



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

MARCH 2025



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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!



Weekly Shopping Trip Schedule:

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

Wednesday, March 12 at 9:30 am
Walmart

Wednesday, March 19 at 9:30 am
Market Basket, Shrewsbury

Tuesday, March 25 at 12:30 pm
Shaw's Plaza

\$4 transportation charge per trip



Friends of Upton Seniors Meeting (FUSE)

Monday, March 3 at 1:30 pm

The Friends of Upton Seniors (FUSE) are making great strides in their mission to support the seniors of Upton. The FUSE goal is to promote the dignity and independence of all seniors in Upton through various initiatives. FUSE will conduct fundraising efforts to provide financial support to the Upton Elder and Social Services (ESS) Department, ensuring the availability of age-appropriate programming and vital resources. The ESS Department and Council on Aging are deeply grateful to the volunteers leading this effort. We look forward to collaborating with FUSE to bring high-quality programs & services to our senior community. If you share in this mission and want to make a difference, please consider joining our next meeting on Monday, March 3, at 1:30 p.m. We would love to have your support!

AmeriCorp Senior Program Presentation

Wednesday, March 5 at 2:00 pm



AmeriCorps Seniors is a non-profit organization whose main goal is to match seniors over 55 with volunteer opportunities. The presentation will cover the programs AmeriCorp offers including the Retired and Senior Volunteer Program (RSVP), Senior Companion Program (SCP), and Senior Fraud Help Line, an in-house program that helps inform seniors in Worcester County about the frauds and scams that they face today.

AmeriCorp's RSVP Program offers mileage reimbursement and yearly recognition to volunteers, while the SCP offers a tax-free stipend, mileage, and meal reimbursement.



Lunch Trip

Thursday, March 13 at 12:00 pm

Support our local junior chefs with a visit to Three Seasons at BVT. Enjoy a prix fixe meal with your choice of entrée along with salad and dessert. Cash only. For meal info and pricing, please contact senior center.

FREE! Featured Class—Chair Yoga with Crystal Lee

Thursdays in March at 9:00 am

Chair yoga is a modified form of traditional yoga that is performed while seated in a chair. It is designed to make yoga accessible to individuals who may have difficulty standing or balancing on their own.

Chair yoga poses are typically simpler and less physically demanding than traditional yoga poses. They focus on stretching, strengthening, and improving balance while seated. The poses can be adapted to suit individual needs and abilities.

FREE for the month of MARCH!



Coffee & Conversation with the Town Manager

Friday, March 7 at 9:15 – 9:45 am



Join us for a casual and informative conversation with Town Manager, Joe Laydon. All are welcome!



Tea Time & Education

Friday, March 7 at 1:00 pm

March 8 is International Women's Day, is a global day celebrating the social, economic, cultural, and political achievements of women. In honor of this, we're hosting afternoon tea from SereniTea House in Mendon. Join us as we learn all about tea, sample different flavors, and enjoy light refreshments. **\$10 fee paid in advance. RSVP by March 4.**

Hip Hop Chair Dance

Monday, March 10 at 12:00 pm

Come get your groove on with this one day only, chair assisted dance exercise class. Class facilitator, Rondae Drafts is the Executive Director of MUSIC Dance.edu. This program is funded by a generous grant from the Upton Cultural Council.



Mindful Meditation

Friday, March 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.

Senior Dinner

sponsored by Upton Men's Club

Friday, March 14 at 5:00 pm



Join us for a delightful dinner sponsored by the Upton Men's Club. On the menu for March is pizza! Free to Upton seniors thanks to the generosity of the Upton Men's Club. Shuttle service available. **RSVP by March 10.**

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!



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.

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
	\$49,197 - \$65,595
	\$64,334 - \$85,777
	\$79,471 - \$105,960
	\$94,609 - \$126,144

2025 Upton Annual Town Meeting & Election Calendar



Annual Town Meeting
Thurs, May 1, 2025 at 7:00 PM


Annual Town Election
Tues, May 6, 2025 from 7:00 am – 8:00 pm




This year's Annual Town Meeting will be significant as we will be using electronic voting devices for the first time. At the Special Town Meeting in November 2024 voters approved a warrant article allowing for the use of these devices. Instead of a voice vote or standing vote voters will be given a "clicker" upon checking in to the meeting. Voters will simply press 'yes' or 'no' on the clicker to cast their anonymous vote. The system will quickly tally the votes, the Moderator will then declare if the motion has passed or failed. We anticipate that these devices will streamline the process of moving through the warrant.

Nomination Papers for the Annual Town Election are available from the Town Clerk's Office. The last day to obtain nomination papers is Friday, March 14, 2025 by 5:00 pm. Papers **must** be returned to the Town Clerk's office for certification of names on or before 5:00 PM on Tuesday, March 18, 2025. Objections to and withdrawal of nominations must be filed with the Town Clerk on or before 5:00 PM on Thursday, April 3, 2025.

Offices to appear on the May ballot are:


Moderator: One for one (1) year
Board of Assessors of Taxes: One for three (3) years
Board of Health: One for three (3) years 
Trustees of Public Library: Three for three (3) years
Board of Commissioners of Trust Funds: One for three (3) years
Mendon Upton Regional School District Committee: One for three (3) years
Upton Housing Authority: One for three (3) years ; One for two (2) years



Select Board: One for three (3) years
Cemetery Commission: One for three (3) years
Recreation Commission: One for three (3) years
Planning Board: One for five (5) years
Constables: Five for three (3) years

If you would like to receive a ballot by mail you must complete a Vote by Mail Application and return it to the Town Clerk's office. The Vote by Mail Form is available at the Senior Center or the Town Clerk's office. The form is also available online: [Voter Registration Form and Vote by Mail Application](#)

Voter Registration deadline: Annual Town Meeting is April 18, 2025 at 5:00 pm
 Annual Town Election is April 26, 2025 at 5:00 pm



Please contact the Town Clerk's office for additional information or assistance: 508-529-3565 or dsmith@uptonma.gov

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MARCH 2025

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

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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: _____

