



# 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](http://www.uptonma.gov)

## THE UPTON CENTER STAFF

### **Director of Elder & Social Services**

Janice Read Nowicki

### **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

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## July 2022

Summer is finally in full swing and it has been wonderful to see so many of you back at our events here at the Upton Center. As always, we've received assistance from so many volunteers in our community. We'd like to take a minute to thank some of those who've helped us out recently:

- A huge shout out goes to Millhaus residents **Bob and Deb DeMarco** who kindly offered to provide a free pasta dinner at the Center in June. Close to 60 people came and enjoyed the delicious pasta dinner with home-made sauce and meatballs. What a treat! You can visit our Facebook page if you'd like to see some photos of the event. Thank you for your kindness, generosity and hard work DeMarco's. We appreciate you!
- Congratulations and thank you to senior **Josephine McLaughlin** who recently received an award from the Upton Grange in acknowledgement of all her volunteer work at the Center. We appreciate all you do for us Jo!
- Thank you to the **Nipmuc students and teachers** who volunteered at the Center in June as part of their Inspired Learning Day. They assisted with delivery of Meals on Wheels and helped us with cleaning out our shed, sprucing up our patio, making cards for our seniors, organizing our food pantry, and more. They did a great job planting flowers in our patio planters with the help of senior **Linda Rynhart** (thanks Linda!). They also took part in our seated exercise class with our seniors. As a special treat, **State Representative David Muradian** stopped by for a pizza lunch with our students and spoke to them about the importance of continuing their education and helping out in their communities in any way they can. It really was a great day. Thank you students, teachers, and Rep. Muradian! We hope to see you back at the Center sometime soon.
- We appreciate the kind donation of silk flower arrangements from **Father Bob Johnnene**. What a nice way to brighten up our Center!
- Many thanks to the **Upton Men's Club** for the many free monthly suppers they provided for our seniors this year. They'll be taking a well deserved break for the summer. We look forward to welcoming them back in the fall!
- We are also grateful for the many creative craft projects our volunteer **Betty Brault** has provided for our seniors throughout the year. Betty will be taking a couple of months off to enjoy the summer as well. We'll let you know the date of her return.



### **Calling All Gamers and Knitters!**

Our knitting group would love some new participants! They're a friendly group that meets at the Center each Thursday morning at 10:00 to work on projects and share tips with one another. All knitting levels are welcome. No RSVP required—just feel free to drop in!

We've also had a request from a gentleman who enjoys playing strategy games of all kinds—particularly **Catan**. He'd love to connect with other seniors who want to play or learn these types of games. If you're interested, give us a call at the Center so we can put you in touch with one another!



As you can see—we have much to be thankful for! Our newsletter is filled with all kinds of things that are coming up for you this summer—so please read on for all the details and be sure to RSVP and save the date. And remember—our doors are open 9:00—3:30, Monday through Friday, and our air conditioning is on—so feel free to stop in to beat the heat!

*Janice*

*The Center will be closed Monday, July 4th in honor of Independence 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 stores is typically 60—90 minutes. Please register with as much notice as possible and choose one store for drop off on a loop. Stores/times may change due to medical appointments.

- Wednesday, July 6 at 12:15—Market 32, Sutton
- Friday, July 8 at 12:30—Shaw's/Job Lots/ Walmart, **Foppema's Farm Stand Loop**, Northbridge
- Tuesday, July 12 at 1:00—Market Basket, Oxford
- Wednesday, July 13 at 1:15—**Kelly's Farm Stand and JJ's Ice Cream** in Upton
- Wednesday, July 20 at 9:15—Shaw's/Job Lots/ Walmart, **Foppema's Farm Stand Loop**, Northbridge
- Tuesday, July 26 at 12:30—Hannaford's, Uxbridge
- Friday, July 29 at 9:15—Market Basket, Hudson



## Seated Exercise

**Tuesdays, July 5, 12, 19 and 26 at 10:00**



Robin Natanel will be back for more seated exercise classes at 10:00 on Tuesdays throughout the month of July. This is a great option for those with limited mobility or balance issues, helping you exercise without the fall risk. Please **RSVP at least one day ahead** of each of the classes. Based on the interest level we'll determine the class schedule beyond July. A donation of \$3 per class is suggested.

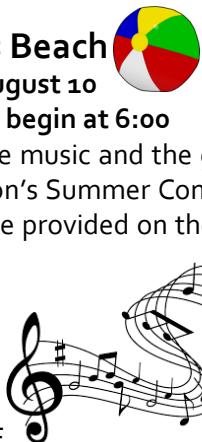
## Concerts at Kiwanis Beach

**Wednesdays, July 6—August 10**

**Van departs at 5:15 / Concerts begin at 6:00**

Bring a blanket and chair and enjoy the music and the great outdoors at the Upton Rec. Commission's Summer Concerts at Kiwanis Beach! Free van rides will be provided on the following dates:

- Wed., July 6 — Fast Times
- Wed., July 13 — Moxie
- Wed., July 20 — Gainsville Road
- Wed., July 27 — Band from U.N.C.L.E.
- Wed., August 3 — South Street Band
- Wed., August 10 — Pocket Change



Burgers and hotdogs, chips and soda are available for purchase. **Please call the Center for a ride at least 2 days ahead so we can schedule transportation.** The van will depart at 5:15 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.



## Trip to Tower Hill Gardens With Ranger Viola

**Thursday, July 7, Departing at 9:00 for 10:00 Visit**

New England Botanic Garden at Tower Hill in Boylston (formerly known as Tower Hill) is offering **FREE admission** tickets the first Thursday of July—and Ranger Viola of West Hill Dam will be taking a group of seniors there for a visit! We first posted this trip in last month's newsletter. As of right now, our van is full and all the tickets we reserved have been spoken for—but if you'd like to be put on a waiting list in case of any cancellations, please let us know. For those registered—our van will depart from the front of Millhaus at 9:00. Explore the beautiful grounds, visit the garden shop and café, or pack a picnic lunch to enjoy on one of the many scattered tables throughout the grounds. Vending machines are also available. For more details of the grounds and indoor facilities, visit nebg.org. Many thanks to Ranger Viola for being our tour guide for the day!

## Coffee & Donut Social

**Friday, July 8 at 9:30**



We had such a great turnout for our coffee and donut social last month that we thought we'd do it again! Join us for a fun start to your day. **RSVP by June 7.** The fee is \$1.



## Ice Cream Social

**Monday, July 11 at 2:00**

The summer is here so the time is right to get together for an ice cream social! Join us for a sweet treat to cool off from the summer heat. It's right after our 1:00 COA Board Meeting so hopefully our Board Members can join us as well! **Please RSVP by July 8** so we can have plenty of ice cream on hand. Fee is \$1.

## Trivia Time

**Wednesday, July 13 at 12:15**



The Upton Library staff will be back with trivia to test your knowledge of "Classic Radio, TV and Movies". Join us! No fee. Please **RSVP by July 11**. **Note:** We have a trip to JJ's Ice Cream and Kelly's Farm Stand at 1:15 if you'd like to join us afterwards. If so—please let us know if you need a ride on our van (space is limited)

## B I N G O Update

**Bingo will be Friday July 15 (vs. July 14)**

Please note that BINGO will be held on Friday, July 15 (instead of Thursday, July 14) in order to accommodate the Beatles Program we have scheduled on July 14 (see details below and join us!). We apologize for any inconvenience. Please help spread the word to your Bingo loving friends!

**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).**



## Nutrition Talk with Wendy

Wednesday, July 13 at 11:15

Join Wendy Reid after her 10:30 Strength & Stretch Class for a nutrition talk. Please **register by July 11**.

## Picnic Lunch & Beatles Program

Thursday, July 14—12:30 Picnic; 1:00 Beatles Program

We're in for a big treat! We'll start with a picnic lunch at 12:30 with sandwiches from the Country Sooper. Then at 1:00, Fran Hart, founding member of the Beatles Tribute Band 4EverFab, will begin a fantastic multi-media presentation that will have you singing along to all your favorite Beatles tunes as we reflect on the influence The Beatles had on world culture. Enjoy live acoustic music, **audience sing-alongs**, and rare audio and video clips. Travel back in time and revisit the Beatles milestones that impacted all of us! **RSVP by July 11. Country Sooper picnic lunch is \$4; the Beatles program is free** thanks to a grant from the Upton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



## Afternoon Movie

Monday, July 18 at 1:00

Join us for **Pay It Forward** (PG-13). It's the story of a teacher who gives an assignment to his class to think of an idea to change the world for the better, then put it into action. When one young student creates a plan for "paying forward" favors, he sets in motion an unprecedented wave of human kindness. Please **RSVP by July 14**.

## Ebooks, Audiobooks & More

Wednesday, July 20 at 12:15

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 July 18**. No fee.



## Birthday Bash

Friday, July 22 at 12:45

Join us for pizza, cake and ice cream in celebration of July's Birthdays! It's free for those with a bday this month; a donation of \$3 is suggested for others. Please **RSVP by July 20**.



## Vaccination Talk with Coffee & Pastry

Monday, July 25 at 9:15



Do you have questions or concerns about vaccines? Here's your chance to have them addressed by a **Pharmacist** from the MCPHS Pharmacy Outreach program. Come enjoy **free coffee and pastry**, hear the latest recommendations on vaccinations, and get your questions answered! The Pharmacist recommends you bring a list of your medications to help answer your specific questions. Please **RSVP by July 20**.



## Dinner Trip to The Village Haven

Thursday, July 28 at 4:00

We're mixing it up a bit based on your suggestions and going with a DINNER trip this month rather than lunch! We'll depart at 4:00 for The Village Haven in northern Rhode Island, a family owned restaurant that has been serving up homemade meals like their famous Chicken Family Style since 1977. Stop by the Center if you'd like to view the menu and prices, or visit [www.thevillagehaven.com](http://www.thevillagehaven.com) Please **RSVP by July 22** and let us know if you need a ride.

## Healthy Mind & Body

*Join in Our Classes!*



- **Strength & Stretch**—Mondays, Wednesdays & Fridays at 10:30 EXCEPT: **No class on July 4, 18 or 20**. All fitness levels welcome. Come give it a try! \$3 donation is suggested.
- **Mindfulness with Robin**—Wednesday, July 27 at 1:00. Join Robin Natanel for a session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **register by July 25**. No fee.
- **Seated Exercise**—Tuesdays at 10:00 (see details on prior pg.). \$3 donation suggested. RSVP a day ahead.
- **Blood Pressure Checks**—The Town Nurse will be at the Center Wed., **July 27 at 12:30** for blood pressure checks. Please call the Center by **July 25** to register.

## COMING SOON



- **Blueberry Picking**—It's almost berry picking time! Picking dates are not yet available at Vandervalk farm in Mendon. We'll put a flyer on our board and a post on our Facebook page once we schedule a trip. **Let us know if you're interested** so we can keep you posted when we schedule a date.
- **Musician Matt York**—Save the date for a special musical guest at the Center on **Wed., Aug. 3 at 2:00!** Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. **York has twice been nominated as Best Male Artist by the New England Music Awards**. This program is supported in part by a grant from the Upton Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.
- **Indian Princess Lake Tour**—As we noted last month, we're departing at 9 am on **Wed., Aug. 24** for a 10 am 90 minute Lake Tour on the Indian Princess in Webster. Tickets are \$25. At this point there is one spot left on our van (rides are \$1). If you'd like us to reserve a ticket for you so you can drive there yourself, please let us know and bring a check payable to Indian Princess to the Center by Aug. 2. **We'll call Indian Princess with a headcount Aug. 2; cancellations cannot be made after that date.** We plan to stop off at George's Seafood in Mendon on the way back for lunch.



## SOCIAL SERVICES CORNER

### Medicare Preventive Services

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, COVID shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking.

Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more information on covered preventive benefits, see Section 2 of the *Medicare & You 2022* handbook at <https://www.medicare.gov/Pubs/pdf/10050-Medicare-and-You.pdf> or call your local SHINE office with questions. Also, talk to your health care provider about how Medicare preventive services can help you.

### SHINE Information



Need some help navigating insurance issues? Reach out to the SHINE program (Serving Health Insurance Needs of Everyone). SHINE is a federally funded and state administered program through the Executive Office of Elder Affairs with counselors who provide unbiased, confidential counseling on all aspects of Medicare, related private insurance products and financial assistance programs. To reach the Central Mass SHINE Program, call 508-422-9931 or email [info@shinema.org](mailto:info@shinema.org) or visit the Central Mass Website ([www.shinema.org](http://www.shinema.org)) for useful information and applications for various programs. You can also connect with a SHINE Counsellor by calling the Upton Center at 508-529-4558.



### Price Chopper Food Donations

Just a friendly reminder that we have resumed weekly pickups of bread and other bakery donations from the Price Chopper in Hopkinton. They are typically brought here to the Center late Wednesday morning. We never quite know what or how much we'll get! Stop by if you'd like some. Thank you Price Chopper!

### 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

Our food pantry supply is still a bit low. We're in need of the following: Small canned hams, 100% juice boxes, cereal, fruit cups, applesauce, granola bars, nuts, pasta sauce, jam, coffee, dish soap, SOS pads, tissues, toilet paper (individual or 4 packs), paper towels (individual or 2 packs), napkins. Please call 508-529-4558 to arrange a time to drop off your donation if you can help. Thank you!

## COMMUNITY CORNER

### Summer Band Concerts

In addition to the Concerts at Kiwanis Beach in Upton referenced on page 2 of this newsletter, there is a free summer concert series happening Thursdays from 6-8 pm beginning **June 30 through Sept. 1** at the Dennis H. Rice Community Plaza (Whitin Mill), 50 Douglas Rd., Whitinsville. In case of inclement weather, the concert moves into the Singh Performance Center at the same location. For more information on performers and sponsors, visit <https://www.openskycs.org/news-events/events/2022-free-summer-concert-series/>

### Hazardous Waste & Shredding Event

Upton's Annual Hazardous Waste & Shredding Event will take place for Upton residents only on Saturday **July 9 from 8 am to Noon at the DPW**. Residents may bring up to 10 gallons or 10 lbs. of hazardous waste free of charge. Anything over the 10 lbs. or 10 gallons will be charged per item. Latex paint will not be accepted. Complimentary document shredding will be provided as well. Visit the Board of Health page on the Upton town website for more details.

### Mass. Senior Legal Helpline

Are you 60+ and in need of legal help? The Massachusetts Senior Legal Helpline at **800-342-5297** is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to Massachusetts residents who are 60 years or older. The Helpline is open Monday through Friday, 9 am—12 pm. Helpline advocates can research your legal issue and provide you with information or referrals on most legal topics. Most callers will not be eligible for a free attorney. However, Helpline advocates can help you find out if you are eligible and complete an application for services with a Mass. Civil legal services program. If you are not eligible for a free attorney and have some ability to pay an attorney, they can refer you to reduced fee attorney referral programs where attorneys will charge you on a sliding scale based on your income.

### 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 Strawberry?

Congratulations to **Grace Wadsworth** who was our lucky winner in June for finding the hidden pineapple in our newsletter. This month we've hidden a little strawberry. Can you find it? If so, call us at 508-529-4558 for a chance to win!





# July 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>				<b>1</b> 10:00 Facebook Fri. 10:30 Strength & Stretch  Chicken w/BBQ Sauce
<b>4</b> <b>INDEPENDENCE DAY</b>  Center is Closed No meals served	<b>5</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game  Hot Dog	<b>6</b> 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table <b>12:15 Shopping Trip*</b> <b>5:15 Ride to Concert at Kiwanis</b>  Baked Potato w/Chili & Cheese	<b>7</b> 9:00 Departure for 10:00 Visit at Tower Hill Botanical Garden with Ranger Viola 10:00 Knit/Crochet Group 1:00 BINGO  Meatloaf w/Gravy	<b>8</b> <b>9:30 Coffee &amp; Donut Social</b> 10:00 Facebook Fri. 10:30 Strength & Stretch <b>12:30 Shopping Trip*</b>  Chicken Cranberry Salad
<b>11</b> 10:30 Strength & Stretch <b>1:00 COA Meeting</b> <b>2:00 Ice Cream Social</b>  Buttermilk Chicken	<b>12</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game <b>1:00 Shopping Trip*</b>  Beef Stew	<b>13</b> 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table <b>11:15 Nutrition Talk with Wendy</b> <b>12:15 Trivia Time</b> <b>1:15 Trip to JJ's &amp; Kelly's Farm</b> <b>5:15 Ride to Concert at Kiwanis</b>  Roast Turkey w/Gravy	<b>14</b> 10:00 Knit/Crochet Group <b>12:00 Picnic Lunch</b> <b>1:00 Beatles Program &amp; Singalong</b>  (NOTE: This week's BINGO has been moved to tomorrow)	<b>15</b> 10:00 Facebook Fri. 10:30 Strength & Stretch <b>1:00 B I N G O</b>  Shepherd's Pie
<b>18</b> (Note—No Strength & Stretch today) <b>1:00 Afternoon Movie</b>  BBQ Pulled Pork	<b>19</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game  Swedish Meatballs	<b>20</b> <b>9:15—Shopping Trip*</b> (Note—No Strength & Stretch today) <b>12:15 Learning to Use Ebooks &amp; Audiobooks</b> <b>5:15 Ride to Concert at Kiwanis</b>  Sloppy Joe	<b>21</b> 10:00 Knit/Crochet Group 1:00 BINGO  Chicken Cacciatore	<b>22</b> 10:00 Facebook Fri. 10:30 Strength & Stretch <b>12:45 Birthday Bash</b>  Fish w/ Crumb Topping
<b>25</b> 10:30 Strength & Stretch <b>9:15 Pharmacist Talk on Vaccines with Coffee and Pastry</b>  Chicken Pot Pie	<b>26</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game <b>12:30 Shopping Trip*</b>  Potato Crunch Fish	<b>27</b> 10:30 Strength & Stretch <b>12:30 Blood Pressure Checks</b> <b>1:00 Mindfulness with Robin</b> <b>5:15 Ride to Concert at Kiwanis</b>  Spaghetti & Meatballs	<b>28</b> 10:00 Knit/Crochet Group 1:00 BINGO <b>4:00 Dinner Trip to The Village Haven</b>  Baked Ham	<b>29</b> <b>9:15—Shopping Trip*</b> 10:00 Facebook Fri. 10:30 Strength & Stretch  Garlic Herbed Chicken

## July 2022 — Dates to Remember

Check  here if you plan to attend!

July 6  Shopping Trip—Market 32, Sutton, 12:15  
July 7  Tower Hill Garden Trip, departing at 9:00 for 10:00 visit. Do you need a ride? Yes  or No   
July 8  Coffee & Donut Social, 9:30  
July 8  Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 12:30  
July 11  COA Meeting, 1:00  
July 11  Ice Cream Social, 2:00  
July 12  Shopping Trip—Market Basket, Oxford, 1:00  
July 13  Nutrition Talk with Wendy, 11:15  
July 13  Trivia Time: *Classic Radio, TV & Movies*, 12:15  
July 13  Trip to JJ's Ice Cream and Kelly's Farm Stand, Upton, 1:15  
July 14  Picnic Lunch from Country Sooper, 12:00 (\$4 fee).  
Choose sandwich type: Turkey & Cheese  or Ham & Cheese   
July 14  Beatles Program & Singalong, 1:00



**NOTE.....**This week's BINGO has been moved from Thursday July 14 to Friday, July 15th at 1:00

July 18  Afternoon Movie, 1:00  
July 20  Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 9:15  
July 20  Learning to Use Ebooks & Audiobooks, 12:15  
July 22  Birthday Bash, 12:45. Is it your Birthday this Month?! Yes  or No   
July 25  Pharmacist Talk on Vaccines with Coffee & Pastry, 9:15  
July 26  Shopping Trip—Hannafords, Uxbridge, 12:30  
July 27  Blood Pressure Checks with Town Nurse, 12:30  
July 27  Mindfulness with Robin, 1:00  
July 28  Dinner Trip to The Village Haven, Forestdale, RI, departing 4 pm. Do you need a ride? Yes  or No   
July 29  Shopping Trip—Market Basket, Hudson, 9:15



**SIGN UP FOR RIDES TO CONCERTS AT KIWANIS.** Van departs at 5:15 for 6:00 Concerts on the following Wed's.:

July 6  July 13  July 20  July 27

**SIGN UP FOR SEATED EXERCISE CLASSES (\$3 suggested donation per class):**

Tuesdays at 10:00: July 5  July 12  July 19  July 26

**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 strawberry? If so—where?! \_\_\_\_\_

### WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri. .... Strength & Stretch (except July 4, 18, 20)..... 10:30  
Every Tuesday..... Seated Exercise..... 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 ..... BINGO (NOTE: BINGO MOVED from Thurs 7/14 to Fri. 7/15) ..... 1:00  
Every Friday ..... Facebook Friday..... 10:00