



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

May 2025

UPTON CENTER STAFF

Director

Tania Paparazzo

Social Services Coordinator

Katie San Clemente

Department Specialist

Nicole Stifnagle

COA Drivers

Ed Ferrelli
Bruce Mitchell
Jay Nolan

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

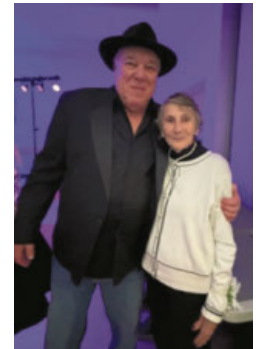
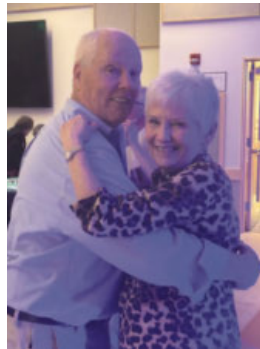
Phone:

978-907-5709



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

FUSE News

Monday, May 5 at 1:00 pm



The Friends of Upton Seniors (FUSE) collaborates with the Elder and Social Services (ESS) staff to support social events, services and programs that enhance the quality of life for Seniors. We are registered as a charitable non-profit organization and are now accepting donations!

**Checks can be sent to: FUSE, Inc.,
PO Box 13, Upton, MA 01568**

The recent Senior Soirée was THE event of the year! About 70 seniors attended. Many were dancing, making new friends, laughing at the high school yearbook photos, enjoying root beer floats and generally having a good time. Next year, it will be even better! Thanks to BVT students Ethan Novelli and Joe Bache who took video and pictures of that amazing event. And special thanks to BVT Design and Digital Communications instructor Monique McCabe for giving so freely of her time. We hope to have photos from the Senior Soirée available for purchase soon!

We welcome your support and participation! For more info, send an email to: friendsofuptonseniors@gmail.com

Next Meeting: Monday, May 5th at 1 pm
ALL ARE WELCOME!

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!

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 Nantel. 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.**

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 11:30am

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

$\frac{4}{8} \frac{18}{26} \frac{2}{13} \frac{22}{18} \frac{26}{12} \frac{4}{25} \frac{18}{20} \frac{8}{14}, \frac{4}{25} \frac{24}{20} \frac{9}{12} \frac{1}{26} \frac{13}{14} \frac{9}{14}$
 $\frac{8}{26} \frac{26}{13} \frac{13}{13} \frac{18}{18} \frac{25}{25} \frac{24}{24} \frac{5}{5} \frac{10}{10} \frac{15}{15}, \frac{25}{25} \frac{24}{24} \frac{13}{13}$
 $\frac{26}{26} \frac{13}{13} \frac{2}{25} \frac{25}{12} \frac{12}{6} \frac{25}{25} \frac{24}{24} \frac{13}{13} \frac{3}{3} \frac{13}{13} \frac{9}{9} \frac{26}{26},$
 $\frac{4}{25}, \frac{2}{20} \frac{20}{12} \frac{1}{13} \frac{13}{26} \frac{13}{14} \frac{14}{4} \frac{18}{18}$
 $\frac{20}{24} \frac{24}{12} \frac{12}{20} \frac{12}{12} \frac{23}{9} \frac{9}{25} \frac{25}{13}!$

Pickering & Son

Upton

FUNERAL HOME

David A. Pickering • Andrew D. Pickering
Funeral Directors

*Offering dignified and caring
service to those of all faiths in
Upton since 1902*

45 Main Street, Upton, MA 01568
508-529-6992 • uptonfunerals.com

VALLEY PLUMBING

PLUMBING • HEATING • GAS FITTING

Take \$50.00 OFF 1st Job for Plumbing

ONE COUPON PER HOUSEHOLD

10% Discount for Veterans, Seniors & Handicapped

Big or Small, We do it All...

Richard J. Wunschel 508-234-3649

Master Plumber Lic. No. 9216 - Discount taken when job is completed



Place Your Ad Here and Support our Parish!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator

concerge
PHYSICAL THERAPY

MAKE 2025 THE
YEAR YOU LIVE
PAIN-FREE.

BOOK AN EVALUATION

SCAN ME



(978) 517-4500

HOPKINTON • NORTHBOROUGH • SHREWSBURY
SOUTHBOROUGH • SUTTON



**Committed to the
well-being of every client**

**You can rely on us for quality
& nurturing caregivers.**

We are committed to tailoring our services
to suit your home setting.

774-233-6190 • www.kenanplushomecare.com

info@kenanplushomecare.com



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

WE'RE HIRING!

AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

The Upton Center, Upton, MA

06-5422



Mon

Tue

Wed

Thu

Fri

			1 9:00 Chair Yoga 10:00 Knit/Crochet 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/Crochet 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/Crochet 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/Crochet 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 	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/Crochet 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

LET'S GROW YOUR BUSINESS

Place Your Ad Here
and Support Our Parish!

CONTACT ME
Ileana Vasquez

ivasquez@4lpi.com
(800) 888-4574 x3105

Personalized and expert guidance for your insurance needs



MUSSULLI
Insurance Group

- ☑ Medicare Advantage ☑ Medicare Supplements Plans
- ☑ Medicare Prescription Plans

Lynne A Mussulli

Licensed Insurance Agent

(774) 280-2729

www.mussulliinsurancegroup.com

- This is an advertisement. Service and product availability varies by state -



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!

DON'T WEATHER THE SEASONS ALONE

~ Come home to ~



CHRISTOPHER HEIGHTS

AN ASSISTED LIVING COMMUNITY

Your own private apartment • Well balanced meals with fresh ingredients
Lively group activities • Care and support • No worries pricing

Call to schedule a tour 508-281-8001

99 PLEASANT ST., MARLBOROUGH, MA • WWW.CHRISTOPHERHEIGHTS.COM



Motus Training

Strength + Yoga + Wellness

In person from-your-home training

Owner Pauline Estey tailors your individual program so
that you can feel better, live longer, reduce pain, lower stress,
improve mobility and enjoy life more.

(508) 714-6874 - info@motus-training.com

Robyn Nasuti & Sean Terrell

ABR, ASP, SRS, GREEN, SRES, MBA

Senior's Real Estate Specialists, Notary



*Helping Upton families buy
& sell homes for 23 years*

Robyn - 774-573-1336

www.RobynAndSeanSoldMyHouse.com

Sean - 774-696-6402

SHORT STAFFED?

Place an ad here to find
new local talent for your
business.

CALL 800-477-4574



**Lumber Street Auto Repair wants to be your
preferred auto repair provider**

Schedule your winter service appointment now!

26 Lumber St. • Hopkinton, MA

(508) 321-5990

Full Service Repair Shop
Auto • RV • Marine

Mon-Fri: 7am-5pm Sat-Sun: Closed


*IT IS OUR MISSION TO TREAT EACH PERSON THAT COMES
THROUGH OUR DOOR WITH INTEGRITY AND DIGNITY!*




Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

The Upton Center, Upton, MA

06-5422

Check  here if you plan to attend !

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: _____

