



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

December 2024



UPTON CENTER STAFF

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Suzanne Perry
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COA Hours:

Monday—Friday
9:00 am to 4:00 pm

Phone:

508-529-4558

Meals on Wheels

Nutrition Manager

Albert Vautour

Phone:

978-907-5709

Happy Holidays From Your Senior Center Family!!

As the holiday season surrounds us with warmth and cheer, we are reminded that this is a time for reflection, togetherness, and the joy of cherished traditions. Whether spent with family, friends, or neighbors, these moments of connection are truly what make the holidays special.

Here at the Senior Center, we are incredibly fortunate to have become a second home to so many of you. It's a place where friendships flourish, laughter fills the air, and we support one another as a close-knit family. Your presence here makes this center a vibrant and loving community, and we are deeply grateful for each and every one of you.

This holiday season, we wish you all the blessings of health, happiness, and prosperity. May the new year bring peace, joy, and even more opportunities to come together, share memories, and create new traditions.

From all of us at the Senior Center, Happy Holidays to our beloved senior center family!

Warmest Wishes,
Tania, Katie, Nicole, Bruce and Ed



Upton Community Center Food Pantry

Do you need food assistance?
The Upton Community Food Pantry is open to all
Upton residents!

Hours of Operation

Wednesdays 12-2:00 pm

Fridays 11-1:00 pm

Are you unable to come at these days and times?
Call us to set up an appointment. Contact us at 508-
529-4558 for more information.

Food Pantry Wishlist

Broth/Bouillon
Coffee
Cooking Oil/Spray
Dish Soap
Hand Soap
Laundry Detergent (small)
Paper Towels
Peanut Butter
Toilet Paper
Toothpaste

Weekly Shopping Trip Schedule:

Wednesday, December 4 at 9:30 am
Market Basket, Shrewsbury

Thursday, December 12 at 12:30 pm
Walmart

Monday, December 16 at 9:30 am
Market Basket, Shrewsbury

Friday, December 27 at 9:30 am
Shaw's Plaza

\$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.

Upton Grange Holiday Sing Along

Monday, December 2 at 2:00 pm

Upton Grange! Upton's own Ann Perkins will be here to play your favorite holiday tunes while we trim the tree. Light refreshments will be served.

Coffee & Conversation with the Town Manager

Friday, December 6 at 9:15 – 9:45 am

Join us for a casual and informative morning of Coffee and Conversation with Town Manager Joseph Laydon.

Lunch Trip

Wednesday, December 11 at 1:00 pm



This month we'll be dining at Grille 122 in Whitinsville. Book your spot on the bus or meet us there! **RSVP by December 9.**

Miscoe Carolers

Thursday, December 12 at 9:30 am



The students from Miscoe Middle School are bringing their holiday spirit to the Upton Senior Center! Stop by for a special coffee hour featuring winter caroling from the 6th grade Miscoe chorus. Stay afterward for Holiday Show & Tell. Coffee and light refreshments will be served. **RSVP by December 9.**

Holiday Show & Tell

Thursday, December 12 at 10:15 am

It's the most wonderful time of the year – and what better way to celebrate the season than by sharing a bit of holiday cheer with friends? Join us for a festive Holiday Show & Tell where everyone has the chance to showcase their favorite holiday traditions, memories, decorations, gifts, or even a special recipe!

Whether it's a cherished ornament, a handmade craft, or a unique family tradition, come spread some holiday joy and get inspired by others. We encourage participants to bring something personal to share and, of course, wear your most festive attire! **RSVP by December 9.**



Crafts with Betty

Friday, December 13 at 10:00 am



Want to know what festive craft Betty has planned for December? You'll have to sign up to find out!

RSVP by December 4.

Mindful Meditation

Friday, December 13 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.

Senior Dinner

sponsored by Upton Men's Club

Friday, December 13 at 5:00 pm

Join us for a delightful dinner sponsored by the Upton Men's Club. December's menu features shepherd's pie from Rose Garden Restaurant in Upton. Free to Upton seniors thanks to the generosity of the Upton Men's Club. **RSVP by December 9th.** Shuttle service available. Doors open at 5pm. **RSVP by December 9.**

Upton Memory Café

Wednesday, December 18 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.

Nipmuc High School Music Department

Thursday, December 19 at 11:30 am

Support the Nipmuc High School Music Department! Join us for a morning of melodies with a performance by the talented students of the Nipmuc High School Music Department. Light refreshments will be served. Don't miss this chance to celebrate the next generation of musicians and performers!

Friends of Upton Elders Meeting

Thursday, December 19 at 1:30 pm

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.

Holiday Party

Friday, December 20

Yankee Swap Social at 10:45

Join us for a jolly good time at our annual Yankee Swap Social! You bring the gift, we'll supply the fun! To participate, register with the senior center and bring a NEW, wrapped gift valued at \$10 or above. Light refreshments will be served.

Holiday Party at 12:30 pm

We'll wrap up the afternoon with our annual Holiday Lunch. Enjoy the sounds of Generations Barbershop Quartet while we feast on a porchetta lunch from Upton Country Sooper!

RSVP by December 16. \$8 fee.

BayPath Humane Society

Monday, December 23 at 3:00 pm

BayPath Humane Society will visit with a special furry friends to share information about fostering or adopting a rescue pet. ALL AGES WELCOME! Baypath Humane Society of Hopkinton is dedicated to providing shelter, care, humane treatment, and loving homes for stray or unwanted companion animals.

December Puzzle

Congratulations to **Joan Varney** who correctly answered our November Quiz Question. Answer: A full grown turkey has between 5000-6000 feathers. For December, we've dropped candy canes everywhere! Can you tell us how many candy canes are hidden in the December newsletter?

WEEKLY PROGRAMS

Monday:

10:45 – Strength and Stretch (\$3)

2:30 – Zumba® Gold (\$3)

Tuesday:

10:00 – Pitch Group

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)

1:00 – Scrabble Group

MONTHLY PROGRAMS

Nutrition Talk—

Monday, December 9 at 11:30 am

Crafts with Betty —

Friday, December 13 at 10:00 am

Blood Pressure Checks —

Wednesday, December 18 at 12:30 pm

Trivia Time—

Monday, December 23 at 12:30 pm

Birthday Bash—

Friday, December 27 at 12:30 pm

Please note our upcoming closings:
Wednesday, December 25 - Christmas
Wednesday, January 1 - New Year's Day

SOCIAL SERVICES UPDATE

Medicare Open Enrollment Ends Soon!



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.

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 at 508-529-4558



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 for details or to sign up.



Sand for Seniors

Funding provided through the Senior SAFE grant, the Upton Fire Department has developed a "sand for seniors" initiative. This initiative allowed the Department to purchase buckets with easy off lids and scoops for the seniors in the town that own their own home to help in preventing slips and falls due to ice and snow on walkways and outside steps. We are in our fourth year offering this program, and to date we have over 50 buckets deployed to our wonderful seniors in town. The department will provide a full bucket with sand/salt or ice melt for no charge for the winter season. If interested, please contact Lieutenant Bonnie Lopez at 508-529-3421.

Reminder

The holiday/winter season is an extremely busy time for senior center staff, not only with fun activities but also with providing assistance and support to seniors in need. We strive to return all voice messages in a timely manner.


Please be mindful that repetitive phone calls create an unnecessary burden on staff and actually reduce response times. Please leave a voicemail and we will get back to you as soon as a staff member is available.


Thank you for your ongoing cooperation.



December 2024

Mon	Tue	Wed	Thu	Fri
2 10:45 Strength and Stretch 2:00 Grange Holiday Sing Along 2:30 Zumba® Gold (Classroom)	3 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	4 9:30 Dance Fusion 9:30 Shopping Trip 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong	5 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong 1:00 BINGO	6 9:15-9:45 Coffee & Conversation with Town Manager 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group No van
9 10:45 Strength and Stretch 11:30 Nutrition Talk 1:00 COA Meeting 2:30 Zumba® Gold	10 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	11 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 12:30 Lunch Trip	12 9:00 Chair Yoga (classroom) 9:30 Miscoe Carolers 10:15 Show & Tell 10:00 Knit/Crochet Group 11:30 Practice Mah-jong 12:30 Shopping Trip 1:00 BINGO	13 9:30 Exercise with Shirley 10:00 Crafts w/ Betty 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group 5:00 Senior Dinner
16 9:30 Shopping Trip 10:45 Strength and Stretch 2:30 Zumba® Gold	17 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	18 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	19 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong 11:30 Nipmuc Chorus Band 1:00 BINGO 1:30 Friends Mtg	20 9:30 Exercise with Shirley No Strength and Stretch 10:45 Yankee Swap 12:30 Holiday Party NO SCRABBLE
23 10:45 Strength and Stretch 12:30 Trivia Time NO Zumba® 3:00 BayPath Humane Society	24 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	25 Center Closed	26 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong NO BINGO TODAY	27 9:30 Exercise with Shirley 9:30 Shopping Trip 10:45 Strength and Stretch 12:30 Birthday Bash 1:00 Scrabble Group
30 10:45 Strength and Stretch NO Zumba®	31 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	1 Center Closed	2 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mah-jong 12:30 Shopping Trip 1:00 Bingo	3 9:15-9:45 Coffee & Conversation with Town Manager 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group

Check  here if you plan to attend !

Check here if you need a ride! 

Dec 2	_____	Upton Grange Singalong, 2:00 pm	_____
Dec 3	_____	Grief Support Group, 1:00 pm	_____
Dec 4	_____	Shopping Trip, Market Basket Shrewsbury, 9:30 am	_____
Dec 4	_____	Silver Sisterhood, 11:00 am	_____
Dec 6	_____	Coffee & Conversation with Town Manager, 9:15 am	_____
Dec 9	_____	Nutrition Talk, 11:30 am	_____
Dec 9	_____	COA Meeting 1:00 pm	_____
Dec 10	_____	Grief Support Group, 1:00 pm	_____
Dec 11	_____	Lunch Trip, 12:30 pm	_____
Dec 12	_____	Miscoe Carolers, 9:30 am	_____
Dec 12	_____	Holiday Show & Tell, 10:15 am	_____
Dec 12	_____	Shopping Trip, Walmart, 12:30 pm	_____
Dec 13	_____	Crafts with Betty, 10:00 am	_____
Dec 13	_____	Mindful Meditation, 1:00 pm	_____
Dec 13	_____	Senior Dinner, sponsored by Upton Men's Club, 5:00 pm	_____
Dec 16	_____	Shopping Trip, Market Basket Shrewsbury, 9:30 am	_____
Dec 17	_____	Grief Support Group, 1:00 pm	_____
Dec 18	_____	Silver Sisterhood, 11:00 am	_____
Dec 18	_____	Blood Pressure Checks, 12:30 pm	_____
Dec 18	_____	Memory Café, 2:30 pm	_____
Dec 19	_____	Nipmuc Chorus Band, 11:30 am	_____
Dec 20	_____	Yankee Swap, 10:45 am	_____
Dec 20	_____	Holiday Party, 12:30 pm	_____
Dec 23	_____	Trivia Time, 12:30 pm	_____
Dec 23	_____	BayPath Humane Society, 3:00 pm	_____
Dec 24	_____	Grief Support Group, 1:00 pm	_____
Dec 27	_____	Shopping Trip, Shaw's, 9:30 am	_____
Dec 27	_____	Birthday Bash, 12:30 pm	_____
Dec 31	_____	Grief Support Group, 1:00 pm	_____
Jan 2	_____	Shopping Trip, Market Basket Shrewsbury, 12:30 pm	_____
Jan 3	_____	Coffee & Conversation with Town Manager, 9:15 am	_____

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 December Puzzle: _____