



# 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

### **Social Services Coordinator**

Katie San Clemente

### **Interim Department Specialist**

Karen Varney

### **COA Assistants**

Deb Saulen

### **Driver**

John Saulen

### **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  
Richard Provost  
Grace Wadsworth  
Margaret Watson

## December 2022

Another year has come and gone, but we cannot ring in the new year without looking back on what a memorable year this past one has been. We began the new year of 2022 closed to the public, due to an increase in COVID-19 cases, but re-opened our doors in early February and began welcoming our wonderful residents back to the center!

In April, we were able to host an incredible **Senior Prom** that was well enjoyed by all residents in attendance. We also celebrated and thanked our volunteers with a **Volunteer Appreciation Celebration** during the month of April and continued to admire the hard work of our volunteers throughout the whole year, for without them, we would be lost!

We joined together for many celebrations, including our regular monthly Birthday Bashes, **Older American's Month** and **Mother's Day Tea** in May, **Father's Day Cookout** in June, visits from **Representative Dave Muradian** and **Senator Mike Moore**, free monthly dinners from **The Upton Men's Club**, many trips to **Kiwanis Beach** for concerts throughout the Summer, and many new programs sponsored by **The Upton Cultural Council**.

Within The Upton Center, we embraced many changes by welcoming **a new Social Services Coordinator**, Katie San Clemente, at the end of August. We also said bittersweet farewells to our **Department Specialist**, Bernadette Denson, and **Elder and Human Services Director**, Janice Nowicki, in the month of November. We are sad to see our beloved staff leave The Upton Center, as they put in over 8 years of hard work and dedication to our Senior Center, but we wish them well on their next adventures! In this next month and coming year, we will welcome a new director to our center and ask you to please keep an eye out for more information as well as a welcoming social.

We are very excited to celebrate the holidays with you this month! There are many exciting events to look forward to this month, which you can look for in this issue of the newsletter, including:

- Tree Trimming coffee hour and holiday singalong
- Supporting Upton small business, The Soul Fuel Café
- Upton Center Annual Holiday Party
- Christmas Movie with hot chocolate and cookies
- New Year's Eve Social

We look forward to seeing you all throughout the month of December and wish you and your families a very happy, healthy holiday season and a Happy New Year!

### ***The Staff and Volunteers of The Upton Center***



*The Upton Center will be closed on December 26 to observe the Christmas holiday and January 2 to observe New Year's Day.*

### **COA Job Opportunity: Van Driver**



Spread the word!...We're currently seeking to hire an additional part-time van driver (10 hours/week) at the Council on Aging. If you or someone you know might be interested in applying, please check out all the details at the *Employment* link on the Town of Upton's website which can be found at [www.uptonma.gov](http://www.uptonma.gov), or stop by the COA office for further information.



### **Transportation Notice**

Beginning December 1st, and until further notice, our Senior Center Van will be available Mondays, Tuesdays and Thursdays for medical appointments and weekly shopping trips. We ask for as much notice as possible when scheduling rides with us.

## 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.

- Tuesday, December 6th at 12:30 —Shaw's/Job Lots/Walmart Loop, Northbridge
- Thursday, December 15th at 9:15— Market Basket, Hudson
- Monday, December 19th at 9:00—Shaw's/Job Lots/Walmart Loop, Northbridge
- Thursday, December 29th at 9:15—Market Basket, Oxford



## Seated Exercise with Robin

**Tuesdays at 10:00**



Robin Natanel will be back with a seated exercise class at 10:00 each Tuesday in December. It's a great option for those with balance issues. Please **RSVP at least one day ahead** of each class. A \$3 donation is suggested.



## Mahjong

**Wednesdays at 12:30**

Calling all Mah-jong players (and would be players!). Mah-jong games are in full swing every Wednesday at 12:30. Whether you're a seasoned player, or a beginner who would like to learn a new game—come join us! Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since then. Come see what it's all about!



## Tree Trimming with Piano Singalong

**Monday, December 5th at 12:15**

Join us for some holiday cheer as we deck the halls and decorate the Upton Center Christmas trees! Upton resident Ann Perkins 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.**

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).

## Coffee and Tea with Friends at Soul Fuel Cafe

**Thursday, December 8th at 10:00**

Come take a ride on our Senior Center van down Main Street to support an Upton small business, The Soul Fuel Café, located in the United Parish Church. Enjoy coffee, tea, pastries and other snacks with a friend before the holidays! Please **RSVP by Dec 5 to reserve a ride.**



## CHRISTMAS PARTY FRIDAY, DECEMBER 9



**10:00 Holiday Social**

**10:30 Yankee Swap**

**12:00 Lunch (\$5)**

**1:00 Musical Performance**

It's time to celebrate another holiday season! Please join us for coffee and light refreshments at our holiday social, starting at 10 am. We will then have our Yankee Gift Exchange! If you'd like to participate, please bring a new, wrapped gift valued at about \$10. At Noon we will enjoy a delicious Porketta lunch catered by Upton's Country Sooper. To end the day, we will have a musical performance by Tom & Friends Entertainment and sing along to all of our favorite holiday tunes! Bring all of your holiday cheer—you sure won't want to miss out! **\$5 fee. Please call to register by Dec 2.**

## BVT Salon Visit

**Thursday, December 8th—8:45 departure for 9:00 visit**

Treat yourself to some pampering at discounted prices at the Salon at BVT. Services include haircuts, manicures, pedicures and more. Please call the Center to **RSVP by Dec. 5th** and let us know if you need a ride for \$1.



## Assistive Devices Talk with Cider & Donuts

**Tuesday, December 13th at 12:30**

Please come by for an informative presentation with Dr. Allison Tupaj, PT, DPT from Blackstone Valley Physical Therapy. During this presentation, we will discuss various types of assistive devices. Topics will include the pros and cons of each; such as intended purpose, level of support, and transportability. Light refreshments will be served. **No fee. Please RSVP by Dec 9.**



## Trivia Time

**Wednesday, December 14th at 12:15**

The Upton Library staff will be back for trivia to test your knowledge of **Advertising Slogans and Jingles**. Come put your mind to the test! **Please RSVP by Dec. 13th**.



## Men's Club Supper

**Friday, December 16th at 5:15**

Enjoy catching up with old friends over dinner, or meet some new ones, as the Men's Club treats you to a delicious meal. This month it'll be **Meatballs and Ziti from Oliva's in Milford**!

No fee, thanks to the generosity of the Men's Club. Please **RSVP by Dec. 9**.



## Crafts with Betty

**Friday, December 16th at 9:00**

Betty Brault will be back with another great craft project!

Bring your crafty hands and you'll be sure to have fun.

No fee. **Please RSVP by Dec 12**.



## Birthday Bash

**Monday, December 19th at 12:45**

Join us for pizza, cake and ice cream in celebration of December's Birthdays! It's free for those with a birthday this month; a \$3 donation is suggested for others. Please **RSVP by December 18th**.



## Mindfulness with Robin

**Wednesday, December 21st at 1:00**

Join Robin Natanel for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **RSVP by Dec. 19**. No fee.

## Holiday Congregate Meal

**Thursday, December 22nd at 11:30**

Let's gather together to enjoy a holiday meal with friends, new and old! Light refreshments will be available starting at 11:30, followed by a delicious stuffed chicken dinner with mashed

potatoes, herbed carrots, French bread and cream puff for dessert. **Please register by Tuesday, Dec. 20th** if you'd like to join us. **Fee is \$3**.



## Cookie Decorating & Holiday Movie

**Friday, December 23rd at 12:00**

Please join us for hot chocolate, cookie decorating and holiday movie social! To celebrate the holiday season, we will be showing *White Christmas* (1954). This is the musical story of singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) who join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to work together to save the failing Vermont Inn of their former commanding general in WWII.

**\$1 Fee (for cookies). Please RSVP by Dec. 20.**



## Podiatrist Appointments

**Thursday, December 29th, 8:00—12:30**

Dr. Biancamano will have his bi-monthly appointments at The Upton Center. **Please call the Center to schedule an appointment**, these time slots fill up quickly!

## NEW YEAR'S EVE SOCIAL

**Friday, December 30th at 11:30**



Come on over to The Upton Center to bid farewell to 2022 and ring in 2023! We will gather together to enjoy some light refreshments, reminisce on our favorite memories of 2022 and count down to the New Year with mocktails at noon!

No fee. **Please RSVP by Dec 27.**

## Healthy Mind & Body

- **Strength & Stretch** — Join Wendy Reid **Mondays, Wed's. & Fri's. at 10:30**. \$3 donation suggested. (except Fri, Dec 9th)
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Wed. Dec. 14 at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin on **Wed., Dec 21 at 1:00** for a session on healing the body, mind and spirit. Please **register by Dec. 20**. No fee.
- **Seated Exercise with Robin**—Tuesdays at 10:00. \$3 donation suggested. Please **RSVP a day or more ahead**.
- **Blood Pressure Checks**—The Town Nurse will be here **Wed., Dec 28 at 12:30**. Please **RSVP by Dec 27**. See notes on availability of more Flu vaccines on back page.





## SOCIAL SERVICES CORNER

### Medicare Open Enrollment

It's that time of year again! The Open Enrollment period runs from **October 15 through December 7**. Every year, Medicare Prescription plans and Medicare Advantage (HMO, PPO) plans can change your costs (premiums, deductibles, and copays), covered medications, and provider networks. It's important to review your options **EVERY** year during **Open Enrollment** to make sure you have the best plan for you. Those enrolled in a Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan (HMO/PPO) should have received an ANNUAL NOTICE OF CHANGE from your current plan in September. It's important to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2023. SHINE counselors can help you understand changes to your current plan and discuss other options. If you'd like to meet with a SHINE counselor during open enrollment, call the Upton Center at 508-529-4558.

### SMOC Fuel Assistance

If you received Fuel Assistance for the last heating season, you should receive a re-certification application for the upcoming heating season. You should complete all parts of the application and provide all support documentation. Applications can be mailed, faxed or emailed to: [fueldocs@smoc.org](mailto:fueldocs@smoc.org). If you need assistance, have any questions or would like to inquire about eligibility please contact The Upton Center at: 508-529-4558 or SMOC directly at: 508-620-1230 or 508-620-2342.



### Mass Health Mailings

Over the next several months MassHealth will be sending numerous notices detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or you may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. If you need help, call the Upton Center at 508-529-4558.



### 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 could use: Crackers, fruit cups, juice, healthy soups, pasta, canned hams, canned vegetables (peas, carrots, green beans) toilet paper, paper towels, tissues, canned cat food. Thanks for your help!

## COMMUNITY CORNER

### Flu Shots Available

Thank you to the Board of Health and our Town Nurse, Trish Parent, for holding our Flu and COVID vaccination clinics in November! If you were unable to attend the Flu Clinic, Flu shots are still available by request by calling the **Board of Health at 508-529-6813 or 508-529-3110 or by emailing the Town Nurse, Trish Parent, at [pparent@uptonma.gov](mailto:pparent@uptonma.gov).**

### Trees For Hope Festival at St. Gabriel's Church

The Trees of Hope are back at Saint Gabriel's Church in Upton on **Saturday, December 3rd from 9 am-7 pm and Sunday, December 4th from 9 am-1 pm**. Friends, families and local businesses decorate their donated trees and invite you to come and enjoy each uniquely decorated tree. Raffle tickets are available to purchase and proceeds benefit DetecTogether and the Alzheimer's Association.

### St. Gabriel's Women's Christmas Fair

The Women's Club will be holding their Christmas Fair on **Saturday, December 3rd from 9am-2pm**. There will be bakery items, jewelry, like-new gift items, beautiful wreaths and cemetery baskets and themed basket raffles available for sale.



### State Rep. Office Hours:

Our State Representative, David Muradian, will be back at The Upton Center to hold office hours in **January 2023**. Please be on the lookout for upcoming dates, should you want to meet to discuss your questions and any concerns!

### Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thurs., Dec. 15th at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

### How many trees do you see?

Congratulations to **Paula Lepore** who was our lucky winner in November for finding the hidden heart in our newsletter. This month we challenge you to find all of the hidden trees! Can you count them all? If so, call the Center at 508-529-4558 for a chance to win!

# December 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 Knit/Crochet Group 1:00 BINGO  Macaroni and Cheese	<b>2</b> 10:00 Facebook Fri. 10:30 Strength and Stretch  Fish w/Parmesan Cream Sauce
<b>5</b> 10:30 Strength and Stretch <b>12:15 Tree Trimming &amp; Piano Singalong</b>	<b>6</b> 10:00 Seated Exercise 12:30 Hand and Foot Card Game <b>12:30 Shopping Trip*</b>	<b>7</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong	<b>8</b> 9:00 BVT Salon Visit 10:00 Knit/Crochet Group <b>10:00 Coffee and Tea at Soul Fuel Café</b> 1:00 BINGO	<b>9</b> 10:00 Holiday Social 10:30 Yankee Swap 12:00 Holiday Lunch <b>1:00 Musical Performance by Tom and Friends</b> 10:00 Facebook Fri. <b>*No Strength and Stretch*</b>
BBQ Pulled Pork	Swedish Meatballs	Sloppy Joe	Chicken Cacciatore	Fish w/Crumb Topping
<b>12</b> 10:30 Strength and Stretch <b>1:00 COA Board Meeting</b>	<b>13</b> 10:00 Seated Exercise 12:30 Hand and Foot Card Game <b>12:30 Assistive Devices Talk</b>	<b>14</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table <b>11:15 Nutrition Talk with Wendy</b> <b>12:15 Trivia Time</b> 12:30 Mahjong	<b>15</b> <b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group 1:00 BINGO	<b>16</b> <b>9:00 Craft Time with Betty</b> 10:00 Facebook Fri. 10:30 Strength and Stretch <b>5:15 Men's Club Supper from Oliva's</b>  Chicken Cranberry Salad
Chicken Pot Pie	Spaghetti & Meatballs	Potato Crunch Fish	Jambalaya	Chicken Cranberry Salad
<b>19</b> <b>9:00 Shopping Trip*</b> 10:30 Strength and Stretch <b>12:45 Birthday Bash</b>	<b>20</b> 10:00 Seated Exercise 12:30 Hand and Foot Card Game	<b>21</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong <b>1:00 Mindfulness with Robin</b>	<b>22</b> 10:00 Knit/Crochet Group  <b>11:30 Holiday Congregate Meal</b> 1:00 BINGO	<b>23</b> 10:00 Facebook Fri. 10:30 Strength and Stretch <b>12:00 Holiday Movie &amp; Cookie Decorating</b>
Stuffed Pepper Casserole	Chicken Pesto	Hot Dog	Stuffed Chicken Breast	Braised Beef
<b>26</b> <b>Center Closed For Holiday Observance</b>	<b>27</b> 10:00 Seated Exercise 12:30 Hand and Foot Card Game	<b>28</b> 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong <b>12:30 BP Checks with Town Nurse</b>	<b>29</b> <b>8:00-12:00 Podiatrist Visits by Appointment</b> <b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group 1:00 BINGO	<b>30</b> 10:00 Facebook Fri. 10:30 Strength and Stretch <b>11:30 New Year's Eve Social</b>
  <b>No meals served</b>	Burger	Roast Pork Loin	American Chop Suey	Maple Glazed Ham

## December, 2022—Dates to Remember

Check  here if you plan to attend !

Dec 5  Tree Trimming and Piano Singalong

Dec 6  Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30

Dec 8  BVT Salon Visit—Van departs at 8:50 for 9:00 Appts. Do you need a ride? Yes  or No   
What service(s) would you like? \_\_\_\_\_

Dec 8  Trip to Soul Fuel Café for Coffee and Tea (at United Parish Church, Upton), 10 am

Dec 9  CHRISTMAS PARTY—Please check all that you plan to participate in:  
10:00 Social  10:30 Yankee Swap  12:00 Porketta Lunch (\$5)  1:00 Music

Dec 12  COA Board Meeting, 1:00

Dec 13  Assistive Devices Talk with Hot Apple Cider and Donuts, 12:30

Dec 14  Nutrition Talk with Wendy, 11:15

Dec 14  Trivia Time, 12:15

Dec 15  Shopping Trip—Market Basket, Hudson, 9:15

Dec 16  Craft Time with Betty, 9:00

Dec 16  Men's Club Supper: *Meatballs and Ziti from Oliva's Market*, 5:15

Dec 19  Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00

Dec 19  Birthday Bash, 12:45—Is it your birthday this month? Yes  or No

Dec 21  Mindfulness with Robin, 1:00

Dec 22  Holiday Congregate Meal by Tri-Valley, 11:30—Fee for Tri-Valley meal is \$3 payable at meal.

Dec 23  Holiday Movie, *White Christmas (1954)*, and Cookie Decorating (\$1), 12:00

Dec 26  CHRISTMAS HOLIDAY OBSERVED, Center is closed, no meals served

Dec 28  Blood Pressure Checks, 12:30

Dec 29  Podiatrist Appointments with Dr. Biancamano, 8am-12:30 pm, By Appointment Only

Dec 29  Shopping Trip—Market Basket, Oxford, 9:15

Dec 30  New Year's Eve Social, 11:30

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



*Happy Holidays*



**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 all of the Christmas Trees? How many? \_\_\_\_\_

### WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri. .... Strength & Stretch (except Friday, December 9th)..... 10:30

Every Tuesday..... Seated Exercise ..... 10:00

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

Every Wednesday ..... Library Table ..... 11:00

Every Wednesday ..... **NEW!** Mahjong Group ..... 12:30

Every Thursday ..... Knit/Crochet Group ..... 10:00

Every Thursday ..... BINGO ..... 1:00

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