



Social Services Updates

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

Senior Center Wish List



If you are able to donate, our residents would benefit from: laundry detergent (small size), paper plates, tissues, grated cheese, canned frosting, salt & pepper, jelly, mustard, ketchup, canned cat food, etc. Gift cards donations from local grocery stores and pharmacies, Walmart, Target, etc. are also appreciated!

Community Corner



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 or go to: <https://mataxaid.org/interest>

Community Supper at United Parish

Head to the United Parish of Upton for a Community Supper on **Thursday, December 21st** 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.



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December 2023



News from the Town Clerk's Office

Here it is December, where does the time go?? We hope everyone will enjoy Happy Holidays and that the New Year will bring good health and peace. As we head into the new year here is a brief overview of things to come:

Annual Census/Street Listing Forms (including dog license form) will be mailed to all households in early January.

Dog licenses for calendar year 2024 will be available after January 1st. Dogs three months or older need to be licensed each year by April 1st.

2024 Elections - in January the Secretary of State's office will mail postcard applications for **Vote by Mail Ballots** to all registered voters.

Election schedule is as follows:

Tuesday, March 5th Presidential Primary
 Thursday, May 2nd Annual Town Meeting
 Tuesday, May 7th Annual Town Election
 September (Date TBD) State Primary
 Tuesday, November 5th Presidential Election

Additional information will be provided in the January newsletter, but please contact our office at 508-529-3565 if you have any questions.

Denise Smith, Town Clerk

Kathleen Bern, Assistant Town Clerk



Welcome, Bruce Mitchell!

Join us in welcoming our newest driver, Bruce Mitchell, to the Senior Center team! Bruce is an Upton local and he's excited to join the COA family. Bruce will be driving the van on Mondays, Tuesdays and Fridays. If you see Bruce, give him a warm welcome!



December Schedule Changes



Please note the following changes for December:

*Exercise with Shirley regularly scheduled for Tuesday, December 19 will take place on Monday, December 18 at 3:00 pm.

There will be no Hand & Foot Cards on Tuesday, December 19.

The center will be closed on Monday, December 25. in observance of the Christmas Holiday.





Weekly Shopping Trip Schedule:

Monday, December 4th at 9:00 am —
Market Basket, Oxford

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

Wednesday, December 20th at 12:00 pm —
Market Basket, Shrewsbury

Thursday, December 28th at 9:00 am —
Walmart/Job Lot/Shaw's Loop

Gingerbread House Decorating **Monday, December 4 at 1:00**



Kick off the holiday season with a Gingerbread House Decorating Contest! We'll provide the house, icing and candy décor for you to make your gingerbread house a Gingerbread Home. Gingerbread creations will be on display at the Community Center for voting until December 15. Sign up as an individual or team to compete for a prize! Limited to 15 individuals or teams so sign up today!



Holiday Singalong

Monday, December 4 at 2:30 pm

Join us for some holiday cheer sponsored by Upton Grange! Upton resident Ann Perkins will be here to play your favorite holiday tunes while we trim the tree. Light refreshments will be served.



Silver Sisterhood

Wednesday, December 6 at 11:00 am

Looking to connect with other women? Join the Silver Sisterhood, a fellowship for senior women interested in making new friends and sharing interests, laughter and support. This new group will meet the 1st Wednesday of the month at 11am. Light refreshments provided.

Miscoe Musical Coffee Hour **Thursday, December 7 at 9:00**

The students from Miscoe Middle School are bringing their holiday spirit to the Upton Senior Center! Stop by for a special coffee hour featuring winter caroling from the 6th grade Miscoe chorus. Coffee and light refreshments will be served.



Hearing Aid Clinic—Monthly! **Wednesday, December 13th, 10:30-12:00**

At Home Hearing Healthcare will now be at the Upton Community Center to provide monthly hearing aid cleanings. Please call us at 508-529-4558 to set up an appointment. No fee!

Lunch Trip -



Wednesday, December 13 at 12:30 pm

Come enjoy lunch with your friends at the Senior Center. This month we'll be dining at Acapulcos in Milford. **RSVP by Dec. 15** and let us know if you'll need a ride or if you'll be meeting us there.



Crafts with Betty **Friday, December 15 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, December 15 at 5:00 pm**

Join us for a delightful dinner sponsored by the Upton Men's Club. December's menu features pasta with chicken & broccoli. Open to Upton residents of all ages! No fee thanks to the generosity of the Upton Men's Club. **Sign up beginning December 1.** **RSVP by December 8.** Limited space available.

Shuttle service available.

Can you find the hidden mistletoe?

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



Senior Center Holiday Party **Tuesday, December 19 at 10:30am**

The holiday season is upon us and we can't wait to celebrate with you! The festivities begin at 10:30 am with a Yankee Swap social. To participate, register and bring a new, wrapped gift valued at about \$10. Light Refreshments will be served.

RSVP by December 12

At 12:30, we'll enjoy a delicious Porchetta lunch catered by Upton's Country Sooper. We'll wrap up the afternoon with a musical performance by Tom & Friends Entertainment singing along to your favorite holiday tunes. Don't miss out on an afternoon of festivities and fun! **\$5 fee. RSVP by December 12.**

Noon Year's Eve **Friday, December 29 at 12:00 pm**

Asleep before the ball drops? Celebrate New Year's at Noon at the Senior Center! Enjoy mocktails, snacks and party games while we reflect back on 2023 and make our resolutions for 2024! **RSVP by December 22.**

January Intergenerational Tea **Wednesday, January 3rd at 11:00 am**

Our first Intergenerational Tea was so much fun we're doing it again! The Senior Center is partnering with the Children's Librarian, Lee Ann Murphy, to host a tea party for children ages 3-5. Seniors are invited to share stories, read, sing songs, and enjoy snacks with the younger generation. Limited space available.

RSVP by December 20.

Thank you Upton Country Sooper!
The Upton Senior Center would like to extend a special thank you to the Country Sooper for generously donating lunch for the November Veteran's Lunch. We are so grateful for local businesses who support us in carrying out the mission of the Senior Center!

WEEKLY PROGRAMS

Monday:

10:45 – 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, December 13th from 10:30-12:00
(by appointment only)

Nutrition Talk—

Monday, December 11th at 11:30 am

Crafts with Betty—

Friday, December 15th at 9:30 am

Men's Club Supper—

Friday, December 15th at 5:00 pm

Trivia Time—

Monday, December 18th at 12:30 pm

Stress Reduction—

Wednesday, December 20th at 1:00 pm

Blood Pressure Checks —

Wednesday, December 20th at 12:30 pm

Birthday Bash—

Friday, December 22 at 12:30 pm