



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

April 2025



UPTON CENTER

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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

Thank you to our amazing volunteers!

We would like to take this special month to express our heartfelt gratitude to all the amazing volunteers who dedicate their time and effort to keeping our senior center running smoothly.

Your hard work and commitment are the backbone of everything we do.



From assisting with programs to providing vital support for our daily operations, your unwavering dedication ensures that our center remains a warm and welcoming place for all. Your contributions truly make a difference in the lives of our seniors, and we are incredibly grateful for each and every one of you.

Thank you for your selfless service and continued support –

We couldn't do it without you!

News from the Town Clerk's office

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, 7:00 am – 8:00 pm

Nipmuc HS auditorium and Nipmuc HS gymnasium

If you would like to receive a ballot by mail for the annual town election you must complete a Vote by Mail Application and return it to the Town Clerk's office. The Vote by Mail application 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](#)

The Upton Bloomer Girls will be hosting Candidates Nights on Thursday, April 17th at 6:30 pm at the Community Center. This is a chance to meet the candidates who are running for an elected office. There will be a remote option for viewing only on Teams. Also, it will be recorded and shown on Upton's YouTube channel.

Please contact the Town Clerk's office for additional information or assistance: 508-529-3565

Denise Smith, Town Clerk – dsmith@uptonma.gov

Kathleen Bern, Assistant Town Clerk – kbern@uptonma.gov

Weekly Shopping Trip Schedule:

Thursday, April 3 at 12:30 pm

Market Basket, Shrewsbury

Wednesday, April 9 at 9:30 am

Walmart

Thursday, April 17 at 9:30 am

Market Basket, Shrewsbury

Thursday, April 24 12:30 pm

Shaw's Plaza

Tuesday, April 29 at 9:30 am

Market Basket, Shrewsbury

\$4 transportation charge per trip

Coffee & Conversation with the Town Manager

Friday, April 4 at 9:15 – 9:45 am



Join us for a casual and informative conversation with Town Manager, Joe Laydon. This month **Dennis Westgate, Director of Public Works (DPW)** will be joining in on the conversation. All are welcome!

Fenway Opening Day - Hot Dog Lunch

Friday, April 4 at 12:30 pm



Celebrate opening day with a hot dog congregate lunch! Enjoy a hot dog with all the toppings, baked beans & coleslaw. \$3 suggested donation to Tri-Valley.

RSVP by April 2.

Office Hours - State Rep David Muradian

Tuesday, April 8 at 9:30-10:30 am

State Representative David Muradian will be hosting Office Hours here at the Upton Community Center to meet with constituents and hear your concerns.



Mindful Meditation

Friday, April 11 at 1:00 pm



Calm your mind & body so you can acknowledge & accept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel. **FREE!**



Please note we will be closed on Monday, April 21 for Patriot's Day.

Senior Dinner sponsored by Upton Men's Club

Friday, April 11 at 5:00 pm

Join us for a delightful dinner sponsored by the Upton Men's Club. On the menu for April is stuffed shells! Free to Upton seniors thanks to the generosity of the Upton Men's Club. Shuttle service available. **RSVP by April 7.**



Intergenerational Music & Movement

Monday, April 14 at 9:30 am

Join us for Intergenerational Music & Movement program featuring performer Deb Hudgins. This interactive program, perfect for children and adults to enjoy together. Deb plays guitar and sings, and is sure to incorporate stories, dancing, fingerplays, games and more at each of her fun, themed performances. **Limited Space.**

Breakfast Trip

Wednesday, April 16 at 10:00 am

Enjoy breakfast with your friends at the Senior Center! We'll be dining at Upton's own **Cote's Kitchen** this month. **RSVP by April 11.**

Upton Memory Café

Wednesday, April 16 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.

Trader Joe's - Shopping Trip

Friday, April 18 9:30 am

Haven't been to the new Trader Joe's in Milford? Now's your chance! Join us for a special trip to see what all the hype is about. **Limited space available.**

TRADER JOE'S

Upton Police Spaghetti and Meatball Dinner

Wednesday, April 30 at 4:30pm

The Upton Police are back to protect and serve... Spaghetti & Meatball Dinner! Join us for the Upton Police Department's Annual Spaghetti & Meatball Supper. This is a great opportunity to enjoy a delicious meal and meet the newly appointed Chief Palmieri! **RSVP by April 23** to save your spot. Shuttle Service Available.



Podiatry Updates - Thank you Dr. Biancamano

On behalf of the entire community and residents, we would like to extend our deepest gratitude for all you have done over the years. Your dedication, expertise, and compassion have made a lasting impact on so many lives, and we are all incredibly thankful for your unwavering service.

As you begin this exciting new chapter in your life, we send our best wishes for a happy and fulfilling retirement. May this next phase be filled with joy, relaxation, and all the well-deserved moments of peace you've earned. Thank you once again for everything. You will be greatly missed.

We will be working to secure a new practitioner to provide these services at the Upton Senior Center.

TECH SUPPORT is back!

Welcome, Ayden Joseph!



Ayden is a BVT student with a strong passion for Information Technology. He will be hosting office hours at the center to offer tech support to seniors. If you're looking for assistance, please contact the office for upcoming dates and to schedule an appointment.



Friends of Upton Seniors Meeting (FUSe)

Monday, April 7 at 1:00 pm

The Friends of Upton Seniors (FUSe) supports social events, services and programs for seniors. We provide financial support to the Elder and Social Services (ESS) Department through fundraising events. We are establishing the group as a charitable non-profit organization and will be accepting donations very soon!

We are fortunate to live in a community where help is available if you just ask! Thanks to two very talented students at BVT - Faith Ann Ellis and Noah Marville - for creating the FUSe logo and brochure. BVT staff members Monique McCabe and Tom Mayo from the Design and Media Production Dept. are amazing. We are so lucky to have BVT in our town!

And thanks to Upton resident Paul Carey and the law firm of Mirick O'Connell for providing legal advice pro bono.

We meet on the first Monday of the month at 1pm. Please consider attending our next meeting. We welcome your support and participation!

Next Meeting: Monday, April 7th at 1 pm

Email FUSe at friendsofuptonseniors@gmail.com with questions!

WEEKLY PROGRAMS

Monday:

10:45 – Strength and Stretch (**\$3**)

2:15 – 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 (**\$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, April 11 at 10:00 am

Nutrition Talk

Monday, April 14 at 11:30am

Birthday Bash (**\$5**)

Friday, April 25 at 1:00 pm

Trivia Time

Monday, April 28 at 12:30 pm

Blood Pressure Checks

Wednesday, April 30 at 12:30 pm

Upton Food Pantry

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

Canned fruit & fruit cups

Pasta sauce

Paper towels

Applesauce

Peanut Butter

Coffee & Tea

Canned meats

Jelly

Dish soap

(tuna, ham, chicken, salmon)

Crackers

Laundry detergent

Hearty soups

Tissues

Sponges

Gift cards & monetary donations also accepted.

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
1	\$49,197 - \$65,595
2	\$64,334 - \$85,777
3	\$79,471 - \$105,960
4	\$94,609 - \$126,144

April Puzzle - Word Scramble

Congratulations to **Beverly Randazzo** who correctly answered our March Puzzle, 46 Shamrocks. For April, can you solve the jumbled letters and the bonus phrase? Let us know for a chance to win a prize!

UONLTEVRE _____ 4

OCITRSNERNEE _____ 6

IAOLSZECI _____

RYTAHBHDAIS _____ 5 _____ 2

HSRNTIPIPGOP _____ 1

ERDATGUTI _____ 3 _____ 7

BONUS PHRASE: 1 2 3 4 K 5 6 7

Board of Health News Covid 19/FLU A & B Test kits

The Board of Health currently has a limited number of combination test kits for Covid and Flu. These kits are free of charge to Upton residents, are user friendly and easy to read. If you currently have symptoms of Covid or the Flu, we encourage you to test to prevent the spread of these illnesses. Questions? Call the Board of Health at 508-529-6813.

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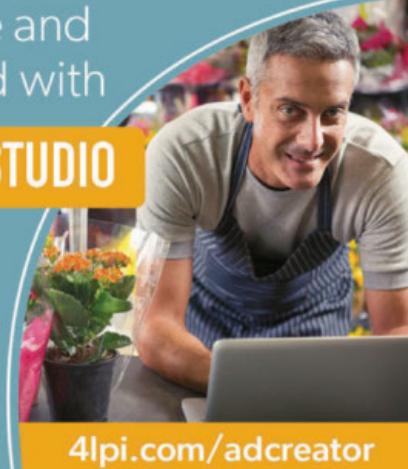
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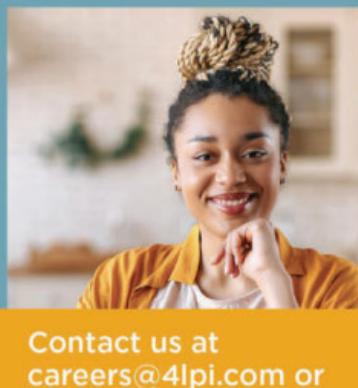


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The Upton Center, Upton, MA

06-5422

April 2025

Mon	Tue	Wed	Thu	Fri
	1 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	2 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 1:00 Line Dancing Wk 4	3 9:00 Chair Yoga 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 12:30 Shopping Trip 1:00 BINGO	4 9:15-9:45 Coffee & Conversation 9:30 Ex with Shirley 10:45 Strength and Stretch 12:30 Opening Day Hot Dog Lunch 1:00 Scrabble Group
7 10:45 Strength and Stretch 1:00 Friends of Upton Elders 2:15 Zumba® Gold	8 9:30 Rep Muradian Office Hours 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	9 9:30 Shopping Trip 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 1:00 Line Dancing Week 5	10 9:00 Chair Yoga 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	11 9:30 Ex with Shirley 10:00 Crafts 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group 5:00 Senior Dinner (Upton Men's Club)
14 9:30 Intergenerational Music & Move 10:00 Friends 10:45 Strength and Stretch 11:30 Nutrition Talk 1:00 COA Meeting 2:15 Zumba® Gold	15 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	16 9:30 Dance Fusion 10:00 Breakfast Trip 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:30 Memory Café	17 9:00 Chair Yoga 9:30 Shopping Trip 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	18 9:30 Trader Joe's Trip 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
21 Closed Patriot's Day 	22 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	23 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong	24 9:00 Chair Yoga 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 12:30 Shopping Trip 1:00 BINGO	25 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group 1:00 Birthday Bash
28 10:45 Strength and Stretch 12:30 Trivia Time 2:15 Zumba® Gold	29 9:30 Shopping Trip 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	30 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 BP Checks 12:30 Mahjong 4:30 Police Spaghetti Dinner		

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The Upton Center, Upton, MA

06-5422

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Apr 1 Grief Support Group, **1:00 pm**
Apr 2 Silver Sisterhood, **11:00 am**
Apr 2 Line Dancing (Week 4), **1:00 pm**
Apr 3 Shopping Trip, Market Basket Shrewsbury, **12:30 pm**
Apr 4 Coffee & Conversation with Town Manager, **9:15 am**
Apr 4 Tri-Valley Opening Day Hot Dog Lunch, **12:30 pm**
Apr 7 Friends of Upton Seniors Meeting, **1:00 pm**
Apr 8 State Rep David Muradian Office Hours, **9:30 am**
Apr 8 Grief Support Group, **1:00 pm**
Apr 9 Shopping Trip, Walmart , **9:30 am**
Apr 9 Line Dancing (Week 5), **1:00 pm**
Apr 11 Crafts with Betty, **10:00 am**
Apr 11 Mindful Meditation, **1:00 pm**
Apr 11 Senior Dinner, sponsored by Upton Men's Club, **5:00 pm**
Apr 14 Intergenerational Music & Movement, **9:30 am**
Apr 14 Nutrition Talk, **11:30 am**
Apr 14 COA Meeting **1:00 pm**
Apr 15 Grief Support Group, **1:00 pm**
Apr 16 Breakfast Trip, **Cote's Kitchen, Upton, 10:00 am**
Apr 16 Silver Sisterhood, **11:00 am**
Apr 16 Memory Café, **2:30 pm**
Apr 17 Shopping Trip, Market Basket Shrewsbury, **9:30 am**
Apr 18 Shopping Trip, Trader Joe's Milford, **9:30 am**
Apr 22 Grief Support Group, **1:00 pm**
Apr 24 Shopping Trip, Shaw's Plaza , **12:30 pm**
Apr 25 Birthday Bash, **1:00 pm**
Apr 28 Trivia Time, **12:30 pm**
Apr 29 Shopping Trip, Market Basket Shrewsbury, **9:30 am**
Apr 29 Grief Support Group, **1:00 pm**
Apr 30 Blood Pressure Checks, **12:30 pm**
Apr 30 Upton Police Spaghetti & Meatball Dinner, **4:30 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 April Puzzle: _____