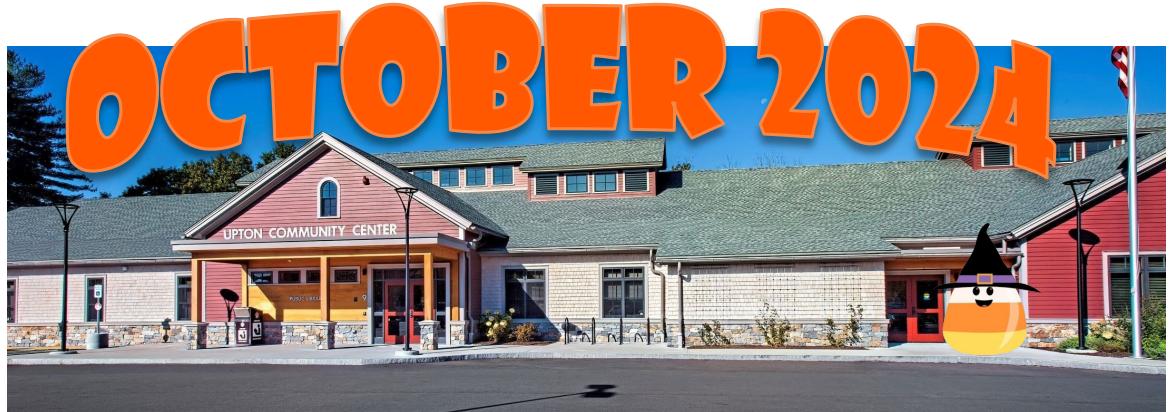




# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES



## UPTON CENTER STAFF

### Director

Tania Paparazzo

### Social Services Coordinator

Katie San Clemente

### Department Specialist

Nicole Stifnagle

### COA Drivers

Ed Ferrelli  
Bruce Mitchell

## Council on Aging Board Members

### Chair

Myra Bigelow

### Vice Chair

Laurie Fantini

### Secretary

Linda Sanders

### Members

Bob Fleming  
Karen Glowacki  
Cheryl Henderson  
Maggie Ohman  
Suzanne Perry  
Richard Provost

### COA Hours:

Monday—Friday  
9:00 am to 4:00 pm

### Phone:

508-529-4558

### Fax:

508-529-1014

## Meals on Wheels

### Nutrition Manager

Albert Vautour

### Phone:

978-907-5709

## News from the Town Clerk's office

### General Election (Presidential Election) will be held Tuesday, November 5

Polls will be open from 7:00 am until 8:00 pm at Nipmuc Regional HS gymnasium.

In addition to voting in-person on election day, voters have the option to vote by mail, vote in-person during the early voting period or vote by absentee ballot.

**Vote By Mail:** If you have already submitted a 2024 application to receive your ballot by mail for the General Election, we will automatically mail you a ballot. If you have not submitted an application to receive your ballot by mail the deadline to submit is Tuesday, October 29, 2024.

**In-Person Early Voting schedule at Town Hall:** Saturday, Oct. 19, 9 am to 3 pm; Monday, Oct. 21 thru Friday, Oct. 25 during regular Town Hall hours; Saturday Oct. 26, 9 am to 3 pm; then Monday, Oct. 28 thru Friday, Nov. 1 during regular Town Hall hours.

**Absentee Ballot:** If you are going to be out of town or unavailable on Election Day you may apply for an Absentee Ballot to have the ballot mailed to you or you can complete the application in the Clerk's office and vote at that time. Absentee voting is available up until 12:00 pm (noon) on Monday.

A sample ballot is available on the Town Clerk's page of the Upton website: <https://www.uptonma.gov/394/Town-Clerk>. Voter registration forms, Vote By Mail and Absentee Ballot applications can also be found on the Town Clerk's page.

Also, a **Special Town Meeting** has been scheduled for Tuesday, November 12, 2024 - 7:00 pm at Nipmuc HS auditorium. A copy of the warrant for the meeting will be available on the town website and posted at locations around town once it has been finalized.

Please contact our office at 508-529-3565 if you have any questions or would like additional information regarding the election or town meeting. Of course we are always happy to answer other questions too. Denise Smith, Town Clerk ([dsmith@uptonma.gov](mailto:dsmith@uptonma.gov)), Kathleen Bern, Assistant Town Clerk ([kbern@uptonma.gov](mailto:kbern@uptonma.gov)).

## Save the Date!

**November 2nd**  
Bloomer Girls  
Fall Festival

**November 4th**  
Mental Health  
Concerns in Older  
Adults

**November 5th**  
Holiday Scams

**November 5th**  
Election Shuttle  
10am-12pm

\*please call-in advance  
to book a ride time

## Van Update



Please be advised that the van will have limited availability on Mondays in October. We hope to be back to a regular schedule in November.

## Weekly Shopping Trip Schedule:

**Tuesday, October 1 at 12:30 pm**

Market Basket, Shrewsbury

**Wednesday, October 9 at 9:30 am**

Shaw's & Foppema's

**Thursday, October 17 at 12:30 pm**

Market Basket, Shrewsbury

**Monday, October 21 at 9:00 am**

Walmart & Foppema's

**Tuesday, October 29 at 12:30 pm**

Market Basket, Shrewsbury

**\$4 transportation charge per trip**



## **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.

## **Senator Fattman Staff Office Hours**

**October 2 & November 6**

**9:00 - 10:00 am**



Senator Ryan Fattman Announces Staff Office Hours. Meet with District Director Amanda Hellyar to seek guidance on issues related to a state agency, find out about upcoming events, and learn more about legislative affairs on Beacon Hill. All are welcome!

## **Silver Sisterhood**

**Wednesday, October 2 & 16 at 11:00 am**



Want to connect with other women 55 & older? Join the Silver Sisterhood, a fellowship of senior women interested in making new friends and sharing interests, laughter and support. Group meets on the 1st & 3rd Wednesday of the month at 11am. Registration is required & the group size is limited.

## **Coffee & Conversation with the Town Manager**

**Friday, October 4 at 9:15 – 9:45 am**

Join Town Manager, Joe Laydon, for coffee & conversation. The public is welcome to join, ask questions, meet special guests, & learn what's going on around town! This month, Joe will be accompanied by **special guest Valerie Leonardo, Upton Principal Assessor**. Valerie will share info & updates on Veteran & Senior Tax exemptions.

## **Sweets with the Chief**

**Wednesday, October 9th at 1:00 pm**



Join us to welcome the interim chief Peter McGowan with some sweet treats and conversation.

## **Lunch Trip**

**Friday, October 11 at 12:30 pm**



This month, we're staying local for lunch! Enjoy the cozy atmosphere and delicious food of **The Rose Garden** in Upton.

## **Mindful Meditation**

**Friday, October 11 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.

## **Flower Arranging Class with Petal and Crumb**

**Tuesday, October 15 at 10:00 am**

Unlock the art of floral design in our Flower Arranging class with Kerri of Petal and Crumb! Whether you're a complete novice or a seasoned enthusiast, this hands-on workshop will guide you through the fundamentals and finer details of arranging flowers.

The session includes a variety of seasonal and local flowers as well as step-by-step demonstrations and personalized guidance. No prior experience is needed—just a love for flowers and a desire to create something beautiful!

**Fee for this class is \$25 and must be paid upon registering.** Cost will cover flowers, materials and instruction. You will walk away with your own unique arrangement to take home.

## **Podiatry Appointments**

**Wednesday, October 16 (by appointment only)**

Dr. Biancamano will be here for his quarterly podiatry appointments at the Upton Community Center.

## **Upton Memory Café**

**Wednesday, October 16 at 2:30 pm**

The Upton Memory Café was designed by Nipmuc High School volunteers to meet the needs of individuals affected by Alzheimer's and dementia in Upton and surrounding communities. If you or your loved one are experiencing problems with memory or thinking, we encourage you to attend the Memory Café. If you are interested in attending our next Memory Café please contact the Senior Center to register.

## Senior Dinner - sponsored by Upton Men's Club

Friday, October 18 at 5:00 pm

Join us for a delightful dinner sponsored by the Upton Men's Club. October's menu features chicken marsala with rice from Oliva's. Free to Upton seniors thanks to the generosity of the Upton Men's Club. RSVP by October 11th. Limited space available. Shuttle service available. Doors open at 5pm.



## Dana Faber Mobile Blood Drive

Friday, October 18, 9:00 am – 3:30 pm



The bloodmobile is coming to the Upton Community Center! Make your appointment now by visiting [tinyurl.com/Upton24](http://tinyurl.com/Upton24). Walk-ins taken as time allows. As a special thank you, donors will receive glow in the dark, "Wrapped Up In Saving Lives" long sleeved Kraft Center t-shirt. Photo ID required for all donors.



## Flu Clinic

Wednesday, October 23 at 1:30 pm

Fall is here and it's time to close the windows and gather with family and friends. It is also the time when viruses of all kinds increase in numbers. There are several ways to protect yourself from illness and receiving vaccine against flu, COVID and (Respiratory Syncytial Virus) RSV (if you and your doctor decide) is part of prevention. Influenza usually ramps up in New England starting early in December so prime time to receive the flu vaccine is in October and November. The Upton Board of Health will be offering FLU ONLY vaccination at the Senior Center on October 23 at 1:30PM. We will have standard dose vaccine and high dose vaccine. A link will be created for sign up and you may call The Senior Center at 508-529-4558 or the Board of Health at 508-529-6813 for assistance.

**Wash your hands, get vaccinated and be well!**

## Tri-Valley Baked Potato Bar

Wednesday, October 30th at 12:30 pm



Tri-Valley is offering a baked potato bar for your enjoyment. We will feature a selection of toppings including chili, broccoli, cheese sauce, salsa, sour cream, chives, and bacon so you can customize your own stuffed potato. We will also provide milk and dessert.

Please register by Wednesday, October 23rd.

\$3 suggested donation.



## Halloween Musical Bingo

Wednesday, October 30th at 1:30 pm

Stick around after lunch for a spook-tacular time as we host Halloween Music Bingo! Come by in your favorite costume and enjoy some Halloween treats! RSVP by October 25. Prizes and awards for best costumes will be presented!

## WEEKLY PROGRAMS

### Monday:

**10:45** – Strength and Stretch (\$3)  
**2:30** – Zumba® Gold (\$3)

### Tuesday:

**11:15** – Exercise with Shirley Areano (\$3)  
**12:30** – Hand and Foot Card Games  
**1:00** - Grief Support Group  
**2:15** – Tai-Chi (\$3)

### 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  
**11:30** - Practice Mahjong  
**1:00-3:00** – BINGO



### Friday:

**9:30**—Exercise with Shirley (\$3)  
**10:45** – Strength and Stretch (\$3)

## MONTHLY PROGRAMS

### Crafts with Betty —

Friday, October 11 at 10:00 am

### Nutrition Talk —

Monday, October 7 at 11:30 am

### Trivia Time —

Monday, October 28 at 12:30 pm

### Blood Pressure Checks —

Wednesday, October 23 at 12:30 pm

### Birthday Bash —

Wednesday, October 16 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 October.



# SOCIAL SERVICES UPDATE

## Medicare Open Enrollment starts in October



If you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you an Annual Notice of Change (ANOC) by the end of September, summarizing changes to your plan for 2025. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document to decide if your plan will continue to meet your needs. If you do not receive it in the mail, call your plan to request another copy. You may request to change your 2025 plan during the annual Medicare Open Enrollment Period (Oct. 15 - Dec. 7); these changes take effect January 1st.

SHINE counselors can help you to understand changes to your current plan & discuss other options. If you'd like to meet with our SHINE counselor at the Upton Community Center during open enrollment, please call the Upton Senior Center at 508-529-4558 to make an appointment.

## SMOC Fuel Assistance

Fuel Assistance is available to income eligible households. The fuel assistance program runs from November 1st—April 30th. If you were approved for Fuel Assistance last year, you will be receiving a pre-printed re-application form within the next month 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. Our Social Services Coordinator, Katie San Clemente, can assist you.

If you are a new applicant, or are interested in hearing more about the fuel assistance program, please call the Upton Senior Center at 508-529-4558

Household Size	Max Income
1	\$49,196
2	\$64,333
3	\$79,470



## Tax-Aide Program Needs Volunteers to Help Taxpayers

Central MA - Tax filing season may be months away, but our local team is already seeking volunteers who want to serve their community through the AARP Foundation's Tax-Aide program. Tax-Aide focuses on serving older adults living with low to moderate income and helps them secure much-needed tax refunds.

Volunteers are trained, and classes are generally held in December and January for the upcoming tax filing season.

The amount of training required depends on the position.

During tax filing season February through April, the volunteers will assist taxpayers while the local site is in operation.

During the tax season the time commitment is 4 or more hours per week.

## About AARP Foundation Tax-Aide Program

MA residents can get their taxes done for free beginning in early February and continuing through mid-April. AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service, has low-contact, contact-free, and in-person options for providing taxpayer assistance. These options vary by location and are subject to change.

AARP membership is not required. Visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) for details or to sign up.



## October Trivia Question

Congratulations to **Joy Goodwin Mondeau** who answered our September trivia questions correctly:  
I can never be thrown but I can be caught. Ways to lose me are always being sought.  
What am I? Answer: A cold.



Our October question is: **What was the original purpose of bobbing for apples on Halloween?**

# OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 11:15 Exercise with Shirley <b>12:30 Shopping Trip</b> 12:30 Hand & Foot Card Game <b>1:00 Grief Support</b> <b>2:15 Tai-Chi</b>	<b>2</b> <b>9:00 Senator Fattman Staff Office Hours</b> 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong	<b>3</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong <b>1:00 BINGO</b>	<b>4</b> <b>9:15-9:45 Coffee &amp; Conversation with Town Manager</b> <b>9:30 Exercise with Shirley</b> 10:45 Strength and Stretch
<b>7</b> 10:45 Strength and Stretch <b>11:30 Nutrition Talk</b> <b>2:30 Zumba® Gold</b>	<b>8</b> 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game <b>1:00 Grief Support</b> <b>2:15 Tai-Chi</b>	<b>9</b> 9:30 Dance Fusion <b>9:30 Shopping Trip</b> 10:45 Strength and Stretch 12:30 Mahjong <b>1:00 Sweets with the Chief</b>	<b>10</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong <b>1:00 BINGO</b>	<b>11</b> <b>9:30 Exercise with Shirley</b> <b>10:00 Crafts w/Betty</b> 10:45 Strength and Stretch <b>12:30 Lunch Trip</b> <b>1:00 Mindful Meditation</b>
<b>14</b> <b>Center Closed</b> 	<b>15</b> <b>10:00 Flower Arranging</b> 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game <b>1:00 Grief Support</b> <b>2:15 Tai-Chi</b>	<b>16</b> Podiatry (by Appointment) 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong <b>12:30 Birthday Bash</b> <b>2:30 Memory Cafe</b>	<b>17</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong <b>12:30 Shopping Trip</b> <b>1:00 BINGO</b>	<b>18</b> <b>9:30-3:30 Dana Farber Blood Mobile</b> <b>9:30 Exercise with Shirley</b> 10:45 Strength and Stretch <b>5:00 Senior Dinner (Upton Men's Club)</b>
<b>21</b> <b>9:00 Shopping Trip</b> 10:45 Strength and Stretch <b>1:00 COA Meeting</b> <b>2:30 Zumba® Gold</b>	<b>22</b> 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game <b>1:00 Grief Support</b> <b>2:15 Tai-Chi</b>	<b>23</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 Blood Pressure Checks</b> <b>1:30 Flu Clinic</b>	<b>24</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong <b>1:00 BINGO</b>	<b>25</b> <b>9:30 Exercise with Shirley</b> 10:45 Strength and Stretch
<b>28</b> 10:45 Strength and Stretch <b>12:30 Trivia Time</b> <b>2:30 Zumba® Gold</b>	<b>29</b> 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game <b>12:30 Shopping Trip</b> <b>1:00 Grief Support</b> <b>2:15 Tai-Chi</b>	<b>30</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 Baked Potato Bar Luncheon</b> <b>1:30 Musical BINGO</b>	<b>31</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong <b>1:00 BINGO</b>	

Check  here if you plan to attend !

Check here if you need a ride!

Oct 1  Shopping Trip, Market Basket Shrewsbury, **12:30 pm**  
Oct 1  Grief Support Group, **1:00 pm**  
Oct 2  Senator Fattman STAFF Office Hours, **9:00 am**  
Oct 2  Silver Sisterhood, **11:00 am**  
Oct 4  Coffee & Conversation with Town Manager, **9:15 am**  
Oct 7  Nutrition Talk, **11:30 am**  
Oct 8  Grief Support Group, **1:00 pm**  
Oct 9  Shopping Trip, Shaw's & Foppema's, **9:30 am**  
Oct 9  Sweets with the Chief, **1:00 pm**  
Oct 11  Crafts with Betty, **10:00 am**  
Oct 11  Lunch Trip, **12:30 pm**  
Oct 11  Mindful Meditation, **1:00 pm**  
Oct 15  Flower Arranging **10:00 am \$25 registration fee**  
Oct 15  Grief Support Group, **1:00 pm**  
Oct 16  Silver Sisterhood, **11:00 am**  
Oct 16  Birthday Bash, **12:30 pm**  
Oct 16  Memory Café, **2:30pm**  
Oct 17  Shopping Trip, Market Basket Shrewsbury, **12:30 pm**  
Oct 18  Senior Dinner, sponsored by Upton Men's Club, **5:00 pm**  
Oct 21  Shopping Trip, Walmart & Foppema's, **9:00 am**  
Oct 21  COA Meeting **1:00 pm**  
Oct 22  Grief Support Group, **1:00 pm**  
Oct 23  Blood Pressure Checks, **12:30 pm**  
Oct 23  Flu Clinic, **1:30pm**  
Oct 28  Trivia Time, **12:30 pm**  
Oct 29  Shopping Trip, Market Basket Shrewsbury, **12:30pm**  
Oct 29  Grief Support, **1:00 pm**  
Oct 30  Baked Potato Luncheon, **12:30 pm**  
Oct 30  Halloween Musical Bingo, **1:30 pm**



**Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up!  
Or call 508-529-4558.**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Answer to October riddle: \_\_\_\_\_