



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

February 2025



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

Town Nurse News



As everyone knows, there are several respiratory viruses spreading in our area including RSV, FLU and COVID. The best protection is getting vaccinated, washing hands and staying home if you're not feeling well. It is not too late to get vaccinated. **The Board of Health has high dose flu vaccine available.** Protect yourself and Stay Healthy.

Upcoming Events

Nipmuc Wizard of Oz Show

February 7 & 8 at 7:00 pm

Sunday, February 9 at 2:00 pm

<https://www.ticketstage.com/T/NRHSDG>

March 10, 2025 at 12pm

Hip Hop Chair Dance
funded by the Upton Cultural Council

March 5th at 2pm

AmeriCorps Seniors Volunteer Presentation

March 28th

Senior Soiree: Dinner-Dance



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.

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

| | |
|---------------|-------------------|
| coffee | mustard |
| juice | maple syrup |
| crackers | dish soap |
| canned fruit/ | sponges |
| fruit cups | laundry detergent |
| applesauce | shampoo |
| canned meats | paper towels |
| mayonnaise | tissues |
| ketchup | |

Weekly Shopping Trip Schedule:

Tuesday, February 4 at 12:30 pm
Market Basket, Shrewsbury

Wednesday, February 12 at 9:30 am
Walmart

Wednesday, February 19 at 12:30 pm
Market Basket, Shrewsbury

Monday, February 24 at 9:30 am
Shaw's Plaza

\$4 transportation charge per trip

Coffee & Conversation with the Town Manager



Friday, February 7 at 9:15 – 9:45 am

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

Friends of Upton Seniors Meeting (FUSE)

Monday, February 10 at 10:00 am

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.



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.

We invite residents of all ages to join us in our mission! Come learn more about how you can contribute to this meaningful cause!

FREE! Featured Class—Zumba® Gold

Mondays in February at 2:30 pm

Discover the fun of Zumba® Gold for free! Join our upbeat dance class, all fitness levels welcome. Zumba® Gold uses Latin and International rhythms that feature low-intensity, low-impact exercises to help you safely reach your wellness goals. The moves are gentle on the joints and slower-paced offering the opportunity for greater range of motion at your own pace. This class is so full of fun and energy you'll forget you're working out and think you're at a party!

FREE for the month of FEBRUARY!

Friendship Day Social

Wednesday, February 12 at 1:00 pm

Who needs dates when you've got great mates? Let's celebrate friendship this Valentine's Day! Join us for a Friendship Day Social featuring interactive games designed to help you get to know one another better. Did we mention there will be sweets? We'll have a delectable dessert display to keep everyone's sweet tooth satisfied while you're busy making new friends! RSVP by February 7.

Mindful Meditation

Friday, February 14 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.

Memorial School Visit for Inspired Learning Day

Thursday, February 6 at 11:00 am

Please join us in welcoming Mrs. Lopes' 1st Grade Class, who will be visiting the center as part of their Inspired Learning Day! This is a wonderful opportunity to mingle with the students and share with them the vibrant and welcoming atmosphere of our senior center. We kindly request your support in engaging with the first graders, offering them a warm and enriching experience during their visit.

Senior Dinner sponsored by Upton Men's Club

Friday, February 14 at 5:00 pm

Join us for a delightful dinner sponsored by the Upton Men's Club. February's menu features spiral ham and mac n' cheese from the Rose Garden. Free to Upton seniors thanks to the generosity of the Upton Men's Club. Shuttle service available. Doors open at 5pm.

RSVP by February 10.



**Please note we will be closed on
Monday, February 17 for President's Day.**

Lunch Trip - Outback Steakhouse, Bellingham

Tuesday, February 18 at 1:00



G'day, mates! Enjoy the Australian steakhouse experience with us as we dine at Outback Steakhouse in Bellingham.

Upton Memory Café

Wednesday, February 19 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 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 & support. If you are interested in attending our next Memory Café, contact the Senior Center to register.

Intergenerational Game Day

Friday, February 21 at 1:00

Join us for an intergenerational event as senior citizens and library patrons ages 3 and up come together for an afternoon of fun and games! We will host giant board games, classic board games, puzzles, and more!

Lunch & Learn: Aging Well

Wednesday, February 26 at 12:30 pm

Daniela Masters, owner and founder of Aging Well Advocates, an aging life care management business, will be here discussing the "Aging Life Continuum of Care". This methodology offers a range of healthcare services for older adults, enabling them to transition smoothly between different care levels—from independent living to assisted living, memory care, and skilled nursing—based on evolving health needs. The goal is to provide continuous, appropriate support without requiring frequent moves to new facilities. Come join us to explore these options and get answers to any questions you may have from Daniela.

Monthly Housekeeping

Did you know you can get the newsletter earlier online?

Sign up at

<https://mycommunityonline.com/organization/the-upton-center>

**The best way to prevent spreading illness this time of year:
Stay home if you're sick. Pushing yourself can prolong your illness & increase the risk of spreading to others.**

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 (\$3)

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, February 7 at 10:00 am

Nutrition Talk—

Monday, February 10 at 11:30 am

Trivia Time—

Monday, February 24 at 12:30 pm

Blood Pressure Checks —

Wednesday, February 26 at 12:30 pm

Birthday Bash—

Friday, February 28 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.

February Puzzle

Congratulations to Eileen Rakitan who correctly answered our January Puzzle. The answer was 37!

Below is a Cryptogram for February. Solve the puzzle for a chance to win a prize.

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| | | | | | | | | | | | | | | | | | | | | | | | | | |

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23 22 3 13 3 14 8 12 21 6 18 13 21 20

14 8 3 22 14 19 6 5 16 14

24 6 12 3 8 14 9 25 3 24 21 5 23 22

23 8 13 23 21 12 11 22 3 26 20 25 3 6 23

18 21 8 18 3 9 8 20 14 8 13

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.

2024-2025 income guidelines for this program 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 |



February 2025



| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| 3 10:45 Strength and Stretch 2:30 Zumba® Gold | 4 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 12:30 Shopping Trip 1:00 Grief Support 2:15 Tai-Chi | 5 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong | 6 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:00 Memorial School Visit 11:30 Practice Mahjong 1:00 BINGO | 7 9:15-9:45 Coffee & Conversation with Town Manager 9:30 Exercise with Shirley 10:00 Crafts with Betty 10:45 Strength and Stretch 1:00 Scrabble Group |
| 10 10:00 Friends Group 10:45 Strength and Stretch 11:30 Nutrition Talk 1:00 COA Meeting 2:30 Zumba® Gold | 11 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi | 12 9:30 Shopping Trip 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 1:00 Friendship Day Social | 13 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mahjong 1:00 BINGO | 14 9:30 Ex with Shirley 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group 5:00 Senior Dinner (Upton Men's Club) |
| 17  PRESIDENTS DAY | 18 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Lunch Trip 1:00 Grief Support 2:15 Tai-Chi | 19 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 12:30 Shopping Trip 2:30 Memory Café | 20 PODIATRY 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mahjong 1:00 BINGO | 21 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group 1:00 Intergenerational Game Day |
| 24 9:30 Shopping Trip 10:45 Strength and Stretch 12:30 Trivia Time 2:30 Zumba® Gold | 25 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi | 26 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 12:30 Lunch & Learn: Aging Well 12:30 Blood Pressure Checks | 27 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mahjong 1:00 BINGO | 28 9:30 Exercise with Shirley 10:45 Strength and Stretch 12:30 Birthday Bash 1:00 Scrabble Group |

Save the Date!

International Women's Day is March 8. Help us celebrate on
Friday, March 7 at 1:00 pm with a Tea Party!
 More information coming soon!



