



The Upton Chronicle

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

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June 2024



 **Summer Concerts are back at Kiwanis Beach**
Wednesdays June 26-August 7th
Concerts begin at 6:oopm

June 26th — Studio Two – A Beatles Tribute
July 3rd — The Band From U.N.C.L.E
July 10th —Pocket Change
July 17th — South Street Band
July 24th —Moxie
July 31st —Tim Buono
August 7th —Houston Bernard

Burgers, hotdogs, chips and soda are available for purchase at the snack shack.
Please call the Senior Center at least 2 days in advance to book your seat!



Bite Lab

Monday, June 17 at 12:00 pm



There has been a significant increase in tick-borne diseases in MA. Diseases such as Lyme Disease, Babesiosis, and Human Granulocytic Anaplasmosis (HGA) have dramatically increased over the past decade. There have been confirmed cases of tick-borne related diseases that were not previously seen in MA such as Borrelia and most recently, the complicated disease of Alpha-Gal Syndrome which causes a person to become allergic to red meats. Mosquito-borne illnesses have also been on the rise in MA. During warmer months, cities and towns often perform frequent testing on mosquitos to monitor for the presence of disease like West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). The Mosquito/Tick Diseases and Prevention "Bite Lab" was created by the MA Department of Public Health (MDPH) Bureau of Infectious Disease Surveillance. It is an interactive tabletop presentation for children and adults of all ages. Participants will learn about the life cycle of mosquitos and ticks, the diseases they cause, and important strategies to reduce the likelihood of contracting these diseases.



Weekly Shopping Trip Schedule:

Thursday, June 6 at 9:00 am
Walmart & Foppema's

Wednesday, June 12 at 12:30 pm
Market Basket, Shrewsbury

Tuesday, June 18 at 9:00 am
Shaw's & Foppema's

Monday, June 24 at 12:30 pm
Market Basket, Shrewsbury

Weekly Shopping Trips Update

Foppema's is open as of May 31 which means we will be including this as a stop on some of our shopping trips! In order to ensure the safety of all shopping trip attendees, we will be making adjustments to the shopping schedule to accommodate this stop. Please review the posted shopping trip schedule above.

Memorial Elementary Visit

Tuesday, June 4 (raindate June 5)

The third graders from Memorial School will be visiting the senior center in groups throughout the day. This is an opportunity for them to understand more about what our center has to offer as well as to gain perspective on what it's like to age in our lovely community. If you're here, please stop by and say hello to the students.

If you haven't done so already, please take a moment to contribute a quilt square to our community quilt that we will be creating with the students. Squares are available in the ESS Program Room (former exercise room).



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 grief support group led by Robin Natanel.

Silver Sisterhood

Wednesday, June 5 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. For June, this group will only meet on June 5.

Learn to Play Mahjong

Thursdays, June 6, 13, 20, & 27 at 11:30 am

Have you always wanted to learn how to play mahjong but don't know where to start? Join us on Thursdays at 11:30 am as we teach the ins and outs of Mahjong (American Version).

Coffee & Conversation with the Town Manager

Friday, June 7, 9:15 - 9:45 am



Join Town Manager, Joe Laydon, every month for an informative coffee and conversation. The public is welcome to join, ask questions, meet special guests, and learn what is going on around town!

Deeds & Probate

Wednesday, June 12 at 2:30 pm

The Upton Senior Center welcomes Worcester Registrar of Deeds (Kathryn Toomey) and The Registrar of Probate Courts (Stephanie Fattman) for a discussion on deeds and probate. Learn about how the Registry of Deeds and the Probate Court work together for the residents of Massachusetts. Join us in dialogue about land ownership and how probate issues can legally affect what happens to your property. We will provide introductory information and give an overview about Deeds, Homesteads, Trusts and Estates.

Jeopardy & Pizza with Whitcomb

Friday, June 14 at 12:00 pm

Challenge your brain - Join us for an afternoon of pizza and Jeopardy sponsored by the Whitcomb House in Milford.

June Trivia Question

Congratulations to our May Trivia winner, **Norman Mason!** June's trivia question is: **Who was the first African-American man to serve on the Supreme Court?** Let us know for a chance to win a gift certificate!

Mindful Meditation**Friday, June 14 at 1:00 pm**

Calm your mind and body so you can acknowledge and accept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel.

Bite Lab**Monday, June 17 at 12:00 pm**

Learn about the life cycle of mosquitos & ticks, diseases they cause, & important strategies to reduce the likelihood of contracting these diseases through this interactive presentation.

**Tech Help****Tuesday, June 18 at 1:00 pm**

Join us for our monthly 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 requested.

Exercise with Shirley - Extra Summer Class!**Tuesdays at 11:15 am****Fridays at 9:30 am**

Shirley will be adding a second class for summer! Starting June 21, Exercise with Shirley will be offered at 9:30 am on Fridays in addition to her regularly scheduled class on Tuesdays.

Lunch Trip**Friday, June 21 at 12:30 pm**

Join us for lunch at 99 Restaurant in Milford. Following lunch, we'll head to JJ's ice cream for dessert.

10 Warning Signs of Alzheimer's**Wednesday, June 26 at 2:30 pm**

June is Alzheimer's & Brain Awareness Month. Join us for **The 10 Warning Signs of Alzheimer's:** If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters!

**Crafts with Betty****Friday, June 28 at 9:30 am**

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

The Upton Community Center will be closed on Wednesday, June 19 in observance of Juneteenth.

WEEKLY PROGRAMS**Monday:****10:45 – Strength and Stretch (\$3)****Tuesday:****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)****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)****9:30 – Exercise with Shirley (\$3)****(beginning June 21)****MONTHLY PROGRAMS****Nutrition Talk—****Monday, June 10 at 11:30 am****Trivia Time—****Monday, June 24 at 12:30 pm****Blood Pressure Checks —****Wednesday, June 26 at 12:30 pm****Crafts with Betty—****Friday, June 28 at 9:30 am****Birthday Bash—****Friday, June 28 at 12:30 pm**

Enjoy pizza, cake, and ice cream with your friends at the senior center. This month, we'll have music from Tom Mansfield - Blue Foot Dog, he's howlin' again!



All are welcome to celebrate with us! \$3 fee. Free for those with a birthday in June.

SOCIAL SERVICES UPDATE

Healthy Incentives Program

Summer is back, which means HIP (Healthy Incentives Program) is here for you!

The **Healthy Incentives Program** encourages SNAP participants to purchase healthy foods when shopping at farm stands that participate in the HIP program. If you are receiving SNAP food stamp benefits, you are automatically eligible for HIP.

When SNAP participants use their EBT card at a participating HIP location to purchase farm fresh produce such as fruits, herbs and vegetables, the purchase cost is automatically put back onto their EBT card, so essentially, SNAP participants are getting those healthy foods for FREE.

Households of 1-2 people are eligible for up to \$40 of HIP benefits each month. Households of 3-5 people are eligible for \$60/month, and households of 6 or more people are eligible for up to \$80/month.

Did you know that our Senior Center van makes trips to a HIP eligible farm stand 2x each month in the Summer? Foppema's Farm Stand is a HIP eligible location and is an added stop on our shopping trips throughout the summer. If you would like to shop at Foppema's Farm Stand with us, please call our center at **508-529-4558** to schedule a ride on our van.

COMMUNITY CORNER

Pied Piper at Nipmuc July 19th at 2:00 pm

**The Upton Recreation Youth Summer Theatre Program presents:
The Pied Piper with original music by Bob Nicoll**

In this humorous version, the Rats are Hip Hop rats that can rap and are quite loveable. The Corporation, the Mayor's sidekicks, offer plenty of laughs as well as the Mayor's spoiled "little prince" son. There is a playful hopping between modern times and the middle ages throughout along with an appearance of a character from another story during set changes. The variety of music in this play is astounding from opera to rap to songs the actors waltz to along with the Pied Piper's haunting and evocative music both sung and played on his pipes. This play promises to delight all types! At the beginning of the script you will find the director's notes which include notes on the production, costumes, ideas for the set and needed stage props.



In this classic children's tale dating back centuries, the Pied Piper arrives in the town of Hamelin, a small village in Germany, where he promises to rid the town of their rat infestation with his magical charms if he is paid. Once the Pied Piper accomplishes the goal of getting rid of the rats, the town's Mayor and his corporation renege on their promise to pay the Pied Piper and things proceed in an unexpected manner from that point on.