



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

508-529-4558 / 508-529-4559 / www.uptonma.gov

April 2024

UPTON CENTER STAFF

Director

Tania Paparazzo

Social Services Coordinator

Katie San Clemente

Department Specialists

Nicole Stifnagle

COA Drivers

Dave Loeper

Ed Ferrelli

Bruce Mitchell

Council on Aging Board Members

Chair

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Vice Chair

Josephine McLaughlin

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



Message from the Director

"April is a moment of joy for those who have survived the winter." — Samuel Johnson

Finally, we have all survived the winter...welcome Spring! I don't know about you, but I am excited to get out into nature and enjoy the fresh air and spring flowers! Next time you step outside, stop and take a deep breath. You will be doing something good for both your brain and your well being! Research shows that exposing your lungs to fresh air, plants and flowers, can help to relieve anxiety and stress. In addition, both our brain structure and mood improve when we spend time outdoors. Just a short time in the great outdoors can help improve concentration, working memory, and the psyche as a whole. So, what are you waiting for, open those windows, get outside and take it all in. Your mind and your body will thank you!

Warmest regards,
Tania Paparazzo

April's Featured Program Seated Exercise Tuesdays at 10am

Led by Robin Natanel, this class offers gentle, flowing movements that will provide relief for arthritis and joint stiffness and will ease you into exercising.

Seated Exercise is perfect for those who want to exercise but don't like to sweat. Set to calm, meditative music, Seated Exercise is perfect for creating a mind-body balance while challenging your muscles and building strength. Seated Exercise takes place on Tuesdays at 10 am. **\$3 fee.**



Thank you to our volunteers!

April is volunteer month, a time to draw attention and recognition to the incredible group of volunteers that keep our center running. Without their efforts, our center would not exist. From meal delivery to food pantry, board members and programming, our volunteers show up day after day bringing joy and much needed services to our community. To our devoted volunteers, we appreciate your unwavering support. **Thank you for helping us grow!**





Weekly Shopping Trip Schedule:

Tuesday, April 2 at 12:30 pm

Market Basket, Shrewsbury

Wednesday, April 10 at 12:00 pm

Walmart/Job Lot/Shaw's Loop

Wednesday, April 17 at 12:30 pm

Market Basket, Shrewsbury

Tuesday, April 23 at 9:00 am

Walmart/Job Lot/Shaw's Loop



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, April 3 at 11:00 am

Wednesday, April 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. Group meets on the 1st and 3rd Wednesday of the month at 11am.



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 present 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.

Can you find the hidden bunny?



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



NEW for the month of April ZUMBA GOLD with Dawn George Wednesdays at 9:30 am

Zumba® Gold uses Latin and International rhythms that feature low-intensity, low-impact exercises to help you safely reach your wellness goals. The moves are gentle on the joints and slower-paced offering the opportunity for greater range of motion at your own pace. This class is so full of fun and energy you'll forget you're working out and think you're at a party! \$3 fee.

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.**



Crafts with Betty

Friday, April 12 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, April 12 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. April's menu features spiral ham and mac n' cheese from Rose Garden.

Free to Upton seniors thanks to the generosity of the Upton Men's Club. **RSVP by April 5.**

Shuttle service available. Doors open at 5pm.

Luminaries in the Library with artist Cathy Weaver Taylor

Tuesday, April 16 1-2:30pm

A Paper Luminaries Workshop for Seniors

Create a paper artwork suitable for hanging in a window. All instruction & materials provided. Limited space available. **Program sponsored by the Upton Cultural Council**

**Please note the Senior Center will be closed on
Monday, April 15 for Patriot's Day.**



Intergenerational Spring Tea Tuesday, April 16th at 10:00 am

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.

Police Spaghetti & Meatball Supper Thursday, April 25 at 4:30 pm



The Upton Police are back to protect and serve...spaghetti & meatball dinner! Join us on Thursday, April 25 at 4:30 pm for the Upton Police annual Spaghetti & Meatball supper. Free for Upton seniors! **RSVP by April 11.**

Lunch Trip New England Steak and Seafood (Mendon) Friday, April 26 at 12:30 pm

Join us for lunch at New England Steak and Seafood in Mendon! Book your spot on the shuttle or meet us there. RSVP by April 19 **CASH ONLY.**



Drop-In Tech Help Tuesday, April 26 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.

Important Reminder Van Service



The Council on Aging expects riders to treat the van drivers, COA staff, and fellow riders with respect. No rude or intimidating language will be tolerated. Riders are not to engage in conduct which delays or disrupts the transportation service or makes other riders feel uncomfortable. Any issues should be reported to the Director and in some cases, ridership could be suspended. Please help us in keeping the van a safe and comfortable space for all who use it.

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:

9:30 Zumba Gold (\$3) *New for April!*
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, April 8 at 11:30 am

Crafts with Betty—

Friday, April 12 at 9:30 am

Men's Club Supper—

Friday, April 12 at 5:00 pm

Trivia Time—

Monday, April 22 at 12:30 pm

Blood Pressure Checks —

Wednesday, April 24 at 12:30 pm

Birthday Bash—

Wednesday, April 24 at 12:30 pm

Please note - Due to scheduling conflicts, Birthday Bash will be held on a Wednesday, (April 24th) at 12:30pm. Same fun, different day!

Social Services Updates

**The Upton Community Center Food Pantry
is open to all Upton residents on
Wednesdays 12-2 pm and Fridays 11-1 pm**

If you are in need of assistance outside of these operating hours, please call the Upton Senior Center at 508-529-4558 to schedule an appointment. We are located at the Upton Community Center at 9 Milford Street and can be accessed through the Senior Center entrance of the building.

Donations for the food pantry are always welcome! **We are only able to accept non-perishable, non-expired food items and kindly ask that you check the items prior to donating!**

Our current list of needs includes:

Paper towels
Small bottles of laundry detergent
Hand soap/Deodorant
Baking goods
(flour, sugar, baking soda, baking powder, oils)
Broths/gravy
Condiments /Dressings
Canned ham
Baked beans
Soups
Canned potatoes
Coffee & tea
Crackers/Cookies
Peanut Butter



**Thank you for your thoughtful donations
and for your support!**

Community Corner

Upton Police Introduce Silver Alert Program

In order to help improve the police response time when a person with Alzheimer's disease, dementia, or other severe cognitive impairment is reported missing, the Upton Police Department has developed the Silver Alert Program. The program helps to identifying people with dementia who have wandered or become lost and return them to safely to their homes.

Over sixty percent of people with Alzheimer's or a related disorder will wander. Any family that is directly affected by dementia should consider registering for Silver Alert. Very few families expect a family member to go missing until it happens for the first time. If not found within 24 hours, up to half of wandering seniors with dementia suffer serious injury or death.

There is no age requirement to be entered into this program. Residents who have a loved one with a serious cognitive impairment are encouraged to contact:

Lt. Michael Benjamin at (508)529-3200,
or mbenjamin@uptonma.gov for more information.

The Silver Alert Program registration form can also be found on our website or visit the Social Services Coordinator at the senior center who can assist in completing the registration form.

News from the Town Clerk's Office

Happy Spring...this is New England though so be prepared for winter to make another appearance.

Annual Census/Street Listing Forms can still be returned to our office by mail, drop off or email – census@uptonma.gov or to Denise or Kathleen's email below.

Dog licenses for calendar year 2024 are available. Dogs three months or older need to be licensed **each year by April 1st**. A \$10 late fee will be charged after April 1st. 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 intact male and female dogs.

2024 Annual Town Meeting & Election:

Thursday, May 2nd Annual Town Meeting - 7 pm Nipmuc HS auditorium
Tuesday, May 7th Annual Town Election – 7 am through 8 pm Nipmuc HS gymnasium

Voter registration deadline is **Monday, April 22nd**; Also, for anyone that returned the State's Vote by Mail postcard and selected "All Elections" the ballot for the Annual Town Election will be mailed to you later this month. You may still vote in-person on election day (May 7th) if you have not returned the ballot that was mailed to you.

ONLINE VOTER REGISTRATION – to register, check or update your 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.

Denise Smith, Town Clerk (dsmith@uptonma.gov)
Kathleen Bern, Assistant Town Clerk (kbern@uptonma.gov)