



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

JULY 2024



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Upton Memory Café

presented by Nipmuc Civics Students

Upton resident Susan Barrows and a team of Nipmuc High Students have created a program designed to meet the needs of individuals affected by Alzheimer's or dementia and their caregivers. This project was fully driven by the students and was chosen to be showcased at the Massachusetts Civics Symposium. The Upton Center is proud to host the Nipmuc students as they provide this much needed program to our community as well as surrounding towns.

If you or your loved one are experiencing problems with memory or thinking, we encourage you to attend the Memory Café and meet with others in your community who are facing similar challenges. It is a great opportunity for engagement, socialization and camaraderie for all. Please see additional information below and **contact Susan at 508-614-5666 or suziebarrows@gmail.com to register.**

When: Tuesday, July 9, 11-12:30 pm

Where: The Upton Community Center, 9 Milford Street

Who: Anyone affected by dementia/Alzheimer's are welcome!

Memory Café provides a warm and inclusive environment where those with memory loss, Alzheimer's, or other forms of dementia, AND their caregivers, can enjoy an afternoon of social interaction. This event is being hosted by Nipmuc High School students and the project was featured at the MA Civics Project Showcase! The student volunteers add vibrancy to the gatherings with lively conversations, music, and entertaining activities for the guests.

Complimentary light lunch included along with a variety of games and activities suitable for all levels of mental and physical ability.



Please note the Upton Community Center will be closed on Thursday, July 4 in observance of Independence Day.

Weekly Shopping Trip Schedule:

Monday, July 1 at 12:30 pm

Walmart & Foppema's

Tuesday, July 9 at 12:30 pm

Market Basket, Shrewsbury

Thursday, July 18 at 9:00 am

Shaw's & Foppema's

Wednesday, July 24 at 12:30 pm

Market Basket, Shrewsbury

Tuesday, July 30 at 9:00 am

Walmart & Foppema's

Weekly Shopping Trips Update

The Upton Center will continue to offer one (1) scheduled shopping trip per week which will include a rotation of Market Basket, Shaws/Foppemas and Walmart/Foppemas. We can accommodate 8 passengers per trip.

Because demand is increasing for these trips, please consider signing up in advance to ensure your space on the van. You can choose as many trips as you like based on availability.

If you have feedback regarding this rotation or would like to see an additional trip to a certain location in the future, please share this with the office staff so we can take it into consideration when budgeting and planning transportation moving forward.

Walking Club

Tuesdays at 9:30 am

Our walking club began in June and will continue with scheduled walks on Tuesdays at 9:30am. Please contact the senior center to register and obtain information as locations may change week to week.

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.

July Trivia Question

Congratulations to our June Trivia winner, **Virginia Koerten**! July's trivia question is: **What country holds the record for hottest temperature ever recorded?** Let us know for a chance to win a gift certificate!

Dance Fusion Fitness

Wednesdays at 9:30 am



Dance Fusion Fitness with Scott Shuster is back! 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. \$3 fee.

Silver Sisterhood

Wednesday, July 3 & 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. .

Kiwanis Summer Concerts

Wednesdays in July at 6:00 pm

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!

Coffee & Conversation with the Town Manager

Friday, July 12, 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!

Aging Gracefully

Friday, July 12 at 11:30 am

Presented by UMass Memorial Health in partnership with AARP and Mass Advantage. This workshop provides information regarding what to expect as we age and what you can do to prevent falls and stay young!

Falls are the leading cause of injury in older Americans and cause the most injury related hospital stays and Emergency Room visits. Preventing falls is one of the most important things we can do to maintain our independence as we age. Most importantly, most falls are preventable! Join our workshop to learn more!



Mindful Meditation
Friday, July 12 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.

Lunch Trip
Monday, July 15 at 12:30 pm



Back by popular demand! Join us at the Olive Garden in Worcester to enjoy some classic Italian favorites. RSVP by July 10.



Tech Help
Tuesday, July 16 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 device with you for help with your specific device. Pre-registration requested.



Pied Piper at Nipmuc
Friday, July 19 at 2:00 pm

The Upton Recreation Youth Summer Theatre Program presents: The Pied Piper with original music by Bob Nicoll. All ages welcome; no admission fee. Sign up for a ride on the shuttle or meet us there!



Ice Cream Truck Social
Tuesday, July 23 at 2:00 pm

July is National Ice Cream month and what better way to celebrate than a visit from the good old-fashioned Ice Cream Truck! Bring your friends to enjoy an afternoon of ice cream novelties and music! This event is generously sponsored by the Upton Fire and EMS Association who will be here to welcome and chat while you enjoy your ice cream.

Build Your Own Pasta Bowl - presented by Tri-Valley
Monday, July 29th at 12:30

Tri-Valley Presents Build your own pasta bowl. Tri-Valley is offering an Italian buffet for your enjoyment. We will feature penne pasta with a choice of tomato or alfredo sauce and many toppings. Garlic bread, milk and dessert will also be served.

Please register by July 22. \$3 suggested donation.



Crafts with Betty is canceled for July & August
and will resume in September.



Senior Center Wish List

The Senior Center welcomes donations and is in need of the following items: individual creamers, coffee, napkins, sugar packets, tea bags, and disposable cups, plates & bowls.

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 Dance Fusion (\$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)

11:30 - Learn Mahjong

1:00-3:00 – BINGO

Friday:

10:45 – Strength and Stretch (\$3)

9:30—Exercise with Shirley (\$3)

MONTHLY PROGRAMS

Nutrition Talk—

Monday, July 8 at 11:30 am

Trivia Time—

Monday, July 22 at 12:30 pm

Blood Pressure Checks —

Wednesday, July 24 at 12:30 pm

Birthday Bash—

Friday, July 26 at 12:30 pm

Enjoy pizza, cake, and ice cream with your friends at the senior center. All are welcome to celebrate with us! \$3 fee. Free for those with a birthday in July.



Reminder: The podiatrist will be here on Thursday, August 1 by appointment.

SOCIAL SERVICES UPDATE

Join the Upton Heritage Day Community Choir Project!

The United Parish of Upton and the Braintree Choral Society are collaborating on a Community Choir Concert for Upton Heritage Day. Middle school, high school singers, as well as adult singers from Mendon, Upton & surrounding communities are invited to sing with the choir. No auditions required to join. Each singer will receive a packet of sheet music & access to Mp3 files to help them learn the music, which will include a wide array of popular music, show tunes, jazz standards and traditional music on the theme of Love. The first rehearsal for the **Adult Choir** is Saturday, June 29th at 11:00 a.m. – 1:00 p.m. at the United Parish of Upton.

To register for the choir, please send your full name and what part you sing (Soprano 1, 2, Alto 1, 2, Tenor, or Bass) to Susan Bonito at MusicDir@UnitedParishUpton.org no later than Wednesday, June 26th.



COMMUNITY CORNER

Upton's Annual Hazardous Waste & Shredding Event
Saturday, July 27, 8:00-12:00 pm
DPW - 100 Pleasant Street, adjacent to Nipmuc HS

HAZARDOUS WASTE

Upton residents are allowed to bring up to 10 gallons or 10 lbs. of hazardous waste free of charge. Anything over the 10 lbs. or 10 gallons will be charged per item. Latex paint will not be accepted; it is not considered hazardous waste. For information on how to properly dispose of latex, contact the Board of Health office.

Acceptable Items: Consolidated Paint (non-latex), flammable liquids/solvents, lab pack chemicals, pesticides, herbicides, consolidated waste oil, small cans resins/adhesives, flammable resins/adhesives, antifreeze, aerosols, lead acid batteries, NiCad or lithium batteries, and fluorescent bulbs. **Home use syringes can be brought to the event to be disposed of at no cost. The sharps must be in a puncture proof container.**

Non-Acceptable Items: PCB's, mercury wastes, explosives, biological/medical waste, pressurized gas cylinders, commercially or industrially generated hazardous waste, radioactives, fire extinguishers, ammunition, and latex paint.

Other Acceptable Items:

- Tires (\$7 per car tire; \$12 per truck tire; no tires larger than 24")
 - Propane Tanks (\$3 each, no tanks over 60lbs)
 - Car Batteries (no charge)
 - Bicycles (adult size only, no charge)

Shredding - E.L. Harvey & Sons will provide complimentary shredding. Residents will have the option to watch their documents being shredded.

Please contact the Board of Health at 508-529-6813 with questions.

UPTON RESIDENTS ONLY. PROOF OF RESIDENCY REQUIRED.

Earn more SNAP dollars with the Healthy Incentives Program!

It's a HIP way to stay healthy all summer long!

- You must be enrolled in SNAP benefits to have access to HIP – then you can use your SNAP dollars to purchase farm-fresh fruits and vegetables at a HIP retailer
- An equal amount of money, up to your monthly limit, is instantly added back to your EBT card
- Your receipt will show the amount of additional dollars you've earned

Spend your earned benefits anywhere that accepts SNAP

| Household size | Monthly HIP Benefit |
|----------------|---------------------|
|----------------|---------------------|

| | |
|------------|------------|
| 1-2 people | \$40/month |
| 3-5 people | \$60/month |
| 6+ people | \$80/month |



To find a HIP location near you, visit www.mass.gov/hip or call the Project Bread's FoodSource Hotline at 1-800-645-8333. You can also look for the HIP logo at any participating Farmer's Market or local Farm Stand!