



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

# November 2024

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## COA Hours:

Monday—Friday  
9:00 am to 4:00 pm

P: 508-529-4558  
F: 508-529-1014

## Meals on Wheels

Nutrition Manager  
Albert Vautour

Phone:  
978-907-5709



### Upton Memory Café

Wednesday, November 20 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. It is a great opportunity for engagement, socialization and support. If you are interested in attending our next Memory Café please contact the Senior Center to register.

### 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.

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)).

Please note our November closings:  
Monday, November 11 - Veteran's Day  
Thursday/Friday, November 28/29 - Thanksgiving

### Save the Date!

December 2 - 2:00pm  
Upton Grange Holiday Sing Along



December 13 - 9:30am  
Miscoe Hill Middle School Chorus



December 23 - 3:00pm  
BayPath Humane Society

### Election Shuttle



Need a ride to vote?  
Save your spot on the van for the Election Shuttle. Available on

Election Day  
Tuesday, November 5  
10-12:00 pm

508-529-4558

### Weekly Shopping Trip Schedule:

**Wednesday, November 6 at 9:30 am**

Market Basket, Shrewsbury

**Thursday, November 14 at 12:30 pm**

Shaw's

**Monday, November 18 at 9:00 am**

Market Basket, Shrewsbury

**Tuesday, November 26 at 12:30 pm**

Walmart

**\$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.

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

**Friday, November 1 at 9:15 – 9:45 am**

Join us for a casual and informative morning of Coffee and Conversation with Town Manager Joseph Laydon. This month, we are excited to also welcome our Town Clerk, Denise Smith, as our special guest. Denise will share important information regarding the upcoming election and the special town meeting.

### **American Sign Language is back!**

**Mondays at 11am starting November 4**

Join volunteer, Rachel Largey, for this 8-week class. We will learn the ABC's and numbers, as well as many other helpful ways of communicating with ASL in a fun, interactive learning environment. **This program is open to all ages! Registration for all 8 weeks of the program is required.**

### **Senator Fattman Staff Office Hours**

**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!

### **Mental Health in Older Adults**

**Monday, November 4 at 1:00 pm**



This presentation aims at reducing the stigma regarding mental health conditions that affect older adults and is geared towards educating older adults, their family members, friends, and loved ones. Participants will learn about the health impacts of social isolations, signs and symptoms of depression and anxiety, and better understand that spiritual, emotional, and psychological well-being are just as important as physical health when aging. All are welcome!

### **Lunch Trip**

**Thursday, November 7 at 1:00 pm**



Mangia! We'll be dining at Tavolino in Westborough this month! RSVP by **Monday, November 4** to save your seat!

### **Mindful Meditation**

**Friday, November 8 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.



### **Lap Quilt Design Session with Thimble Pleasures Quilt Guild**

**Friday, November 8 at 2:00 pm**

Join us for a creative afternoon with the Thimble Pleasures Quilt Guild! This event is a wonderful opportunity to design your own lap quilt. You'll have the chance to choose fabric squares and assemble them into beautiful quilt tops. Plus, you'll select the perfect backing for your quilt! The guild will take your quilt back to sew, and you'll receive your finished product later! Once all quilts are completed, we'll host a special celebration to reveal your beautiful creations!

All of this is being offered free of charge thanks to the generosity of Thimble Pleasures Quilt Guild! **Limited to 18 participants (sign up early to secure your spot!)**



### **Holiday Scams**

**Tuesday, November 12 at 2:00 pm**

The holidays are right around the corner and shopping scams are on the rise. Do you know how to protect yourself? Robin Putnam, from the Massachusetts Office of Consumer Affairs & Business Regulation, will lead a discussion on seasonal fraud, shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices, and identity theft prevention. Register today! 508-529-4558

## Citizens Energy Info Table at Millhaus

Wednesday, November 13 at 10:30 am

JOE-4-SUN from Citizens Energy provides solar credits that reduce your electric bill by \$300-\$400 annually. Once enrolled, credits are applied to your bill, and you pay 50% of the credit amount, saving you money each month. Come see us to learn how the program works, view sample bills, and sign up on the spot. Bring your electric utility bill and we'll bring the coffee! **This presentation will take place at 2 Farm Street (the old senior center)!**

## Veteran's Day Breakfast

Thursday, November 14 at 10:00 am



Join us as we gather for a delicious breakfast in honor of our country's Veterans. We'll be serving a quiche, breakfast meats & potatoes! Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one, please come in honor of their service. Breakfast is free to Veterans and their spouses. \$5 for others. RSVP by Nov. 7.

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

Friday, November 15 at 5:00 pm

Join us for a delightful dinner sponsored by the Upton Men's Club. November's menu features ziti & meatballs in red sauce from Christiano's in Hopedale. Free to Upton seniors thanks to the generosity of the Upton Men's Club. RSVP by October 11th.

## Friends of Upton Elders Meeting

Thursday, November 21 at 1:30pm



We are excited to announce the formation of The Friends of Upton Elders, a new charitable organization dedicated to enhancing the lives of seniors in our community through fundraising and outreach initiatives. We invite residents of all ages to join us in our mission! Come learn more about how you can contribute to this meaningful cause and help us make a positive impact in the lives of Upton elders.



## Thanksgiving & Birthday Celebration!

Friday, November 22 at 2:00 pm

Celebrate Thanksgiving & our November birthdays at the same time during our Thanksgiving Birthday Bash! Join us while we enjoy a Thanksgiving feast with all the fixings. When we're done, we'll celebrate our November birthdays with dessert and ice cream! RSVP by November 14. \$8 fee includes thanksgiving lunch and birthday bash celebration. \$5 for those with birthdays in November.

# New!!



Pitch  
Tuesdays  
10:00 am



Scrabble  
Fridays  
1:00 pm

## 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, November 8 at 10:00 am

### Nutrition Talk —

Monday, November 4 at 11:30 am

### Trivia Time —

Monday, November 25 at 12:30 pm

### Blood Pressure Checks —

Wednesday, November 20 at 12:30 pm

### Birthday Bash —

Friday, November 22 at 2:00 pm

We'll be celebrating Thanksgiving and Birthdays together this month. More details can be found within the newsletter on the left!

# SOCIAL SERVICES UPDATE

## Medicare Open Enrollment now Open



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 should have received 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.

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

If you are a new applicant, or are interested in hearing more about the fuel assistance program, please call the Upton Senior Center.

## 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.

## Turkey Trivia

Congratulations to **Debra Paris** who answered our October trivia questions correctly: What was the original purpose of bobbing for apples on Halloween? The original purpose of bobbing for apples was as a courting ritual in Europe hundreds of years ago. The game involved young women trying to bite into an apple that represented a potential husband. One try: The woman was destined to marry her desired suitor. Two tries: The woman's love interest would court her, but the relationship would be ill-fated. Three + tries: The marriage was not meant to be.

Our November question is: Turkeys don't grow feathers all over their bodies, but instead, feathers grow from tracts and these feathers overlap to provide complete coverage of the body. Turkeys have at least 8 kinds of feathers that provide everything from insulation, to flight, to ornamentation. **Can you tell us approximately how many feathers an adult turkey has?**

## Leaf Raking for Upton Seniors

Tuesday, November 5th

Are you a senior resident of Upton? Do you own your home? If so, the Nipmuc High School Student Council will be volunteering to clean up your leaves this November! If you are in need of assistance with leaf raking, please contact the Upton Senior Center at 508-529-4558 to sign up. **Deadline to sign up is Friday, November 1st.**

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The Upton Center, Upton, MA

06-5422

Mon

# November 2024

Fri

4

10:45 Strength and Stretch  
11:00 Sign Language  
**11:30 Nutrition Talk**  
**1:00 Mental Health in Older Adults**  
2:30 Zumba® Gold

5

10-12 Election Shuttle  
**10:00 Pitch Group**  
11:15 Exercise with Shirley  
12:30 Hand & Foot Card Game  
**1:00 Grief Support**  
No Tai-Chi Today

6

**9:00 Senator Fattman Staff Office Hours**  
9:30 Dance Fusion  
**9:30 Shopping Trip**  
10:45 Strength and Stretch  
11:00 Silver Sisterhood  
12:30 Mahjong

7

9:00 Chair Yoga  
10:00 Knit/Crochet Group  
11:30 Practice Mahjong  
**1:00 Lunch Trip**  
1:00 BINGO

8

9:30 Exercise with Shirley  
**10:00 Crafts w/Betty**  
10:45 Strength and Stretch  
**1:00 Mindful Meditation**  
1:00 Scrabble Group  
2:00 LapQuilt Design

11

**Closed Veteran's Day**



12

**10:00 Pitch Group**  
11:15 Exercise with Shirley  
12:30 Hand and Foot Card Game  
**1:00 Grief Support**  
**2:00 Holiday Scams**  
2:15 Tai-Chi (classroom)

13

9:30 Dance Fusion  
**10:30 Citizens Energy (at Millhaus)**  
10:45 Strength and Stretch  
12:30 Mahjong

14

**No Chair Yoga**  
**10:00 Veteran's Day Breakfast**  
10:00 Knit/Crochet Group  
11:30 Practice Mahjong  
**12:30 Shopping Trip**  
1:00 BINGO

15

9:30 Exercise with Shirley  
10:45 Strength and Stretch  
**1:00 Scrabble Group**  
**5:00 Senior Dinner (Upton Men's Club)**

18

**9:00 Shopping Trip**  
10:45 Strength and Stretch  
11:00 Sign Language  
**1:00 COA Meeting**  
2:30 Zumba® Gold

19

**10:00 Pitch Group**  
11:15 Exercise with Shirley  
12:30 Hand and Foot Card Game  
**1:00 Grief Support**  
2:15 Tai-Chi

20

9:30 Dance Fusion  
10:45 Strength and Stretch  
**11:00 Silver Sisterhood**  
12:30 Mahjong  
**12:30 Blood Pressure Checks**  
**2:30 Memory Cafe**

21

**No Chair Yoga**  
10:00 Knit/Crochet Group  
11:30 Practice Mahjong  
1:00 BINGO  
**1:30 Friends Meeting**

22

9:30 Exercise with Shirley  
10:45 Strength and Stretch  
**12:30 Thanksgiving/Birthday Celebration**

25

10:45 Strength and Stretch  
11:00 Sign Language  
**12:30 Trivia Time**  
2:30 Zumba® Gold

26

**10:00 Pitch Group**  
11:15 Exercise with Shirley  
12:30 Hand and Foot Card Game  
**12:30 Shopping Trip**  
1:00 Grief Support  
2:15 Tai-Chi

27

9:30 Dance Fusion  
10:45 Strength and Stretch  
12:30 Mahjong

28

Community Center Closed



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The Upton Center, Upton, MA

06-5422

Check  here if you plan to attend !

Check here if you need a ride!

- Nov 1  Coffee & Conversation with Town Manager, **9:15 am**  
Nov 1  Scrabble Group, **1:00 pm**  
Nov 4  Sign Language, **11am**  
Nov 4  Nutrition Talk, **11:30 am**  
Nov 4  Mental Health in Older Adults, **1:00 pm**  
Nov 5  Election Shuttle, **10-12:00 pm** (ride must be reserved in advance)  
Nov 5  Pitch Group, **10:00 am**  
Nov 5  Grief Support Group, **1:00 pm**  
Nov 6  Senator Fattman STAFF Office Hours, **9:00 am**  
Nov 6  Shopping Trip, Market Basket Shrewsbury, **9:30 am**  
Nov 6  Silver Sisterhood, **11:00 am**  
Nov 7  Lunch Trip, Tavolino Westboro, **1:00 pm (please bring cash for lunch)**  
Nov 8  Crafts with Betty, **10:00 am**  
Nov 8  Mindful Meditation, **1:00 pm**  
Nov 8  Scrabble Group, **1:00 pm**  
Nov 8  LapQuilt Design, **2:00 pm**  
Nov 12  Pitch Group, **10:00 am**  
Nov 12  Grief Support Group, **1:00 pm**  
Nov 12  Holiday Scams, **2:00pm**  
Nov 13  Citizen's Energy (at Millhaus), **10:30 am**  
Nov 14  Veteran's Day Breakfast, **10:00 am**  
Nov 14  Shopping Trip, Shaw's Northbridge, **12:30 pm**  
Nov 15  Scrabble Group, **1:00 pm**  
Nov 15  Senior Dinner, sponsored by Upton Men's Club, **5:00 pm**  
Nov 18  Shopping Trip, Market Basket Shrewsbury, **9:00 am**  
Nov 18  Sign Language  
Nov 18  COA Meeting **1:00 pm**  
Nov 19  Pitch Group, **10:00 am**  
Nov 19  Grief Support Group, **1:00 pm**  
Nov 20  Silver Sisterhood, **11:00 am**  
Nov 20  Blood Pressure Checks, **12:30 pm**  
Nov 20  Memory Café, **2:30 pm**  
Nov 22  Thanksgiving Celebration & Monthly Birthday Bash, **12:30 pm**  
Nov 25  Sign Language, **11:00am**  
Nov 25  Trivia Time, **12:30 pm**  
Nov 26  Pitch Group, **10:00 am**  
Nov 26  Shopping Trip, Walmart, **12:30 pm**  
Nov 26  Grief Support Group, **1:00 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 November Trivia: \_\_\_\_\_