



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

July 2025



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COA Hours:

Monday—Friday
9:00 am to 4:00 pm

Phone:

508-529-4558

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Student-Senior Pen Pal Program

This past October, The Department of Elder and Social Services launched a pilot Student-Senior Pen Pal Program in conjunction with a 3rd grade class from the Memorial Elementary School in Upton. The initiative paired 19 third grade students with 19 local seniors, encouraging monthly written correspondence that fosters connection, communication, & community.



The idea for the program was born during a conversation between Upton's Social Services Coordinator, Katie San Clemente, and Mrs. Jan Maglione. Recognizing the potential benefits for both age groups, they set out to build a bridge between generations—one letter at a time.

Over the course of several months, letters flew back and forth – filled with stories, questions, drawings and lots of smiles. Both seniors and students eagerly awaited each new letter, sharing 7 letters with their pen pals while discussing hobbies, favorite books and foods, family traditions and much more.

On May 21st, the students of Mrs. Maglione's 3rd grade class took a special field trip to the Upton Community Center, where they met face-to-face with their senior pen pals for the very first time. Each pen pal pair shared lunch with one another, followed by an afternoon of games, crafts and even a photo op to capture the heartwarming event.

The Pen Pal Program has made a big impact on the Upton community, with the meet & greet being a highlight for all participants. Students and seniors alike were able to put faces to the names that have come to mean so much to them over the past few months. As for Katie San Clemente and Mrs. Jan Maglione, there are already plans in the works to make next year's program even bigger and better.

If you are interested in becoming a senior pen pal for the upcoming school year, please stay tuned for an information session to be scheduled sometime in August or September.

For additional details, please contact Katie San Clemente at the Upton Community Center at 508-529-4558

Weekly Shopping Trip Schedule

Tuesday, July 1 at 9:30 am
Market Basket, Shrewsbury

Wednesday, July 9 at 12:30 pm
Walmart & Foppema's

Thursday, July 17 at 12:30 pm
Market Basket, Shrewsbury

Monday, July 21 at 9:30 am
Shaw's Plaza & Foppema's

Thursday, July 31 at 12:30 pm
Market Basket, Shrewsbury

\$4 transportation charge per trip

The senior center will provide transportation to the following July Summer Concerts at Kiwanis Beach – 6-8pm

July 2: Summer Concert Studio 2 Beatles Tribute

July 9: Summer Concert The Band From U.N.C.L.E 50 – 60's rock, R&B

July 23: Summer Concert Tim Buono and Jim (full band) country connection, and community!

Silver Sisterhood

1st & 3rd Wednesday of the month

Want to connect with other 55+ women in the community? Join the Silver Sisterhood. A fellowship of senior women interested in making new friends and sharing interests, laughter and support. Group meets the 1st and 3rd Wednesday of every month at 11am. July 2 and 16.

Wear Your Red, White, and Blue — Meet Someone New!

Monday, July 7th at 2:00 pm

Haven't had a chance to meet Natalie or Jay? Join us for a Meet & Greet with ice cream sundaes!



Please note the Upton Community Center will be closed on Friday, July 4 for Independence Day.

FUSE News

Next meeting: July 7th at 1 pm in the Classroom



The Friends of Upton Seniors (FUSE) collaborates with the Elder and Social Services (ESS) staff to help fund social events, services and programs that enhance the quality of life for Seniors. We are a non-profit and all donations are tax-deductible.

We are grateful to Ida and Jean Jette and Sandy Kent for spending many hours organizing and selling craft supplies and donating all of the proceeds to FUSE!

Save the Date! The first **Annual Summer BBQ and Ice Cream Social is Friday August 15th at the Senior Center**. This event will be co-sponsored by FUSE and Upton Fire & EMS Association. We need help to pull this off so if you haven't donated yet, please consider sending a donation to the address in the box below. Stay tuned for more details about this event!

We have a notebook with current COA Newsletters from surrounding towns! If you are interested in a bus trip, check out the Mendon and Milford newsletters for details about upcoming trips.

Donations can be sent to:

FUSE, Inc., PO Box 13, Upton, MA 01568

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

There will be no Crafts with Betty for July/August. Betty will be back in September

Coffee & Conversation with the Town Manager

Friday, July 11 at 9:15 – 9:45 am

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



Mindful Meditation

Friday, July 11 at 1 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.

Lunch Trip

Tuesday, July 16 at 12:00 pm

Join us for a delicious afternoon outing! We'll be heading to gg Restaurant in Milford for lunch, followed by a sweet stop at JJ's Ice Cream.



Upton Memory Café

Wednesday, July 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.

The Secret Garden at Nipmuc High School

Friday, July 18 at 2 pm

The Upton Recreation Youth Summer Theatre Program presents: The Secret Garden with original music by Bob Nicoll. All ages welcome; no admission fee. Sign up for a ride on the shuttle or meet us there!

This is Jeopardy!

Monday, July 30 at 12:30–2:00 pm

Join us for a real interactive Jeopardy game — hosted by game show host, Kevin Richman! Get ready for buzzers, prizes, and plenty of fun. Don't miss out on this exciting event!

Save the Dates

Thursday, August 7 – Dine and Discuss Protect Your Assets During Retirement (dinner and dessert provided) 5pm

Attorney Amy Azza will be presenting wills, trusts, health care proxies, and durable powers of attorney and how the probate process works in Massachusetts. Todd Miller (CEPA) will empower attendees to think through their own circumstances, goals and challenges so that they can take action today that impacts their quality of life in retirement.

Friday, August 15th Senior BBQ 1pm – Live music, BBQ Food and Ice Cream Truck sponsored by FUSE (Friends of Upton Seniors) and Upton Fire and EMS Association.

WEEKLY PROGRAMS

Monday:

10:45 – Strength and Stretch (\$3)

2:30 – Zumba® Gold (\$3) **NEW TIME**

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, July 14 at 11:30am

Birthday Bash (\$5)

Friday, July 25 at 12:30 pm

Trivia Time

Monday, July 28 at 12:30 pm

Blood Pressure Checks

Wednesday, July 23 at 12:30 pm

Staff Updates

Mondays are back — book your ride today!

We're excited to announce that transportation on Mondays has resumed. Our new driver, Jay Nolan, is ready to assist you with a friendly smile and a helping hand. Call now to reserve your ride!

Welcome, Natalie Crosier!

We're thrilled to welcome Natalie Crosier as our new Department Specialist. She joined us in June and has already received a warm welcome from many of you.

SOCIAL SERVICES UPDATE

Earn more SNAP dollars with the Healthy Incentives Program!

It's a HIP way to stay healthy all summer long!



All SNAP households will receive a **maximum benefit of \$40 per month**, effective July 1st 2025, to be used when purchasing fresh fruits, vegetables and herbs through HIP vendors!

What you need to know:

- You must be enrolled in SNAP benefits to have access to HIP – then you can use your SNAP dollars to purchase farm-fresh fruits and vegetables at a HIP retailer
- An equal amount of money, up to your monthly limit, is instantly added back to your EBT card
- You must have SNAP benefits remaining on your card in order to use the HIP benefits

Spend your earned benefits at any HIP participating-farmer's markets, farm stands, etc.

To find a HIP location near you, visit www.mass.gov/hip or call the Project Bread's FoodSource Hotline at 1-800-645-8333.

You can also look for the HIP logo at any participating Farmer's Market or local Farm Stand!

Upton Food Pantry

The UCC Food Pantry is seeking donations:

Pasta sauce	Coffee	Paper Towels
Vegetable Oil	Tea	Laundry Deter-
Baking mixes,	Milk	gent
Ingredients	(shelf stable)	Tissues
Pancake Mix	Juice	Sponges
		Dish Soap

Gift cards & monetary donations also accepted.

Reminders

Scent-Free Reminder

For the comfort and health of all participants, please refrain from wearing strong perfumes or scented products when attending senior center activities. Thank you for helping us maintain a welcoming and scent-sensitive environment.

Sign-In Reminder

Please remember to sign in for any activities you attend at the senior center. This helps us know who is in the building in case of emergencies and ensures we keep accurate records for end-of-year reporting

July Puzzle

Congrats to **Joan Varney** for solving June's puzzle: There were **19** pretzels hidden in the newsletter!

This month, return this completed word search for a chance to win a prize!

4th of July Word Search

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

AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
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STATES
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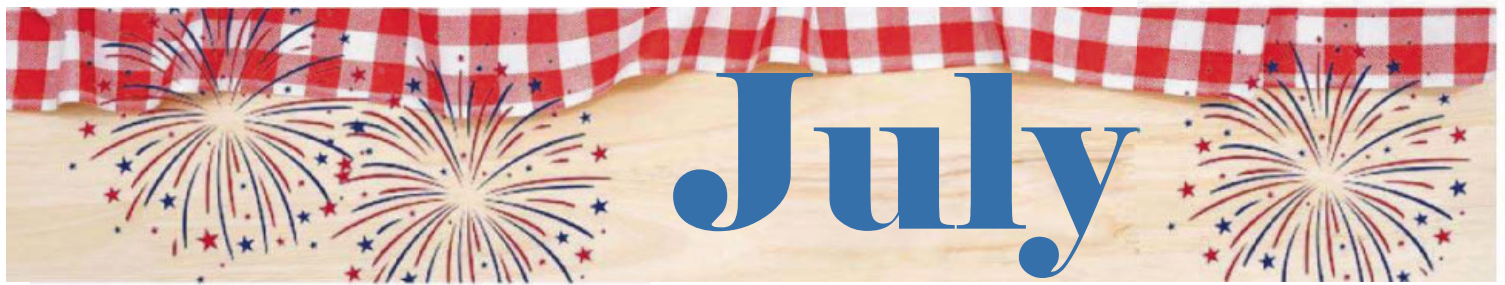
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The Upton Center, Upton, MA

06-5422



Mon	Tue	Wed	Thu	Fri
	1 9:30 Shopping Trip 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand & 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 2:45 Line Dancing 6:00 Summer Concert	3 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mahjong 1:00 BINGO	4  Closed in observance of Independence Day
7 10:45 Strength and Stretch 1:00 Friends of Upton Seniors 2:00 Meet 'n Greet w/Ice Cream Sundaes 2:30 Zumba® Gold	8 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 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 12:30 Shopping Trip 2:45 Line Dancing 6:00 Summer Concert	10 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mahjong 1:00 BINGO	11 9:15 Coffee and Conversation 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group
14 10:45 Strength and Stretch 11:30 Nutrition Talk 1:00 COA Meeting 2:30 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 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:00 Lunch Trip 12:30 Mahjong 2:30 Memory Café 2:45 Line Dancing	17 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mahjong 12:30 Shopping Trip 1:00 BINGO	18 9:30 Exercise with Shirley 2:00 Secret Garden - Nipmuc High School 10:45 Strength and Stretch 1:00 Scrabble Group
21 9:30 Shopping Trip 10:45 Strength and Stretch 2:30 Zumba® Gold	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 12:30 BP Checks 2:45 Line Dancing 6:00 Summer Concert	24 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mahjong 1:00 BINGO	25 9:30 Exercise with Shirley 10:45 Strength and Stretch 12:30 Birthday Bash 1:00 Scrabble Group
28 10:45 Strength and Stretch 12:30 Trivia Time 2:30 Zumba® Gold	29 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 10:45 Strength and Stretch 12:30 Mahjong 12:30 Jeopardy 2:45 Line Dancing	31 9:00 Chair Yoga 10:00 Knit/Crochet Group 11:30 Practice Mahjong 12:30 Shopping Trip 1:00 BINGO	1 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group

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The Upton Center, Upton, MA

06-5422

Check  if you plan to attend!

Check here if you need a ride! 

July 1	_____	Shopping Trip, Market Basket Shrewsbury, 9:30 am	_____
July 1	_____	Grief Support Group, 1:00 pm	_____
July 2	_____	Silver Sisterhood, 11:00 am	_____
July 2	_____	Summer Concert, 6:00 pm	_____
July 7	_____	Meet 'n Greet with Ice Cream Sundaes, 2:00 pm	_____
July 8	_____	Grief Support Group, 1:00 pm	_____
July 9	_____	Shopping Trip, Walmart & Foppema's, 12:30 pm	_____
July 9	_____	Summer Concert, 6:00 pm	_____
July 11	_____	Coffee & Conversation with Town Manager, 9:15 am	_____
July 11	_____	Mindful Meditation, 1:00 pm	_____
July 14	_____	Nutrition Talk, 11:30 am	_____
July 15	_____	Grief Support Group, 1:00 pm	_____
July 16	_____	Silver Sisterhood, 11:00 am	_____
July 16	_____	Lunch Trip, 99 Restaurant and JJs, 12:00 pm	_____
July 16	_____	Memory Café, 2:30 pm	_____
July 17	_____	Shopping Trip, Market Basket Shrewsbury, 12:30 pm	_____
July 18	_____	Secret Garden (Nipmuc High School), 2:00 pm	_____
July 21	_____	Shopping Trip, Shaw's & Foppema's, 9:30 am	_____
July 22	_____	Grief Support Group, 1:00 pm	_____
July 23	_____	Blood Pressure Checks, 12:30 pm	_____
July 23	_____	Summer Concert, 6:00 pm	_____
July 25	_____	Birthday Bash, 12:30 pm	_____
July 28	_____	Trivia Time, 12:30 pm	_____
July 29	_____	Grief Support Group, 1:00 pm	_____
July 30	_____	Jeopardy, 12:30 pm	_____
July 31	_____	Shopping Trip, Market Basket Shrewsbury, 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 #: _____