA is entered into a drawing to win **\$1000** that can be used towards future fitness programming!

Each participant can choose one of four challenges based on their current walking abilities:

- ♦ **The 1788 Challenge**- Walk 88 days (at least 30 minutes per day) - Complete 88 days to celebrate the year Massachusetts became the sixth state!
- ♦ **The Turnpike Challenge**- Run, Jog, or Walk 126.6 Miles (or about 253,000 steps) - Complete 126.6 miles to celebrate the length of the Mass. Turnpike from Boston to Lee!
- ♦ **The Shoreline Challenge**- Run, Jog, or Walk 192 Miles (or about 384,000 steps) - Complete 192 miles to celebrate the length of the Massachusetts shoreline!
- ♦ **The Commonwealth Challenge**- Run, Jog, or Walk 351 Miles (or about 702,000 steps) - Complete 351 miles to celebrate the number of cities and towns in the Commonwealth!



Join the challenge and register today!!!