



# The Upton Chronicle

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

## 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  
Margaret Watson

**COA Hours:**  
Monday—Friday  
9:00 am to 4:00 pm

**Phone:**  
508-529-4558  
**Fax:**  
508-529-1014

## February 2024



### News from the Town Clerk's Office



Winter has finally arrived. We hope everyone stays warm on these cold & snowy days.

- \* Annual Census/Street Listing Forms (including dog license form) have been mailed to all households. Please review and return those forms as soon as possible either by mail or email ([census@uptonma.gov](mailto: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 are now available. 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.
  - \* The Secretary of State's office mailed 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.
  - \* 2024 Election & Town Meeting schedule:
    - \* Tuesday, March 5th Presidential Primary 7 am – 8 pm at Nipmuc HS;
    - \* In-person Early voting at Town Hall: Saturday, February 24th 9 am – 5 pm; then during regular Town Hall hours the week of February 26th thru March 1
    - \* 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/>
  - \* Nomination papers for the Annual Town Election (May 7, 2024) will be available starting Monday, February 5th. We encourage anyone interested in running for an elected position to contact our office for more information.
- Please contact our office at 508-529-3565 if you have any questions or would like additional information.
- Denise Smith, Town Clerk ([dsmith@uptonma.gov](mailto:dsmith@uptonma.gov))  
Kathleen Bern, Assistant Town Clerk ([kbern@uptonma.gov](mailto:kbern@uptonma.gov))



### Weekly Shopping Trip Schedule:

**Tuesday, February 6 12:00 pm**  
Walmart/Job Lot/Shaw's Loop

**Wednesday, February 14 at 9:00 am**  
Market Basket, Shrewsbury

**Tuesday, February 20 at 12:00 pm**  
Walmart/Job Lot/Shaw's Loop

**Wednesday, February 28 at 9:00 am**  
Market Basket, Shrewsbury

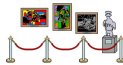
### **In Memory of Muriel Kulkin & Grace Wadsworth**

This past month, we lost two beloved members of our community, Muriel Kulkin and Grace Wadsworth. At the senior center, Muriel and Grace were always considered a twosome as you would rarely see one without the other. They played Bingo together weekly and often signed each other up for events as they knew they would always be going together. It's fitting and bittersweet that their passings were so close together. We will fondly remember Muriel's affable nature and Grace's radiant smile.



### **Small Stones Art Show Shuttle**

**Friday, February 2 at 12:00 pm**



Join on for a visit to the Small Stones Art Show at the Brigham Hill Community Barn! The Small Stones Festival is one of the largest exhibitions in the Commonwealth featuring 140 curated works from Central Massachusetts and beyond. Sign up for a ride on the shuttle or meet us there. Shuttle space is limited so sign up today!



### **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.

### **Dance Fusion Fitness** **Wednesdays at 9:30 am**



Returning for February! Burn calories and get fit at our Dance Fusion Fitness class. This class 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. \$3 fee.

### **Silver Sisterhood**



**Wednesday, February 7 at 11:00 am**  
**Wednesday, February 21 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. Group meets on the 1st and 3rd Wednesday of the month at 11am.

### **Lunch Trip—Three Seasons at BVT** **Friday, February 9 at 12:00 pm**

Support our local junior chefs with a visit to Three Seasons at BVT. Enjoy a prix fixe meal with your choice of entrée along with salad and dessert for \$14 plus 18% gratuity. **RSVP with your entrée choice by February 2.** Cash only.

### **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).

### **Puzzle Swap**



**Wednesday, February 14 at 1:00 pm**

Need to swap an old puzzle out for a new one? Bring in a gently used puzzle with no missing pieces to participate in our Yankee Swap of puzzles (500 or 1,000 pieces). You will walk away with a new-to-you puzzle of your own!

### **Can you find the hidden telephone?**



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

### Be Mine Breakfast

Friday, February 16 at 9:00 am

Be our Valentine!! Let us woo you with a delicious breakfast of scrambled eggs, bacon & sausage, home fries and fruit salad in celebration of Valentine's Day. Special thanks to Representative David Muradian for sponsoring this bountiful breakfast.

RSVP by February 2.



### Crafts with Betty

Friday, February 16 at 10:30 am

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

### Men's Club Supper

Friday, February 16 at 5:00 pm



Looking for a great way to socialize with others in our community? Join us for a delightful dinner sponsored by the Upton Men's Club. February's menu features ziti with meatballs from Christiano's in Hopedale. Free to Upton residents of all ages! No fee thanks to the generosity of the Upton Men's Club. **RSVP by February 9.** Shuttle service available. Doors open at 5pm.



### New! Tech Talk & Drop-In Tech Help

Tuesday, February 20 at 1:00 pm

Join us for a new program to help make sense of everyday technology. This month, we'll teach you how to utilize curbside pickup at your local supermarket. Following that, our resident "techsperts" will be available for one-on-one assistance with your tech questions. Please bring your phone, laptop or tablet with you to follow along with the tech talk or for help with your specific device. Pre-registration required.

### Podiatrist Appointments

Thursday, March 21 (by appointment)



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

Please note the Community Center and Town offices will be closed on Monday, February 19 in observance of President's Day.

## 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

1:00 - Grief Support Group

### Wednesday:

**NEW!** 9:30 - Dance Fusion Fitness (\$3)

10:45 – 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:

10:45 – Strength and Stretch (\$3)

## MONTHLY PROGRAMS

### Nutrition Talk—

Monday, February 12 at 11:30 am

### Crafts with Betty—

Friday, February 16th at 10:30 am

### Men's Club Supper—

Friday, February 16th at 5:00 pm

### Trivia Time—

Monday, February 26th at 12:30 pm

### Blood Pressure Checks —

Wednesday, February 21st at 12:30 pm

### Stress Reduction—

Thursday, February 22nd at 10:00 am

### Birthday Bash—

Friday, February 23rd at 12:30 pm

## 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.

### Food Pantry Wish List



- |  |                 |
|--|-----------------|
| Hand soap                                      | Baked Beans     |
| Bar soap                                       | Instant Oatmeal |
| Small laundry detergent                        | Canned fruit    |
| Tissues  | Applesauce      |
| Soup   | Trash bags      |
| Small condiments: mayo, ketchup, mustard, etc. |                 |

## 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.

### Important Reminder

We strive to offer high-quality, affordable programming and events. In order to maintain our level of service, we kindly ask that you remember to cancel if you cannot attend programming you're registered to attend as many programs and events have costs associated with them. Of course, we want to see you here but if you can't make it, just let us know!

