



The Upton Chronicle

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

UPTON CENTER STAFF

Director

Tania Paparazzo

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

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Secretary

Linda Sanders

Members

Myra Bigelow

Betty Consigli

Karen Glowacki

Gregg Manning

Suzanne Perry

Richard Provost

Margaret Watson

COA Hours:

Monday—Friday
9:00 am to 4:00 pm

Meals on Wheels

Nutrition Manager
Albert Vautour

Phone:
978-907-5709

March 2024



WELCOME

Welcome Tania Paparazzo—Director of Elder and Social Services

I would like to start off by thanking everyone for being so welcoming as I embark on my first week in this new role as your Director of Elder and Social Services. Everyone I have come across has greeted me with such warmth and kindness and it really shows what a wonderful community we have here in Upton.

As some of you may know, my professional experience as a clinical social worker has allowed me to gain an expansive range of both clinical and management skills working with the aging population. I have worked in different communities throughout New England and truly enjoy getting to know the people and understanding the needs of each unique community. I have a passion for healthy aging and brain wellness and love to see the programs already being offered here in Upton to promote these goals.

I am very excited to be on board and am looking forward to learning from all of you as I settle into this role. I hope to continue the great work that the staff has done here at the center and I am looking forward to working as a team to best serve the needs of our community moving forward. My door is open at any time, and I welcome you to attend the Meet the Director Ice Cream Social scheduled on Monday, March 11 at 2:30 pm where we can talk more together about how to grow our great center.

Warmest regards,
Tania Paparazzo

Save the Date - April Upcoming Events

- April 2 - Scams Targeting Older Adults presented by the Worcester County DA Office
- April 9 - Fenway Opening Day Hot Dog Lunch
- April 16 - Intergenerational Tea Party
- April 16 - Luminaries in the Library - A Paper Luminary Workshop
- April 25 - Upton Police Department Senior Meatball Dinner



Weekly Shopping Trip Schedule:

Wednesday, March 6 12:00 pm
Walmart/Job Lot/Shaw's Loop

Wednesday, March 13 at 9:00 am
Market Basket, Shrewsbury

Tuesday, March 19 at 12:00 pm
Walmart/Job Lot/Shaw's Loop

Thursday, March 28 at 9:00 am
Market Basket, Shrewsbury

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



Burn calories and get fit at our new 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.



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.



Silver Sisterhood

Wednesday, March 6 at 11:00 am
Wednesday, March 20 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.

Can you find the hidden gold coin?



Congratulations to **Deborah Hart** who found the hidden telephone in our February newsletter. This month, try to find our hidden **gold coin**. If you find it, call us to be entered into a drawing to win a gift certificate!

Lunch Trip - Chateau (Franklin)

Friday, March 8 at 12:00



Join us for lunch at the Chateau in Franklin! Book your spot on the shuttle or meet us there. RSVP by March 6. **CASH ONLY.**

Meet the Director - Ice Cream Social

Monday, March 11 at 2:30 pm



Enjoy ice cream with all the fixings while meeting our new Council on Aging Director, Tania Paparazzo.



Pi Day

Thursday, March 14 9:00-12:00 pm

Math nerds unite! Celebrate the wonder of the mathematical constant Pi (π) with pie! Stop by the senior center for your free mini pie between 9-12:00 pm. But don't eat too much pi or you'll end up with a big circumference!



Crafts with Betty

Friday, March 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, March 15 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. March's menu features pizza and a surprise dessert from BVT culinary students. As a special bonus, we'll have a special dance performance from some local junior dance students. Free to Upton residents of all ages! No fee thanks to the generosity of the Upton Men's Club. **RSVP by March 8.**



Drop-In Tech Help

Tuesday, March 19 at 1:00 pm

Join us for our monthly drop-in tech help session. 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.

St. Patrick's Day Lunch

Wednesday, March 20 at 1:00 pm

Celebrate St. Patrick's Day with your friends at the Senior Center! Enjoy a reuben, chips and dessert while enjoying the Al McKay band who will be playing classic Irish sing-alongs as well as familiar jigs, reels, and polkas. **\$5 fee. RSVP by March 15**

Podiatrist Appointments

Thursday, March 21 (by appointment)



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



The Beat Generation: Musical Review

Monday, March 25 at 12:30 pm

Join us for a fun presentation on the 1950s featuring live acoustic music, sing-alongs coupled with audio and visual clips led by Fran Hart, founding member of the Beatles tribute band, 4EverFab.

Dana Farber Mobile Blood Drive

Friday, March 29 9:00-4:30 pm



The bloodmobile is coming to the Upton Community Center! Make your appointment now by visiting tinyurl.com/UptonM2024

Walk-ins taken as time allows. As a special thank you, donors will receive a Kraft Family Blood Donor Center \$10 Target Card. Photo ID required for all donors.



Scams Targeting Older Adults

Tuesday, April 2 at 2:00 pm

The Senior Center welcomes Kevin Donohue from the Office of Worcester County District Attorney who will be presenting Scams Targeting Older Adults: A presentation informing older adults about active scams. Please join us for this information and necessary session to ensure you are aware of current scams and how to avoid them.

Fenway Opening Day - Hot Dog Lunch

Tuesday, April 9 at 12:00 pm



Celebrate opening day with a hot dog congregate lunch. Enjoy a hot dogs and crackerjacks \$3 fee. RSVP by April 3.

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, March 11 at 11:30 am

Crafts with Betty—

Friday, March 15 at 9:30 am

Men's Club Supper—

Friday, March 15 at 5:00 pm

Trivia Time—

Monday, March 18 at 12:30 pm

Blood Pressure Checks —

Wednesday, March 27 at 12:30 pm

Birthday Bash—

Friday, March 29 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	Canned Ham
Small laundry detergent	Deviled Ham
Paper Towels	Spam
Soup	Spaghetti O's
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!