



## 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

## Meals on Wheels

#### Nutrition Manager

Albert Vautour

#### Phone:

978-907-5709

# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES



### News from the Town Clerk's Office

We wish you a very Happy and Healthy New Year!! Here is an overview of things to come in 2025:

In early January the **Annual Census/Street Listing Forms** (including dog license form) will be mailed to all households. Please review and return those forms as soon as possible either by mail or email ([census@uptonma.gov](mailto:census@uptonma.gov)) to the Clerk's office. A full and accurate count of all residents (including children) is important for many reasons, one of which is for allocation of State and Federal funds. The Census is also used to update the voting list and to provide data on present and future school populations.

**Dog licenses** for calendar year 2025 will be available after January 1<sup>st</sup>. Dogs three months or older need to be licensed **each year by April 1<sup>st</sup>**. A current rabies vaccination record and spaying/neutering certificate is required prior to issuing a license. Licenses are \$10.00 for all neutered/spayed dogs; and \$20.00 for male and female dogs that have not been neutered/spayed.

Dog licenses may be purchased in the office (cash or check-payable to the Town of Upton), online at <https://ma-upton.civicplus.com/664/Online-Payments> or through the mail. If mailing please include the dog's name, age, breed, color, rabies certificate, spaying or neutering certificate (if applicable), telephone number, check payable to the Town of Upton and a self-addressed stamped envelope to the Town Clerks Office, 1 Main St – Suite 11, Upton MA 01568.

**2025 Election Calendar** – this year is not a state election year so it will *hopefully* be less crazy in our office. The following is the list of elections & town meetings anticipated in 2025:

Thursday, May 1<sup>st</sup> Annual Town Meeting

Tuesday, May 6<sup>th</sup> Annual Town Election

November (date to be determined) Special Town Meeting



As it is not a state election year, Vote By Mail postcards will **not** automatically be mailed by the Secretary of the Commonwealth's office to each voter. However, you may still request to receive an election ballot by mail by completing a Vote By Mail Application. Applications for calendar year 2025 will be available on the Town Clerk's website <https://ma-upton.civicplus.com/394/Town-Clerk> or you can stop in the office to complete the application.

**Town offices will be closed Monday, January 20<sup>th</sup> in observance of Martin Luther King Day.**

Please contact our office at 508-529-3565 if you have any questions or would like additional information.



### Friends of Upton Seniors Meeting (FUSE)

Monday, January 6 at 1:30 pm

Want to make a difference in the lives of Upton Seniors? Join us at The Friends of Upton Seniors, 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!

## Weekly Shopping Trip Schedule:

**Monday, January 2 at 12:30 pm**

Market Basket, Shrewsbury



**Wednesday, January 8 at 9:30 am**

Walmart

**Thursday, January 16 at 12:30 pm**

Market Basket, Shrewsbury



**Friday, January 24 at 9:30 am**

Shaw's Plaza

**Thursday, January 30 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.



## **Tai Chi Thursdays is Back!!**

**Tuesdays at 2:15 & Thursdays at 11:00 am**

Can't make it to Tai Chi on Tuesdays? We've got you covered with Tai Chi on Thursdays at 11:00. Tai Chi is a series of slow, controlled movements and postures, along with deep breathing and meditation. Tai chi is often called "moving meditation" and can be adapted for anyone.

## **New Year, Better You: Vision Board Workshop**

**Wednesday, January 8 at 2:00 pm**



Join us as we welcome 2025 and set our intentions for a transformative year ahead! In this inspiring workshop, you'll create a vision board that represents your goals, dreams, and aspirations for the new year. We'll discuss how setting clear goals can shape a positive future, and how



the process of vision boarding can keep you motivated and focused. Supplies will be provided, but feel free to bring any scissors, glue, scrapbooking materials, or old magazines you'd like to personalize your board further.



## **Lunch Trip - Brickstone Kitchen, Sutton**

**Thursday, January 9 at 1:30**

Join us for lunch at Brickstone Kitchen in Sutton for scratch made meal with a Mediterranean flair!

## **Worcester Consumer Rights Program**

**Thursday, January 9 from 11:30 - 12:45 pm**

The Worcester Consumer Rights Program (WCRP) will have a table at the Senior Center to share valuable resources and answer any questions you may have. WCRP is a local consumer program that offers mediation service in cooperation with the Massachusetts Attorney General's Office (AGO). The service is available to consumers in Worcester and surrounding towns. The purpose of the WCRP is to provide amicable mediation to consumers who are involved in a dispute or have a complaint against a business that is licensed to operate in Massachusetts. The program is voluntary and does not carry any cost to either the consumer or business.

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

**Friday, January 10 at 9:15 - 9:45 am**



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

## **Mindful Meditation**

**Friday, January 10 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 & Learn: Protecting your Legacy**

**Wednesday, January 15 at 12:30 pm**



**Protecting your Legacy: Advice on How to Best Protect Your Legacy with Estate Planning and Retirement Planning from a Financial and Legal Standpoint.** This workshop will provide valuable insights into both estate planning and retirement planning, covering essential financial and legal aspects to help secure your legacy and ensure peace of mind for the future.

Attorney Amy Azza will discuss:

- The importance of wills, trusts, durable powers of attorney, and health care proxies.
- Effective strategies for avoiding probate.
- How to best protect your legacy and ensure your beneficiaries are taken care of.

Todd Miller, Financial Advisor at Edward Jones, will focus on Social Security, addressing key topics such as:

- How Social Security integrates into your retirement income plan.
- The optimal time to begin taking Social Security benefits.
- Insights on tax implications related to Social Security.

This session is specifically designed for individuals ages 55 and up who are nearing retirement. Whether you're just beginning your retirement planning or looking to refine your strategy, this informative session will answer critical questions and provide the tools you need to plan effectively for the future.

**Lunch will be served thanks to the generosity of our speakers (Todd and Amy)!**

## Upton Memory Café

Wednesday, January 15 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.

## Wizard of Oz Sing Along

Wednesday, January 15 at 2:30 pm



Join the Nipmuc Drama Guild and the Memory Café for a Wizard of Oz Sing Along! The Nipmuc Drama Guild will be performing The Wizard of Oz on February 7-9. Join the cast for a special costumed performance and sing along on January 15th at 2:30 pm!

**This program is being offered in conjunction with our Memory Café and is open to all ages.**



## Senior Dinner

sponsored by Upton Men's Club

Friday, January 17 at 5:00 pm

Join us for a delightful dinner sponsored by the Upton Men's Club. January's menu features roasted chicken and potatoes from the Country Sooper! Free to Upton seniors thanks to the generosity of the Upton Men's Club. Shuttle service available.

Doors open at 5pm. **RSVP by January 13.**

## AARP HomeFit Workshop: Modify Your Home for Safety and Comfort

Wednesday, January 29 at 2:00 pm

The AARP HomeFit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home.



## Van Driver Needed

Are you a team player that enjoys working with seniors? We are looking for a part-time van driver to join our team! Flexible hours, competitive pay and a fun work environment!

Visit [www.uptonma.gov](http://www.uptonma.gov) for more information or to apply.

**Please note we will be closed on Monday, January 20 for Martin Luther King Jr. Day.**

## 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

### Thursday:

**9:00** – Chair Yoga (**\$3**)

**10:00** – Knit and Crotchet Group

**11:00** - Tai Chi

**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

### Crafts with Betty—

Friday, January 10 at 10:00 am

### Nutrition Talk—

Monday, January 13 at 11:30 am

### Trivia Time—

Monday, January 27 at 12:30 pm

### Blood Pressure Checks —

Wednesday, January 29 at 12:30 pm

### Birthday Bash—

Friday, January 31 at 12:30 pm



# SOCIAL SERVICES UPDATE

## 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

## January Puzzle

Congratulations to **Sue Perry** who correctly answered our December Puzzle. The answer was 31!

For January, snow is falling everywhere! Can you tell us how many snowflakes are hidden in the January newsletter? Let us know for a chance to win a prize!

## Massachusetts Good Neighbor Energy Fund by the Salvation Army

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

This resource is available to households who may not meet the financial eligibility requirements for other home energy heating assistance programs. **Households may only access financial assistance through one HEAP program in any given heating season**, therefore, if you are already receiving financial assistance through the SMOC Home Energy Assistance Program, you will not be eligible to receive benefits through the Massachusetts Good Neighbor Energy Fund.

The income guidelines for this program for 2024-2025 are as follows:

Household Size	Max Income
1	\$49,197 - \$65,595
2	\$64,334 - \$85,777
3	\$79,471 - \$105,960
4	\$94,609 - \$126,144
5	\$109,746 - \$146,327
6	\$124,883 - \$166,509
7	\$127,721 - \$170,293
8	\$130,560 - \$174,079



## AARP Tax Prep: Sign Up for Free Tax Preparation and Filing

AARP Foundation Tax-Aide volunteers will help you prepare and file your return. The service is free and offered at our Senior Center. AARP volunteers are IRS certified and can help you file a complete and accurate return – both federal and state. The service is free. While AARP is focused on taxpayers who are over 50 and have low to moderate income, the service is open to anyone of any age. Appointments begin on Monday, February 3 and continue each Monday through March 31. Call the Senior Center at 508-529-4558 for more info and an appointment.

## THANK YOU!!!!!!

We cannot ring in the new year without saying thank you to all who joined and helped The Senior Center and Food Pantry 2024!



The Upton Men's Club  
The Upton Bloomer Girls  
Upton Fire and EMS Association  
Upton Police Department  
St. Gabriel's Church  
United Parish Church  
Unibank—Upton

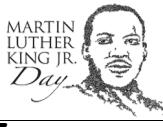
The Upton Grange  
Upton Ridge  
Thimble Pleasures  
Nipmuc/BVT/Miscoe/Memorial  
Fit Life and Leggings  
VFW  
Worcester County Sheriff's Office

Stop and Shop Grafton  
Shaw's Milford (care of John Jette)  
Representative David Muradian  
Five Forks Farm  
ERA Key Realty  
AARP

Our wonderful senior center & food pantry volunteers.  
And the many, many community members who have stopped by to drop off food, gift cards, monetary donations & so much else. We are so grateful to be part of such a supportive community



# January 2025

Mon	Tue	Wed	Thu	Fri
		1 Center Closed Happy New Year!	2 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah- jong <b>12:30 Shopping Trip</b> 1:00 BINGO	3 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
6 10:45 Strength and Stretch <b>1:30 Friends Group</b> <b>No Zumba Gold</b>	7 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	8 <b>9:30 Shopping Trip</b> 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong <b>2:00 New Year Vision board</b>	9 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah- jong <b>11:30 WCRP Table</b> 1:00 BINGO <b>1:30 Lunch Trip</b>	10 <b>9:15-9:45 Coffee &amp; Conversation with Town Manager</b> 9:30 Ex with Shirley <b>10:00 Crafts</b> 10:45 Strength and Stretch <b>1:00 Mindful Medi- tation</b> 1:00 Scrabble Group
13 10:45 Strength and Stretch <b>11:30 Nutrition Talk</b> <b>1:00 COA Meeting</b> 2:30 Zumba® Gold	14 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	15 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 Lunch and Learn: Protecting your Legacy</b> <b>2:30 Memory Café</b> <b>2:30 Oz Singalong</b>	16 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah- jong 1:00 BINGO <b>12:30 Shopping Trip</b>	17 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group <b>5:00 Senior Dinner (Upton Men's Club)</b>
20 <b>Closed Martin Luther King Jr. Day</b>  	21 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	22 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong	23 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah- jong	24 9:30 Exercise with Shirley <b>9:30 Shopping Trip</b> 10:45 Strength and Stretch 1:00 Scrabble Group
27 10:45 Strength and Stretch <b>12:30 Trivia Time</b> 2:30 Zumba® Gold	28 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	29 9:30 Dance Fusion 10:45 Strength and Stretch <b>12:30 Blood Pres- sure Checks</b> 12:30 Mahjong <b>2:00 AARP Homefit</b>	30 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah- jong <b>12:30 Shopping Trip</b> 1:00 BINGO	31 9:30 Exercise with Shirley 10:45 Strength and Stretch <b>12:30 Birthday Bash</b> 1:00 Scrabble Group

Check  here if you plan to attend !

Check here if you need a ride! 

Jan 2 \_\_\_\_\_ Shopping Trip, Market Basket Shrewsbury, 12:30 pm

Jan 6 \_\_\_\_\_ Friends of Upton Seniors Meeting, 1:30 pm

Jan 7 \_\_\_\_\_ Grief Support Group, 1:00 pm

Jan 8 \_\_\_\_\_ Shopping Trip, Walmart , 9:30 am

Jan 8 \_\_\_\_\_ Silver Sisterhood, 11:00 am

Jan 8 \_\_\_\_\_ New Year Vision Board, 2:00 pm

Jan 9 \_\_\_\_\_ Lunch Trip, **Brickstone Kitchen, Sutton**, 1:30 pm

Jan 9 \_\_\_\_\_ Worcester Consumer Rights Program (TABLE), 11:30-12:45 pm

Jan 10 \_\_\_\_\_ Coffee & Conversation with Town Manager, 9:15 am

Jan 10 \_\_\_\_\_ Crafts with Betty, 10:00 am

Jan 10 \_\_\_\_\_ Mindful Meditation, 1:00 pm

Jan 13 \_\_\_\_\_ Nutrition Talk, 11:30 am

Jan 13 \_\_\_\_\_ COA Meeting 1:00 pm

Jan 14 \_\_\_\_\_ Grief Support Group, 1:00 pm

Jan 15 \_\_\_\_\_ Lunch & Learn (Protecting your Legacy), 12:30 pm

Jan 15 \_\_\_\_\_ Memory Café, 2:30 pm

Jan 16 \_\_\_\_\_ Shopping Trip, Market Basket Shrewsbury, 12:30 pm

Jan 17 \_\_\_\_\_ Senior Dinner, sponsored by Upton Men's Club, 5:00 pm

Jan 21 \_\_\_\_\_ Grief Support Group, 1:00 pm

Jan 22 \_\_\_\_\_ Silver Sisterhood, 11:00 am

Jan 24 \_\_\_\_\_ Shopping Trip, Shaw's Plaza, 9:30 am

Jan 27 \_\_\_\_\_ Trivia Time, 12:30 pm

Jan 28 \_\_\_\_\_ Grief Support Group, 1:00 pm

Jan 29 \_\_\_\_\_ Blood Pressure Checks, 12:30 pm

Jan 29 \_\_\_\_\_ AARP Homefit, 2:00 pm

Jan 30 \_\_\_\_\_ Shopping Trip, Market Basket Shrewsbury, 12:30 pm

Jan 31 \_\_\_\_\_ Birthday Bash, 12:30 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 January Puzzle: \_\_\_\_\_