



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

# MARCH 2025



## UPTON CENTER

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Tania Paparazzo

#### Social Services

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Katie San Clemente

#### Department

##### Specialist

Nicole Stifnagle

#### COA Drivers

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## Council on Aging Board Members

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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

### Line Dancing

Class Wednesdays at 1pm 5 weeks  
(March 12, 19, 26; April 2, 9)

First session is free and then the cost to sign up is \$20 for the remaining 4 sessions. Beginner line dancing class!



"This class will start with basic steps so no experience is necessary & no partner needed. Just bring your enthusiasm and a comfortable pair of shoes. Line dancing is an extremely fun way to exercise while also reducing stress. These dances will be put to all different types of music.

Come by yourself or bring a friend!"

"With a passion for music and exercise Marcus Mancini will be the instructor. He has over fifteen years in both taking and teaching line dancing. It all started for him with a class just like the one we are offering".

## Upton Food Pantry

The UCC Food Pantry is seeking donations for the following items:

Canned fruit & fruit cups

Applesauce

Canned meats (tuna, ham, chicken, salmon)

Hearty soups

Pasta sauce

Peanut Butter

Jelly

Crackers

Tissues

Paper towels

Coffee & Tea

Dish soap

Laundry detergent

Sponges

## Senior Soiree

Friday, March 28 at 5:00 pm

Put on your dancing shoes and join us for a trip down memory lane as we celebrate the Happy Days of the '50s! Step back in time and enjoy an evening of nostalgic fun!

Cost:\$10 per person –

includes a light dinner, music, games, and more!

Details:

Reservations and payment must be received in advance.

Feel free to wear whatever makes you feel fabulous—greasers, poodle skirts, or anything that brings the '50s vibe to life!





## St. Patty's Day Monday, March 17 at 1:00 pm



Join your friends for a festive St. Patrick's Day celebration! Enjoy a delicious Country Sooper Reuben, crispy chips, and a sweet dessert generously donated by Representative David Muradian! We'll have Irish music and plenty of fun for everyone to enjoy. Don't forget to wear your green! \$8 fee. RSVP by March 12

## Upton Memory Café Wednesday, March 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.

## Nipmuc Choral Group Friday, March 21 at 12:30 pm

Join us for a performance by the Nipmuc High School Choral Group! Students will perform a selection from their upcoming March concert. This musical event is open to all ages—don't miss it!

## Disability Commission - Volunteers Needed!

The Town of Upton is seeking volunteers to join the Upton Commission on Disability. The Upton Commission on Disability was created at the November 14, 2017 Town Meeting under the provisions of M.G.L. Chapter 40, Section 8J to promote the inclusion and integration of persons with disabilities in the activities and services and employment opportunities in the community.



### Role of the Commission

- To advise and assist municipal officials in ensuring compliance with federal and state disability laws
- Review policies and activities of municipal departments and boards as they affect persons with disabilities.
- Provide information, referral, advocacy, and technical assistance to individuals, businesses, and organizations in all matters pertaining to disability.

If you are interested in applying for a position with the commission, applications are available at Town Hall, Upton Senior Center or online at

<https://www.uptonma.gov/782/Appointments>



## Birthday Bash Announcement

Due to the growing popularity of our Birthday Bash and rising costs, we are making some small changes to ensure we can continue offering this event on a monthly basis. Starting in March, the cost for attending Birthday Bash will be \$5 per person. However, **Upton residents** can still enjoy the event for free during their birthday month!

These adjustments will help us cover event costs and keep the Birthday Bash going strong for everyone to enjoy. We appreciate your understanding and continued support!

## WEEKLY PROGRAMS

### Monday:

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

### Tuesday:

**10:00** – Pitch Group  
**11:15** – Exercise with Shirley (\$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 (**Free for March!**)  
**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, March 14 at 10:00 am

### Trivia Time

Monday, March 31 at 12:30 pm

### Blood Pressure Checks

Wednesday, March 26 at 12:30 pm

### Birthday Bash (\$5)

Friday, March 21 at 1:00 pm

## March Puzzle

Congratulations to **Gail Heald** who correctly answered our February Puzzle. The answer was: February is the shortest month of the year, so if you are having a miserable month, try to schedule it for February.

For March, can you tell us how many shamrocks are hiding in the newsletter? Let us know for a chance to win a prize!





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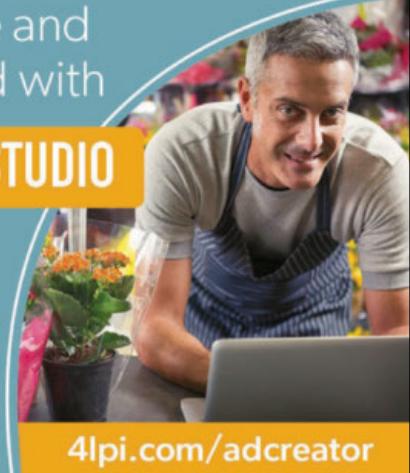
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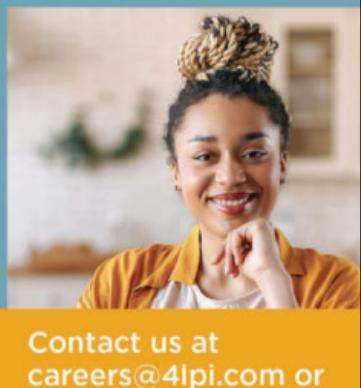


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The Upton Center, Upton, MA

06-5422

# MARCH 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b> 10:45 Strength and Stretch <b>1:30 Friends Group</b> 2:30 Zumba® Gold	<b>4</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game <b>12:30 Shopping</b> 1:00 Grief Support 2:15 Tai-Chi	<b>5</b> 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong <b>2:00 AmeriCorps Senior Presentation</b>	<b>6</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	<b>7</b> <b>9:15-9:45 Coffee &amp; Conversation with Town Manager</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group <b>1:00 Women's Day Tea</b>
<b>10</b> 10:45 Strength and Stretch <b>12:00 HIP HOP Chair Dance</b> <b>1:00 COA Meeting</b> 2:30 Zumba® Gold	<b>11</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	<b>12</b> <b>9:30 Shopping Trip</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>1:00 Line Dancing Week 1</b>	<b>13</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah-jong <b>12:00 Lunch Trip</b> 1:00 BINGO	<b>14</b> <b>Pi Day</b> 9:30 Ex with Shirley <b>10:00 Crafts</b> 10:45 Strength and Stretch <b>1:00 Meditation</b> 1:00 Scrabble <b>5:00 Senior Dinner</b>
<b>17</b> 10:45 Strength and Stretch <b>1:00 St. Patrick's Day Luncheon</b> 2:30 Zumba® Gold	<b>18</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	<b>19</b> <b>9:30 Shopping Trip</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>11:00 Silver Sisterhood</b> <b>1:00 Line Dancing Week 2</b> <b>2:30 Memory Café</b>	<b>20</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	<b>21</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch <b>12:30 Nipmuc Choral</b> <b>1:00 Birthday Bash</b> 1:00 Scrabble Group
<b>24</b> 10:45 Strength and Stretch 2:30 Zumba® Gold	<b>25</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game <b>12:30 Shopping Trip</b> 1:00 Grief Support 2:15 Tai-Chi	<b>26</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 Blood Pressure</b> <b>1:00 Line Dancing Week 3</b>	<b>27</b> 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	<b>28</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group <b>5:00 SENIOR SOIREE</b>
<b>31</b> 10:45 Strength and Stretch <b>12:30 Trivia Time</b> 2:30 Zumba® Gold	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> <b>12:30 Tri-Valley Hot Dog Lunch</b>

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The Upton Center, Upton, MA

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Check  here if you plan to attend !

Check here if you need a ride!

Mar 3  Friends of Upton Seniors Meeting, **1:30 pm**  
Mar 4  Shopping Trip, Market Basket Shrewsbury, **12:30 pm**  
Mar 4  Grief Support Group, **1:00 pm**  
Mar 5  Silver Sisterhood, **11:00 am**  
Mar 5  AmeriCorp Presentation, **2:00 pm**  
Mar 7  Coffee & Conversation with Town Manager, **9:15 am**  
Mar 7  Tea Time in honor of International Women's Day (pay in advance), **1:00 pm**  
Mar 10  Hip Hop Chair Dance, **12:00 pm**  
Mar 10  COA Meeting **1:00 pm**  
Mar 11  Grief Support Group, **1:00 pm**  
Mar 12  Shopping Trip, Walmart, **9:30 am**  
Mar 12  Line Dancing Week 1, **1:00 pm**  
Mar 13  Lunch Trip, BVT, **12:00 pm**  
Mar 14  Crafts with Betty **10:00 am**  
Mar 14  Mindful Meditation, **1:00 pm**  
Mar 14  Senior Dinner, sponsored by Upton Men's Club, **5:00 pm**  
Mar 17  St. Patrick's Day Lunch, **1:00 pm**  
Mar 18  Grief Support Group, **1:00 pm**  
Mar 19  Shopping Trip, Market Basket Shrewsbury, **9:30 am**  
Mar 19  Silver Sisterhood, **11:00 am**  
Mar 19  Line Dancing Week 2, **1:00 pm**  
Mar 19  Memory Café, **2:30 pm**  
Mar 21  Nipmuc Choral Group Performance, **12:30 pm**  
Mar 25  Shopping Trip, Shaw's, **12:30 pm**  
Mar 25  Grief Support Group, **1:00 pm**  
Mar 26  Blood Pressure Checks, **12:30 pm**  
Mar 26  Line Dancing Week 3, **1:00 pm**  
Mar 28  Senior Soiree (pay in advance), **5:00 pm**  
Mar 31  Trivia Time, **12:30 pm**  
Apr 4  Tri-Valley Hot Dog Lunch, **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 March Puzzle: \_\_\_\_\_

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