



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

June 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

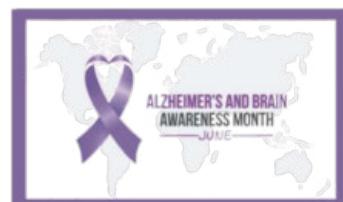
Albert Vautour

Phone:

978-907-5709



Please note the Upton Community Center will be closed on Thursday, June 19 in observance of Juneteenth.



Alzheimer's and Brain Awareness Month

June is Alzheimer's & Brain Awareness Month, a time to raise awareness and show support for the millions of individuals and families affected by Alzheimer's disease and other dementias. More than 6 million Americans are currently living with Alzheimer's - a number that is expected to rise significantly in the coming years.

At our center, we are committed to promoting lifelong brain health through programs built around four key pillars:

- Social Engagement
- Diet & Nutrition
- Exercise & Fitness
- Cognitive Activity & Lifelong Learning

This month, we're offering special programs focused on Alzheimer's awareness and brain health:

- **June 18th at 2:30pm Upton Memory Café** A friendly, supportive gathering for individuals living with memory loss and their care partners. Join us for conversation, connection, and fun in a welcoming environment.
- **June 25th at 12:30pm Lunch & Learn: Healthy Living for Your Brain and Body** Presented by the Alzheimer's Association, this session explores the latest research on lifestyle factors like diet, physical activity, cognitive stimulation, and social connection. Attendees will leave with practical tips and a personal plan for healthy aging. A light, brain healthy lunch will be provided, generously sponsored by Always Best Care Senior Services
- **Upton Police Department Visits** Learn more about the Silver Alert Program, a critical resource designed to help locate individuals who may wander due to memory impairment.

Join us this June in supporting brain health & building a more informed, compassionate community.



8

Weekly Shopping Trip Schedule:

Thursday, June 5 at 9:30 am
Market Basket, Shrewsbury

Wednesday, June 11 at 12:30 pm
Walmart & Foppema's

Tuesday, June 17 at 12:30 pm
Market Basket, Shrewsbury

Monday, June 23 at 9:00 am
Shaw's Plaza & Foppema's

\$4 transportation charge per trip



FUSe News

Monday, June 2 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 looking for new members!

You can join our group for \$10/year. Look for our brochure on the FUSe Table in the Lounge area.

Please consider making a tax-deductible donation in memory/honor of a loved one to the Friends of Upton Seniors. Your gift will support events and activities for seniors. Donations can be made in honor of births, birthdays, or anniversaries as well as in memory of loved ones.

No minimum donation is required. Please include your name and address so we can acknowledge your donation.

Donations can be sent to:

FUSe, Inc.
PO Box 13
Upton, MA 01568

We have created a notebook with newsletters from surrounding towns. Find interesting bus trips are as well as activities and events at Senior Centers in neighboring towns. Look for this notebook in the lounge area.

We meet on the first Monday of the month at 1pm. We welcome your support and participation! For more info, send an email to: friendsofuptonseniors@gmail.com

Next Meeting: Monday, June 2nd at 1 pm in the Classroom. **ALL ARE WELCOME!**

Line Dancing

Wednesdays at 2:45 pm



NEW TIME! If you've always wanted to try line dancing, now's your chance! This class is a beginners class 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 drop-in, \$5 each.**

Inspired Learning Day

Friday, June 6 at 11:30 – 12PM



The Mendon-Upton Regional School District hosts several Inspired Learning Days throughout the year, giving students the opportunity to connect with their community in meaningful and creative ways.

We're excited to welcome back students from Memorial School, who will be visiting our center to share artwork they've created especially for our seniors. Their pieces will be on display in the lobby for everyone to enjoy.

We hope you'll join us in welcoming these young artists and celebrating this special day of creativity, connection, and community!



Memorial School Visit

Tuesday, June 10 at 10:15 am – 2:00 pm

(Wednesday, June 11 rain date)

We're excited to welcome the third graders from Memorial School as they visit the senior center throughout the day. This visit offers a wonderful opportunity for the students to learn more about the programs and services our center provides, and to gain insight into the experiences of aging in our community.

If you're at the center during their visit, please take a moment to stop by and say hello to the students—they'll appreciate the warm welcome!

Coffee & Conversation with the Town Manager

Friday, June 13 at 9:15 – 9:45 am



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

Crafts with Betty

Friday, June 13 at 10:00 am

Rescheduled from May - Join Betty Brault for our June craft, a Fairy Garden!



Mindful Meditation

Friday, June 13 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—All are welcome!

Upton Memory Café

Wednesday, June 18 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.



Intergenerational Game Day

Friday, June 20 at 1:00 pm

Join us for an intergenerational event as senior citizens and library patrons ages 3 and up come together for an afternoon of fun and games! We will host giant board games, classic board games, puzzles, and more!

Lunch & Learn: Healthy Living For Your Brain and Body

Wednesday, June 25 at 12:30 pm

Learn about important research into diet/nutrition, exercise, cognitive activity and social engagement and develop a plan for health aging. Light lunch generously sponsored by Always Best Care Senior Services. Presented by the Alzheimer's Association.



Lunch Trip

Monday, June 30 at 12:00 pm



Join us for lunch at George's Surf & Turf in Mendon! Please note George's only offers outdoor, covered seating. CASH ONLY

Weekly Shopping Trips Update

Foppema's is open as of May 31 which means we will be including this as a stop on some of our shopping trips!



Upton Food Pantry

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

Pasta sauce
Vegetable Oil

Cookies, crackers, snack foods
Baking mixes, ingredients

Ketchup
Mayo
Relish
Salad dressing
Coffee

Tea
Milk (shelf stable)
Juice
Paper Towels
Laundry Detergent

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
2:45 - Line Dancing (\$5)

Thursday:

9:00 – Chair Yoga (\$3)
10:00 – Knit and Crochet Group
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

Nutrition Talk

Monday, June 9 at 11:30am

Crafts with Betty

Friday, June 13 at 10:00 am

Birthday Bash (\$5)

Friday, June 27 at 1:00 pm

Trivia Time

Monday, June 23 at 12:30 pm

Blood Pressure Checks

Wednesday, June 25 at 12:30 pm



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?



Fresh. Canned. Dried. Frozen.

It's HIP to be healthy!

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.



June Puzzle

Congratulations to **Joan Varney** for solving May's Cryptogram: In Spring I have a green thumb. The rest of the year it's covered in chocolate. This month, can you find the hidden pretzels in the newsletter? Let us know how many you find for a chance to win a prize!



Farewell, Nicole!

This month, we say goodbye to the face of the senior center — Nicole. Always greeting everyone with a warm smile and friendly hello, Nicole has truly been our "Jill of all trades." Organized, efficient, and endlessly dependable, she carried the senior center single-handedly during times of short staffing — all while maintaining a positive attitude that lifted everyone around her.

It's a bittersweet goodbye, as we're beyond excited to watch her embark on her next adventure. Please be sure to visit Nicole and her family as they open *Philly Pretzel Factory* at 490 Grafton Street Worcester, MA this month!

Of course, what we'll miss most is Nicole's "punny" personality — so in the spirit of a good pun:

"Looks like it's time for you to swap bingo cards for business cards. You're knot going to be easy to replace!"



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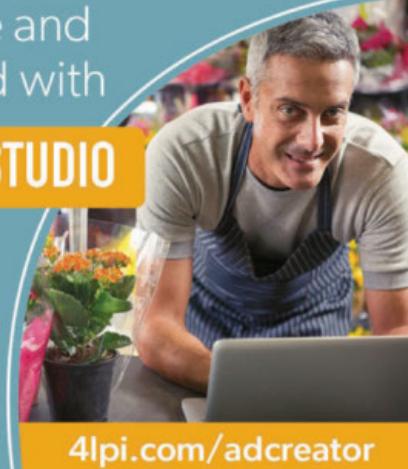
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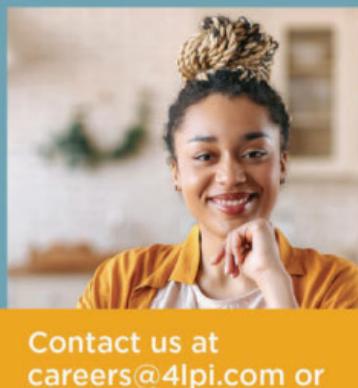


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The Upton Center, Upton, MA

06-5422



June



Mon	Tue	Wed	Thu	Fri
2 10:45 Strength and Stretch 1:00 Friends of Upton Seniors 2:15 Zumba® Gold	3 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	4 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:45 Line Dancing	5 9:00 Chair Yoga 9:30 Shopping Trip 10:00 Knit/Crochet Group 11:30 Practice Mahjong 1:00 BINGO	6 9:30 Exercise with Shirley 10:45 Strength and Stretch 11:30 Inspired Learning Day 1:00 Scrabble Group
9 10:45 Strength and Stretch 11:30 Nutrition Talk 1:00 COA Meeting 2:15 Zumba® Gold	10 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & Foot Card Game 1:00 Grief Support 2:15 Tai-Chi Memorial Elementary School Visit	11 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 12:30 Shopping Trip 2:45 Line Dancing Memorial Elementary (raindate)	12 9:00 Chair Yoga (10:00 Knit/Crochet Group 11:30 Practice Mahjong 1:00 BINGO	13 9:15-9:45 Coffee & Conversation 9:30 Exercise with Shirley 10:00 Crafts w/Betty 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group
16 10:45 Strength and Stretch 2:15 Zumba® Gold	17 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	18 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:30 Memory Café 2:45 Line Dancing	19 Closed in observance of Juneteenth 	20 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group 1:00 Intergenerational Game Day
23 9:00 Shopping Trip 10:45 Strength and Stretch 12:30 Trivia Time 2:15 Zumba® Gold	24 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 2:15 Tai-Chi	25 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Healthy Living Lunch & Learn 12:30 BP Checks 12:30 Mahjong 2:45 Line Dancing	26 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mahjong 1:00 BINGO	27 9:30 Exercise with Shirley 10:45 Strength and Stretch 12:30 Birthday Bash 1:00 Scrabble Group
30 10:45 Strength and Stretch 12:00 Lunch Trip 2:15 Zumba® Gold				

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The Upton Center, Upton, MA

06-5422

Check  here if you plan to attend !

Check here if you need a ride! 

Jun 2 _____ Friends of Upton Seniors, **1:00 pm**

Jun 3 _____ Grief Support Group, **1:00 pm**

Jun 4 _____ Silver Sisterhood, **11:00 am**

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

Jun 9 _____ Nutrition Talk, **11:30 am**

Jun 9 _____ COA Meeting **1:00 pm**

Jun 10 _____ Grief Support Group, **1:00 pm**

Jun 11 _____ Shopping Trip, Walmart & Foppema's, **12:30 pm**

Jun 13 _____ Coffee & Conversation with Town Manager, **9:15 am**

Jun 13 _____ Crafts with Betty, **10:00 am**

Jun 13 _____ Mindful Meditation, **1:00 pm**

Jun 17 _____ Shopping Trip, Market Basket Shrewsbury, **12:30 pm**

Jun 17 _____ Grief Support Group, **1:00 pm**

Jun 18 _____ Silver Sisterhood, **11:00 am**

Jun 18 _____ Memory Café, **2:30 pm**

Jun 20 _____ Intergenerational Game Day, **1:00 pm**

Jun 23 _____ Shopping Trip, Shaw's & Foppema's, **9:00 am**

Jun 23 _____ Trivia Time, **12:30 pm**

Jun 24 _____ Grief Support Group, **1:00 pm**

Jun 25 _____ Healthy Living Lunch & Learn, **12:30 pm**

Jun 25 _____ Blood Pressure Checks, **12:30 pm**

Jun 27 _____ Birthday Bash, **12:30 pm**

Jun 30 _____ Lunch Trip, George's Surf & Turf, **12:00 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 June Puzzle: _____