



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

## November 2023

### THE UPTON CENTER STAFF

#### Social Services Coordinator

Katie San Clemente

#### Department Specialist

Nicole Stifnagle

#### COA Drivers

Dave Loeper  
Ed Ferrelli

### Council on Aging Board Members

#### Chair

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#### Members

Myra Bigelow  
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Gregg Manning  
Richard Provost  
Grace Wadsworth  
Margaret Watson

#### COA Hours:

Monday—Friday  
9:00 am to 4:00 pm

#### Phone:

508-529-4558

#### Fax:

508-529-1014



### Upton Community Center Food Pantry

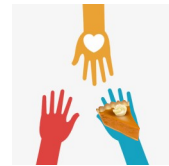
Open to all Upton residents - located at 9 Milford Street



Please visit us:

Wednesdays 12-2 pm

Fridays 11-1 pm



*\*Please call to schedule an appointment with a staff member  
should you need assistance outside of our operating hours\**



### Veterans Appreciation Lunch

Veterans Day is a time for us to pay our respects to those who have served our country. The holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all Veterans in all wars. Whether you are a Veteran, or just want to show your appreciation to those who are, we hope you'll join us at our Veterans Day lunch on **Wednesday, November 8th** — more details can be found inside.

### Event and Program Sign Ups



As a friendly reminder, we ask that anyone interested in attending special events or programs to call ahead to sign up. Some programs and events have limited space or caps on attendance and some fill up quickly due to various limitations and popularity. Please pay mind to the RSVP dates pertaining to certain events and programs to avoid missing out.

### Weekly Shopping Trip Schedule:

**Wednesday, November 1st at 12:00 pm —**  
Market Basket, Shrewsbury

**Thursday, November 9th at 9:00 am —**  
Walmart/Job Lot/Shaw's Loop

**Tuesday, November 14th at 12:00 pm —**  
Market Basket, Oxford

**Monday, November 20th at 9:00 am —**  
Market Basket, Shrewsbury

**Tuesday, November 28th at 12:00 pm —**  
Walmart/Job Lot/Shaw's Loop

### **Intergenerational Tea Time**

**Monday, November 6<sup>th</sup> at 10:00 am**



Join us for our first intergenerational program in partnership with the Upton Library! The Senior Center is partnering with the Children's Librarian, Lee Ann Murphy, to hold an Intergenerational Tea Party with children ages 3-5. Seniors are invited to meet us in the classroom at the Upton Community Center to share stories, songs and snacks with the younger generations. Senior attendees are asked to RSVP by Thursday, November 2nd.



### **Mindful Eating Beginning Tuesday, November 7 at 11:00 am**

Mindful Eating with Robin Natanel is back in time for the holidays! This 6-week course will help you stay focused on eating mindfully through the challenging holiday season. Pre-registration is required.  
\$25 for 6-week course.

### **Please note our November closures:**

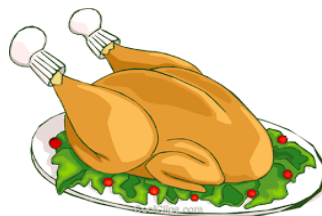
**Veteran's Day (observed) - November 10**  
**Thanksgiving—November 23 & 24**

### **Veteran's Appreciation Lunch Wednesday, November 8 at 1:00 pm**



Join us as we gather for a delicious lunch in honor of our country's Veterans. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please come in honor of their service. Please call the Center by Nov. 3 to register. The lunch is free to Veterans and their spouses.  
A donation of \$5 is suggested for others.

### **Thanksgiving Lunch Wednesday, November 15 at 1:00 pm**



Celebrate Thanksgiving with your friends at the Senior Center. We will be hosting a traditional Thanksgiving Lunch with all the fixings!

RSVP by Nov. 8. A donation of \$5 is suggested.

### **Crafts with Betty Friday, November 17 at 9:30 am**

Crafting is back at the Senior Center! Sign up to make a seasonal fun craft with Betty Brault.



### **Men's Club Supper Friday, November 17 at 5:00 pm**



Men's Club Supper is back at the Upton Community Center! Enjoy catching up with old friends or meet some new ones while enjoying **roasted chicken and potatoes from the Country Sooper**. Open to Upton residents of all ages! No fee thanks to the generosity of the Upton Men's Club. **RSVP by November 9.**  
Limited space available.  
Shuttle service available.  
Doors open at 5pm. **RSVP by November 10.**



### Floral Arranging with Pat Lang Monday, November 20 at 12:00 pm

Make a beautiful floral arrangement in time for your holiday table with Upton's own Pat Lang.  
RSVP by November 15. \$5 fee

### Lunch Trip - Sky Buffet

**Tuesday, November 21 at 12:30 pm**

Come enjoy lunch with your friends at the Senior Center. This month we'll be dining at the Sky Buffet in Milford.

**RSVP by Nov. 15** and let us know if you'll need a ride!



### Hearing Aid Clinic—Monthly!

**Wednesday, November 8th, 10:30-12:00**

At Home Hearing Healthcare will now be at the Upton Community Center to provide monthly hearing aide cleanings.



Please call us at 508-529-4558 to set up an appointment. No fee!

**Next clinic date will be: December 13th**

### Podiatrist Appointments

**Thursday, November 16th, 8:30-12:30**

Reservations required. These appointments book up fast. Please call the center at 508-529-4558



### Can you find the hidden pie?



Congratulations to **Leo Lamanuzzi** who found the hidden ghost in our October newsletter. This month, try to find our hidden pie. If you find it, please call us to be entered into a drawing to win a gift certificate!

### Senior Center Wish List

If you are able to donate, our residents would benefit from:

laundry detergent (small size), paper plates, grated cheese, canned frosting, salt & pepper, jelly, mustard, ketchup, canned cat food, etc.

We would also benefit from gift card donations for local grocery stores and pharmacies, Walmart, Target, etc.



## WEEKLY PROGRAMS

### Monday:

**10:30** – Strength and Stretch (\$3)

### Tuesday:

**10:00** – Seated Exercise (\$3)

**11:15** – Exercise with Shirley Areano (\$3)

**12:30** – Hand and Foot Card Games

### Wednesday:

**10:30** – Strength and Stretch (\$3)

**12:30** – Mahjong Card Games

### Thursday:

**9:00** – Chair Yoga (\$3)

**10:00** – Knit and Crotchet Group

**11:00** – Tai-Chi (\$3)

**1:00-3:00** – BINGO

### Friday:

**10:30** – Strength and Stretch (\$3)

## MONTHLY PROGRAMS

### Hearing Aide Cleaning—

Wednesday, November 8th from 10:30-12:00  
(by appointment only)

### Nutrition Talk—

Monday, November 13th at 11:30 am

### Crafts with Betty—

Friday, November 17th at 9:30 am

### Men's Club Supper—

Friday, November 17th at 5:00 pm

### Trivia Time—

Monday, November 20th at 12:30 pm

### Blood Pressure Checks —

Wednesday, November 29th at 12:30 pm

### Birthday Bash—

Wednesday, November 29th at 12:30 pm

## Social Services Updates

### Medicare Open Enrollment starts in October

It's that time of year again! The Open Enrollment period starts on October 15 and ends on 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 is important for you to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2023 related to premiums, networks, deductibles, co-pays, and drugs covered by your plan. 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 Senior Center at 508-529-4558.

### SMOC Fuel Assistance



If you were approved for Fuel Assistance last year, you should have recently received a pre-printed re-application form directly from SMOC (South Middlesex Opportunity Council) for the upcoming heating season. To avoid delays in receiving your benefits, gather your updated documents early and review any changes that need to be made on your application. Please call the Upton Senior Center at 508-529-4558 to make an appointment for assistance or for more information.

#### Maximum Income Guidelines for Fuel Assistance by Household Size (2023—2024):

- 1 Person: \$45,392
- 2 People: \$59,359
- 3 People: \$73,326
- 4 People: \$87,294
- 5 People: \$101,261
- 6 People: \$115,228

## Community Corner

### Upton Special Town Meeting

**Tuesday, November 7th at 7 pm**

The Town of Upton will hold their Special Town Meeting on Tuesday, November 7th at 7 pm at the Nipmuc Regional High School. Special Town Meeting articles on this year's warrant can be found on the town website at [www.uptonma.gov](http://www.uptonma.gov).

### Tax Aide Volunteers Needed!

The AARP Tax-Aide program is looking for compassionate and friendly people to join our team of volunteers. You will receive training and support to help you learn new skills, and you'll get a great feeling from helping elderly and low-moderate income people complete their tax returns.

In addition to preparing taxes, volunteers are needed to greet clients, do administrative tasks, and help with technology.

As a Tax-Aide volunteer, you will work in a team of 3 to 6 people. Team members are always available to help you. We help taxpayers and we help each other.

Volunteers work between one and three days a week during February and March. Training is in November, December and January and is primarily online. You will be part of a dedicated team of volunteers who work at local senior centers and libraries in:

Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford and Upton.

For more information, contact Kirk Joslin at [KirkNJoslin@GMail.com](mailto:KirkNJoslin@GMail.com) or go to: <https://mataxaide.org/interest>

### Community Supper at United Parish

Head to the United Parish of Upton for a Community Supper on **Thursday, November 16th** at 5:30 p.m. Please RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated. Take away meals are available.

### Bloomer Girls Fall Fair

Don't miss the Upton Bloomer Girls Fall Fair on **Saturday, November 4th** from 9 am—3pm at BVT High School in Upton. Free admission and parking. Vendors, crafts, country kitchen, raffles, baked goods and more. Start your holiday shopping early!