

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

Transportation & Inclement Weather Update



When there is no school in Upton due to inclement weather, there is NO van service or activities provided by the Senior Center. If school is delayed, van service and activities will be delayed the same amount of time. For example: If there is a 2-hour school delay, van service and activities will be delayed 2 hours from 9:00 am, the start time of the Senior Center. If in doubt about service availability, please call the Senior Center office which will be staffed unless the Municipal offices are closed.

Save the Date - Fresh Food Pantry Day
Friday, January 26 1:00-3:00 pm (by appointment)



The Upton Food Pantry will be hosting our first Fresh Food Pantry Day on Friday, January 26 from 1-3:00 pm. We will be offering 20 meal kits including a fresh protein and sides as well as refrigerator staples to assist those in need. This is a new pilot program and will be offered to up to 20 families. Advanced registration is required. More information will be available in early January and will be posted at the Community Center.

Community Corner



AARP TAX PREPARATION
BY APPOINTMENTS - MONDAYS
STARTING FEBRUARY 5th

This year, AARP Foundation is again providing free tax preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aid program. AARP Tax-Aid is the nation's largest free tax assistance and preparation service. You do not need to be a member of AARP or retiree to use this free service. Taxpayers are encouraged to have the following documents when they arrive at the **Old Senior Center Building** (located at 2 Farm Street) to get their returns completed:

- Pre-Appointment Intake Forms (available at the Senior Center)
- Photo ID
- Social Security Cards for all dependents on tax return
- Birth Dates for anyone on tax return
- Voided Check from Bank if Direct Deposit
- Real Estate Tax Bills
- Water & Sewer Bills
- Health Insurance Coverage Information for Taxpayer, Spouse, and all Dependents
- Seniors with Full-Year Enrollment in Medicare Need Only to bring their SSA-1099 with them
- All other income related documents
- Last Year's Tax Return

Please call the Senior Center at 508-529-4558 to schedule an appointment and to receive an intake form.



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES
508-529-4558 / 508-529-4559 / www.uptonma.gov

January 2024



News from the Town Clerk's Office



Happy New Year!! Here is an overview of things to come in 2024:

In early January the **Annual Census/Street Listing Forms** (including dog license form) will be mailed to all households. Please review and return those forms as soon as possible either by mail or email (census@uptonma.gov) to the Clerk's office. A full and accurate count of all residents (including children) is important for many reasons, one of which is for allocation of State and Federal funds. Also, the Census is used to update the voting list and provide data on present and future school populations.

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 1**. A current rabies vaccination record and spaying/neutering certificate is required prior to issuing a license. Licenses are \$10.00 for all neutered/spayed dogs; and \$20.00 for male and female dogs that have not been neutered/spayed.

Dog licenses may be purchased in the office (cash or check-payable to the Town of Upton), online at <https://ma-upton.civicplus.com/664/Online-Payments> or through the mail. If mailing please include the dog's name, age, breed, color, rabies certificate, spaying or neutering certificate (if applicable), telephone number, check payable to the Town of Upton and a self-addressed stamped envelope to the Town Clerks Office, 1 Main St – Suite 11, Upton MA 01568.

2024 Election Calendar - in January the Secretary of State's office will mail postcard applications to request **Vote by Mail Ballots** to all registered voters. Vote by Mail will be an option for **ALL** elections this year. Also, we will offer In-person Early voting at town hall for the March 5th Primary, September 3rd State Primary and the November 5th Election. Dates will be posted once the schedule is finalized.

- Tuesday, March 5th Presidential Primary
- Thursday, May 2nd Annual Town Meeting
- Tuesday, May 7th Annual Town Election
- Tuesday, September 3rd State Primary
- Tuesday, November 5th Presidential Election

ONLINE VOTER REGISTRATION – to register, check or update voter status:

<https://www.sec.state.ma.us/ovr/>

Please contact our office at 508-529-3565 if you have any questions or would like additional information.

Please note the Community Center and Town offices will be closed on Monday, January 1 (New Year's Day) and Monday, January 15 (Martin Luther King Jr. Day).

THE
UPTON CENTER
STAFF

Interim Director
Barbara Connelly

**Social Services
Coordinator**
Katie San Clemente

Department Specialists
Nicole Stifnagle
Karen Varney

COA Drivers
Dave Loeper
Ed Ferrelli
Bruce Mitchell

Council on Aging
Board Members

Chair
Laurie Fantini

Vice Chair
Josephine McLaughlin

Secretary
Linda Sanders

Members
Myra Bigelow
Betty Consigli
Karen Glowacki
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



Weekly Shopping Trip Schedule:

Wednesday, January 3 at 12:00 pm —
Market Basket, Shrewsbury

Thursday, January 11 at 9:00 am—
Walmart/Job Lot/Shaw's Loop

Tuesday, January 16 at 1:00 pm —
Market Basket, Shrewsbury

Wednesday, January 24 at 9:00 am —
Walmart/Job Lot/Shaw's Loop

Monday, January 29 at 12:00 pm —
Market Basket, Shrewsbury



NEW! Grief Support Group Tuesdays at 1:00 pm

The loss of a loved one is painful and difficult but you are not alone. Find compassion and comfort at this newly formed grief support group led by Robin Natanel. This group will meet weekly in January and may extend beyond pending interest.

January Intergenerational Tea

Wednesday, January 3rd at 10:00 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.



Silver Sisterhood

Wednesday, January 3 at 11:00 am

Wednesday, January 17 at 11:00 am

Want 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 and 3rd Wednesday of the month at 11am.

Lunch Trip—Sorrento

Friday, January 12 at 12:00 pm



Come enjoy lunch with your friends at the Senior Center. This month we'll be dining at Sorrento in Milford. **RSVP by Jan. 10** and let us know if you'll need a ride or if you'll be meeting us there.



Crafts with Betty

Friday, January 19 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, January 19 at 5:00 pm



Join us for a delightful dinner sponsored by the Upton Men's Club. January's menu features chicken marsala with rice from Oliva's. Open to Upton residents of all ages! No fee thanks to the generosity of the Upton Men's Club. **RSVP by January 15.** Limited space available. Shuttle service available. Doors open at 5pm.

New! Drop In Tech Help

Tuesday, January 23 at 1:00 pm



Confused about technology? Want to learn how to use apps on your phone, set up email or need other tech assistance? We're here to help! Stop by & bring your device, or use the computer library, so we can assist you. Help is available on a first-come, first served basis. We'll do our best to answer them, and if we can't, we'll look for answers and learn alongside you.

New! Dance Fusion Fitness

Wednesday, January 24 at 9:30 am



Looking for a fun way to get fit? We have the answer for you! Dance Fusion Fitness is similar to Zumba Gold featuring low-impact movements that are gentle on the joints, making it ideal for seniors with joint issues or limited mobility. The class is set to pop and funk music and is led by instructor Scott Shuster. This class will continue in February pending interest. \$3 fee.

Save the Date - Mindful Eating

Mindful Eating with Robin Natanel is back for 2024! This 6-week course will help you stay focused on eating mindfully. Pre-registration is required. \$25 for 6-week course. Save the dates: Feb. 13, 20 & 27/ Mar 5, 12 & 19 at 11:00 am. (\$25 fee for 6 week session).

Meet & Eat

Wednesday, January 31 at 1:00 pm

Join us for a fun lunch with current friends or make some new ones at our Meet & Eat Lunch! Enjoy finger sandwiches and sides while relaxing with friends. But wait, there's more...we'll have Don from **Partoons Caricature** here to draw pics of everyone. Caricatures available on a first-come, first-served basis. **\$5 fee**



Hearing Aid Clinic—Monthly!

Wednesday, January 10, 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: February 14

Podiatrist Appointments

Thursday, January 18 (by appointment)



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

THANK YOU!



We cannot ring in the new year without saying thank you to all who joined and helped us in 2023!

- The Upton Men's Club
- The Upton Bloomer Girls
- St. Gabriel's Church
- United Parish Church
- Unibank—Upton
- The Upton Grange
- Thimble Pleasures
- Hopedale Cardiovascular
- Our wonderful senior center & food pantry volunteers
- And the many, many community members who have stopped by to drop off food, gift cards, monetary donations and so much else.

We are so grateful to be part of such a supportive, compassionate community. 😊

Can you find the hidden party hat?



Congratulations to **Linda Melanson** who found the hidden mistletoe in our December newsletter. This month, try to find our hidden **party hat**. If you find it, call us to be entered into a drawing to win a gift certificate!

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, January 10th from 10:30-12:00
(by appointment only)

Nutrition Talk—

Monday, January 8th at 11:30 am

Crafts with Betty—

Friday, January 19th at 9:30 am

Men's Club Supper—

Friday, January 19th at 5:00 pm

Trivia Time—

Monday, January 22th at 12:30 pm

Blood Pressure Checks —

Wednesday, January 24th at 12:30 pm

Stress Reduction—

Thursday, January 25th at 10:00 am

Birthday Bash—

Friday, January 26 at 12:30 pm