



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

May 2025

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COA Hours:

Monday—Friday

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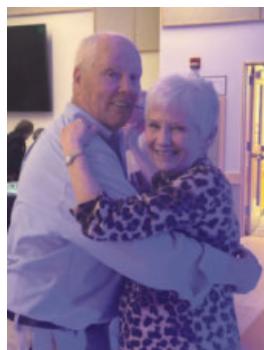
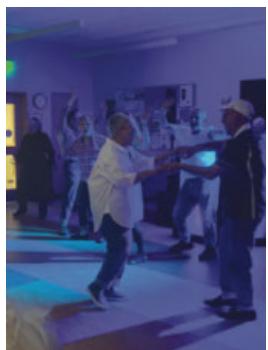
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2025 Senior Soiree

Get ready to twist and shout — the Senior Soirée at the Upton Senior Center was a blast from the past and a night to remember! With a fabulous '50s "Happy Days" theme, the room lit up with poodle skirts, leather jackets, saddle shoes, and big smiles as local seniors danced the night away.



DJ Ron Auger spun classic tunes from the golden era, and the crowd couldn't resist hitting the dance floor for the Stroll and other favorite dances. The energy was electric and the moves? Absolutely groovy. '50s themed appetizers and diner food served up a retro flair. And for dessert? Root beer floats that brought back childhood memories and delicious cookies from the Bloomer Girls had everyone coming back for seconds.

With laughter, dancing, and a whole lot of heart, the Senior Soirée proved that fun never goes out of style. It was a rockin' good time where age was just a number and the spirit of the '50s was alive and well!

A heartfelt thank you to the Upton Men's Club for their generous sponsorship, which played a key role in making the night such a success. To the Blackstone Valley staff and students who chose to spend their Friday night capturing special memories—thank you for helping create moments that will be cherished for years to come.

We're also incredibly grateful to the Upton Hoofbeats 4-H club for the beautiful handmade corsages that added a personal touch to the evening. And last but certainly not least, a huge thank you to our amazing volunteers—those who helped plan and execute the event, and those who swapped dancing shoes for aprons to lend a hand in the kitchen. We couldn't have done it without you!



Weekly Shopping Trip Schedule:

Monday, May 5 at 9:30 am
Market Basket, Shrewsbury

Tuesday, May 13 at 12:30 pm
Walmart

Wednesday, May 21 at 9:30 am
Market Basket, Shrewsbury

Thursday, May 29 at 12:30 pm
Shaw's Plaza

\$4 transportation charge per trip

Coffee & Conversation with the Town Manager

Friday, May 2 at 9:15 – 9:45 am



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

Line Dancing

Wednesdays at 1:00 pm

Our recent Line Dancing class was so popular, we've decided to make it permanent! 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. Classes are \$5 each.

Crafts with Betty

Friday, May 9 at 10:00 am

Join Betty Brault for our May craft, a Fairy Garden!
RSVP by Monday, May 5.

Mindful Meditation

Friday, May 9 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 Natan. FREE—All are welcome!

Johnny Cash Tribute

Wednesday, May 14 at 2:00 pm

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950's, his marriage to June Carter and many of his other career highlights. In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist and his album Gently Used was named one of Worcester Magazine's best albums of 2022. This program is supported in part by a grant from the Upton Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Light refreshments will be provided. **RSVP by May 9.**

Welcome Aboard, Jay Nolan!!



We are pleased to introduce our new van driver, Jay Nolan! Be sure to say hello and give him a warm welcome the next time you hop on the bus. We're glad to have you with us, Jay!

Lunch Trip

Thursday, May 15 at 12:30 pm

Join us for lunch at Prezo Grille & Bar in Milford, a lively, trendy spot serving Italian chow, pizza & sushi and more. Voted Best Fish and Chips by 101.3 Quest for Best!

Senior Dinner sponsored by Upton Men's Club

Friday, May 16 at 5:00 pm



Join us for a delightful dinner sponsored by the Upton Men's Club. May's dinner will be our annual cookout featuring hot dogs and hamburgers on the grill! Free to Upton seniors thanks to the generosity of the Upton Men's Club. Shuttle service available. [RSVP by May 12.](#)

AmeriCorp Senior Program Presentation

Monday, May 19 at 2:00 pm

AmeriCorps Seniors is a non-profit whose main goal is to match seniors over the age of 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.



AmeriCorps

AmeriCorp's RSVP Program offers mileage reimbursement and yearly recognition to volunteers. While the SCP offers a tax-free stipend, mileage, and meal reimbursement. [RSVP by May 14.](#)

Upton Memory Café

Wednesday, May 21 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.

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 Crochet 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, May 9 at 10:00 am

Nutrition Talk

Monday, May 12 at 11:30 am

Birthday Bash (**\$5**)

Friday, May 30 at 1:00 pm

Trivia Time

Monday, May 19 at 12:30 pm

Blood Pressure Checks

Wednesday, May 28 at 12:30 pm

Upton Food Pantry

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

Canned fruit
Canned meats
(tuna, ham, chicken, salmon)
Cookies, crackers, snack foods
Baking mixes, ingredients

Ketchup
Mayo
Relish
Salad dressing
Coffee

Tea
Milk
Juice
Paper Towels
Laundry Detergent

Gift cards & monetary donations also accepted.

SOCIAL SERVICES UPDATE

SNAP (Supplemental Nutrition Assistance Program)

Do you need financial support with buying groceries?
SNAP (Supplemental Nutrition Assistance Program) may be able to help!

Eligibility for SNAP benefits includes:

- Gross Household Income
- Household size
- Other various expenses (medical, etc.)

Households of seniors (60+) or persons with disabilities are encouraged to apply – income limits vary

SNAP Eligibility Chart

Household Size	Your Monthly Income (before taxes)	Monthly Maximum SNAP Amount**
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
6	\$7,192	\$1,390

Contact Katie, the Social Services Coordinator, for assistance with your application at 508-529-4558!

Would you like access to fresh, local produce?



If you are eligible and receiving SNAP benefits, you are also eligible to participate in the Healthy Incentives Program (HIP)! Benefits have changed as of December 2024 – All SNAP eligible households will now receive \$20/month to be put back on their EBT card when they use SNAP to buy local produce – essentially making your produce purchases FREE! Benefits are available at local HIP participating stores and farm stands. A list of participating farm stands can be found at DTAfinder.com.

SMOC Fuel Assistance



Fuel Assistance/Home Energy Assistance Fuel Assistance season has ended as of April 30th. All communication about your application will be received via mail. Please contact the Social Services Coordinator with any questions regarding your application.

May Cryptogram - Congratulations to our April Word Scramble winner, **Althea Greene!**

This month, solve the Cryptogram for a chance to win! We'll give you a hint, R=26!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

4 18 , 2 22 26 4 18 8 , 4 24 9 1 13 9

8 26 13 13 18 25 24 5 10 15 . 25 24 13

26 13 2 25 , 12 6 25 24 13 3 13 9 26 ,

4 25 2 , 20 12 1 13 26 13 14 4 18

20 24 12 20 12 23 9 25 13 !

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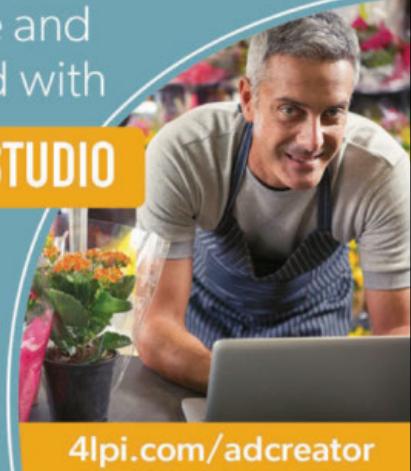
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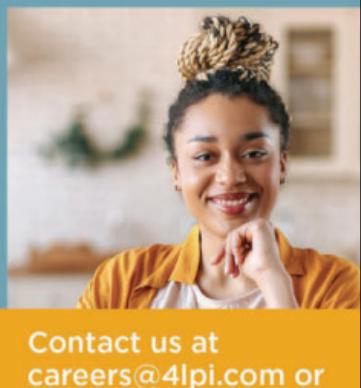


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The Upton Center, Upton, MA

06-5422

MAY

Mon	Tue	Wed	Thu	Fri
			1 9:00 Chair Yoga 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	2 9:15-9:45 Coffee & Conversation 9:30 Ex with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
5 9:30 Shopping Trip 10:45 Strength and Stretch 1:00 Friends of Upton Elders 2:15 Zumba® Gold	6 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	7 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 1:00 Line Dancing	8 9:00 Chair Yoga 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	9 9:30 Ex with Shirley 10:00 Crafts 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group
12 10:45 Strength and Stretch 11:30 Nutrition Talk 1:00 COA Meeting 2:15 NO ZUMBA	13 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	14 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong NO LINE DANCING 2:00 Johnny Cash Tribute	15 9:00 Chair Yoga 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 12:30 Lunch Trip 1:00 BINGO	16 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group 5:00 Senior Dinner (Upton Men's Club)
19 10:45 Strength and Stretch 12:30 Trivia Time 2:00 AmeriCorp Seniors 2:15 NO ZUMBA	20 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	21 9:30 Shopping Trip 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 1:00 Line Dancing 2:30 Memory Café	22 9:00 NO YOGA 10:00 Knit/Crotchet Group 11:00 Tai Chi 11:30 Practice Mah-jong 1:00 BINGO	23 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
26  CLOSED ON Memorial Day	27 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	28 9:30 NO DANCE FUSION 10:45 Strength and Stretch 12:30 BP Checks 12:30 Mahjong 1:00 Line Dancing	29 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	30 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group 1:00 Birthday Bash

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Check here if you need a ride!

May 2 _____ Coffee & Conversation with Town Manager, **9:15 am**

May 5 _____ Shopping Trip, Market Basket Shrewsbury, **9:30 am**

May 5 _____ Friends of Upton Seniors Meeting, **1:00 pm**

May 6 _____ Grief Support, **1:00 pm**

May 7 _____ Silver Sisterhood, **11:00 am**

May 7 _____ Line Dancing, **1:00 pm**

May 9 _____ Crafts with Betty, **10:00 am**

May 9 _____ Mindful Meditation, **1:00 pm**

May 12 _____ Nutrition Talk, **11:30 am**

May 12 _____ COA Meeting **1:00 pm**

May 13 _____ Shopping Trip, Walmart, **12:30 pm**

May 13 _____ Grief Support, **1:00 pm**

May 14 _____ Johnny Cash Tribute, **2:00 pm**

May 15 _____ Lunch Trip, Prezo Milford, **12:30 pm**

May 16 _____ Senior Dinner, sponsored by Upton Men's Club, **5:00 pm**

Select 2: Hot Dog Hamburger

May 19 _____ Trivia Time, **12:30 pm**

May 19 _____ AmeriCorp Seniors, **2:00 pm**

May 20 _____ Grief Support, **1:00 pm**

May 21 _____ Shopping Trip, Market Basket Shrewsbury, **9:30 am**

May 21 _____ Silver Sisterhood, **11:00 am**

May 21 _____ Line Dancing, **1:00 pm**

May 21 _____ Memory Café, **2:30 pm**

May 27 _____ Grief Support, **1:00 pm**

May 28 _____ Blood Pressure Checks, **12:30 pm**

May 28 _____ Line Dancing, **1:00 pm**

May 29 _____ Shopping Trip, Shaw's Plaza, **12:30 pm**

May 30 _____ Birthday Bash, **1:00 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 May Puzzle: _____