



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

August 2025



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MEALS ON WHEELS

Nutrition Managers
Myra Bigelow
Albert Vautour

Tel: 978-907-5709
Fax: 508-529-1014

National Senior Citizen's Day is August 21st, but we are celebrating all month long!

We want to take a moment to thank you for the wisdom, resilience, and kindness you share with our community every day. Your life stories, contributions, and continued involvement are deeply valued and appreciated. You inspire us with your strength, humor, and generosity of spirit. Whether you're mentoring others, volunteering your time, or simply showing up with a smile—you make a lasting impact.

This month, and always, we celebrate you!

With gratitude and respect,

Tania

Annual Senior BBQ & Ice Cream Social

Summer may be winding down, but we sure aren't! Join us on **Friday, August 15th from 1:00–3:00 pm** for an afternoon of great food, music, and fun.

Enjoy soft pretzels from Philly Pretzel Factory, a delicious BBQ lunch from Firefly's, and live summer tunes by Bill Reidy. We'll wrap up the day with a sweet visit from the Ice Cream Truck!

A heartfelt thank you to FUSE (Friends of Upton Seniors) and the Upton Fire & EMS Association for their generous sponsorship.

Cost for this event is \$5 and must be paid at registration. Please register by August 7th to reserve your spot.

Make Your Own Trail Mix

Senior Citizen's Day is a time to honor the wisdom, experience, and contributions of older adults in our community.

This year, we're celebrating with a fun and meaningful twist—a **Make Your Own Trail Mix Bar on Thursday, August 21 from 11 am-1 pm!**

Just as our seniors have led the way through life's winding paths, the Trail Mix Bar symbolizes the unique journey each person takes, blending different experiences, choices, and flavors along the way. It's a simple, tasty way to recognize the richness they bring to our lives—and to encourage others to keep blazing their own trails.

Weekly Shopping Trip Schedule

Monday, August 4 at 9:30 am

Walmart & Foppema's

Tuesday, August 12 at 9:30 am

Market Basket, Shrewsbury

Wednesday, August 20 at 12:30 am

Shaw's Plaza & Foppema's

Thursday, August 28 at 12:30 pm

Market Basket, Shrewsbury

\$4 transportation charge per trip

Programming Changes

Zumba® Gold is moving to Mondays at 11:45 am.

Chair Yoga is moving to Thursdays at 10:30 am starting on August 21. There will be **no class** on August 7 or 14.

Tai Chi will be ending this month here at the Upton Senior Center. If you would like to continue, Tai Chi is available at the following senior centers: Shrewsbury, Hopkinton, and Northborough.



Float On by and Meet the New Chief!

Tuesday, August 5 at 1 pm

Join us for a nostalgic treat—**root beer floats!** Come get to know Chief Palmieri, hear about his vision for the Police Department, and ask your questions in a relaxed, welcoming setting.

Dine and Discuss: Protect Your Assets During Retirement

Thursday, August 7 at 5 pm

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. Dinner and dessert will be provided free of charge, courtesy of our presenters. **RSVP by Monday, August 4.**

Coffee & Conversation with the Town Manager

Friday, August 8 at 9:15 – 9:45 am



Join us for our last coffee and conversation with Town Manager, Joe Laydon. All are welcome!

Mindful Meditation

Friday, August 8 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.

The senior center bus will be heading to Kiwanis Beach on August 13 from 6-8pm for the Summer Concert.

Call to sign up for transportation.

Senior BBQ and Ice Cream Truck Social

Friday, August 15 at 1:00-3:00 pm (\$5)

Live music, BBQ Food and Ice Cream Truck sponsored by FUSe (Friends of Upton Seniors) and Upton Fire and EMS Association.



RSVP by Monday, August 11.

Lunch Trip

Thursday, August 21 at 12:30 pm

Join us for a fun and tasty lunch at **Dairy Queen!** We'll enjoy classic favorites like burgers, fries, and of course, Blizzards! It's a great chance to socialize, relax, and treat yourself to something sweet.

Spots are limited — sign up today!

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

The Senior Center will be closed on September 1 for Labor Day

Silver Sisterhood

1st & 3rd Wednesday of the month at 11 am

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 11 am. August 6 and 20.

FUSe News

Next meeting: August 4th at 1 pm in the Classroom



The first **Annual Summer BBQ and Ice Cream Social** is **Friday, August 15th 1-3 pm**. Sign-up is \$5 per person. This event is co-sponsored by **FUSe and Upton Fire and EMS**. We will be having pulled pork and roast chicken along with side dishes—and live entertainment. Upton Fire and EMS will be providing the Ice Cream truck!

Gadgets for Seniors. FUSe is providing gadgets free of charge to Upton Seniors to help with daily living tasks like opening milk cartons and jars. If you could use one of these, call the Senior Center or stop by the desk and ask Natalie.

FUSe T-Shirts are here! The shirts are \$20 and will be available at the August BBQ and other events. Sizes available are M, L, XL and 2XL. All proceeds from t-shirt sales support events like the **August BBQ** and **Gadgets for Seniors**. Get yours by filling out an order form located at the **FUSe Bulletin Board**.



FUSe, Inc.
PO Box 13
Upton, MA 01568

The Friends of Upton Seniors (FUSe) collaborates with the Elder and Social Services 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 welcome your donations, support and participation!

For more info, send an email to:
friendsofuptonseniors@gmail.com

WEEKLY PROGRAMS

Monday

10:45 am – Strength & Stretch (\$3)
11:45 am – Zumba® Gold (\$3) **NEW TIME**

Tuesday

10:00 am – Pitch Group
11:15 am – Exercise with Shirley (\$3)
12:30 pm – Hand & Foot Card Games
1:00 pm – Grief Support Group

Wednesday

9:30 am – Dance Fusion (\$3)
10:45 am – Strength & Stretch (\$3)
12:30 pm – Mahjong
2:45 pm – Line Dancing (\$5)

Thursday

10:00 am – Knit and Crochet Group
10:30 am – Chair Yoga (\$3) **NEW TIME**
11:30 am – Practice Mahjong
1:00-3:00 pm – BINGO

Friday

9:30 am – Exercise with Shirley (\$3)
10:45 am – Strength & Stretch (\$3)
1:00 pm – Scrabble Group

MONTHLY PROGRAMS

Nutrition Talk

Monday, August 11 at 11:30 am

Trivia Time

Monday, August 25 at 12:30 pm

Blood Pressure Checks

Wednesday, August 27 at 12:30 pm

Birthday Bash (\$5)

Friday, August 29 at 12:30 pm

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:

Paper Towels
Laundry Detergent
Tissues
Sponges
Dish Soap

Gift cards & monetary donations also accepted.

Medical Equipment Lending

The Upton Senior Center is fortunate to have received many generous donations of medical equipment. If you or a loved one are in need of items such as walkers, canes, wheelchairs, or other assistive devices, please don't hesitate to call or stop by the Center. We're here to help support your mobility and independence.

MassHealth Update: Attention Required

MassHealth will begin to outreach Qualified Medicare Beneficiary (QMB) members starting in July.



MassHealth members may receive a notice in a yellow envelope from the UMass Medicare Outreach and Enrollment Project team, explaining that they may be eligible for Medicare and that they are required to make an appointment to apply for Medicare within 60 days. The UMass team will offer to call SSA on behalf of the member to set up an appointment and answer any questions they may have about the letter.

Members who have received a letter in a yellow envelope and need more information can **call the UMASS team at 877-935-1280, TTD/TTY 711**.

Upton residents may reach out to Katie San Clemente, Social Services Coordinator at the Upton Senior Center, for more information.

Do you need food assistance?

The Upton Community Food Pantry is open to all Upton residents!

Hours of Operation

**Wednesdays 12-2:00 pm
Fridays 11-1:00 pm**

Are you unable to come at these days and times? Contact us for more information or to set up an appointment: 508-529-4558

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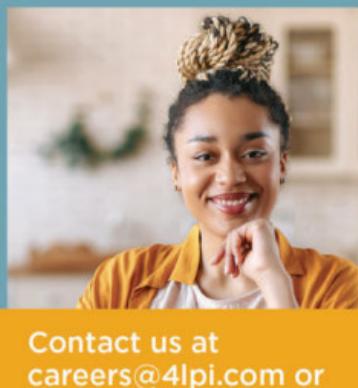
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The Upton Center, Upton, MA

06-5422




August

Mon	Tue	Wed	Thu	Fri
				1 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
4 9:30 Shopping Trip 10:45 Strength and Stretch 11:45 Zumba® Gold 1:00 Friends of Upton Seniors (FUSE)	5 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support 1:00 Meet the Chief	6 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:45 Line Dancing	7 10:00 Knit/Crotchet No Chair Yoga 11:30 Practice Mahjong 1:00 BINGO 5:00 Dine and Discuss: Protect Your Assets	8 9:15 Coffee and Conversation 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Mindful Meditation 1:00 Scrabble Group
11 10:45 Strength and Stretch 11:30 Nutrition Talk 11:45 Zumba® Gold 1:00 COA Meeting	12 9:30 Shopping Trip 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	13 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 2:45 Line Dancing 6:00 Summer Concert	14 10:00 Knit/Crotchet Group No Chair Yoga 11:30 Practice Mahjong 1:00 BINGO	15 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group 1:00-3:00 Senior BBQ and Ice Cream Truck Social
18 10:45 Strength and Stretch 11:45 Zumba® Gold	19 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	20 9:30 Dance Fusion 10:45 Strength and Stretch 11:00 Silver Sisterhood 12:30 Shopping Trip 12:30 Mahjong 2:45 Line Dancing	21 10:00 Knit/Crotchet Group 10:30 Chair Yoga 11:00 Trail Mix Bar 11:30 Practice Mahjong 12:30 Lunch Trip 1:00 BINGO	22 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
25 10:45 Strength and Stretch 11:45 Zumba® Gold 12:30 Trivia Time	26 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	27 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 12:30 BP Checks 2:45 Line Dancing	28 10:00 Knit/Crotchet Group 10:30 Chair Yoga 11:30 Practice Mahjong 12:30 Shopping Trip 1:00 BINGO	29 9:30 Exercise with Shirley 10:45 Strength and Stretch 12:30 Birthday Bash 1:00 Scrabble Group

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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

August 4	<input type="checkbox"/>	Shopping Trip, Walmart & Foppema's, 9:30 am	<input type="checkbox"/>
August 4	<input type="checkbox"/>	Friends of Upton Seniors (FUSe), 1:00 pm	<input type="checkbox"/>
August 5	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
August 5	<input type="checkbox"/>	Meet the Chief and Root Beer Floats, 1:00 pm	<input type="checkbox"/>
August 6	<input type="checkbox"/>	Silver Sisterhood, 11:00 am	<input type="checkbox"/>
August 7	<input type="checkbox"/>	Dine and Discuss: Protect Your Assets, 5:00 pm	<input type="checkbox"/>
August 8	<input type="checkbox"/>	Coffee and Conversation, 9:15 am	<input type="checkbox"/>
August 8	<input type="checkbox"/>	Mindful Meditation, 1:00 pm	<input type="checkbox"/>
August 11	<input type="checkbox"/>	Nutrition Talk, 11:30 am	<input type="checkbox"/>
August 12	<input type="checkbox"/>	Shopping Trip, Market Basket Shrewsbury, 9:30 am	<input type="checkbox"/>
August 12	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
August 13	<input type="checkbox"/>	Summer Concert, 6:00 pm	<input type="checkbox"/>
August 15	<input type="checkbox"/>	Senior BBQ and Ice Cream Truck Social, 1:00-3:00 pm	<input type="checkbox"/>
August 19	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
August 20	<input type="checkbox"/>	Silver Sisterhood, 11:00 am	<input type="checkbox"/>
August 20	<input type="checkbox"/>	Shopping Trip, Shaw's & Foppema's, 12:30 pm	<input type="checkbox"/>
August 21	<input type="checkbox"/>	Lunch Trip, Dairy Queen, 12:30 pm	<input type="checkbox"/>
August 21	<input type="checkbox"/>	Make Your Own Trail Mix Bar, 11:00 am-1 pm	<input type="checkbox"/>
August 25	<input type="checkbox"/>	Trivia Time, 12:30 pm	<input type="checkbox"/>
August 26	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
August 27	<input type="checkbox"/>	Blood Pressure Checks, 12:30 pm	<input type="checkbox"/>
August 28	<input type="checkbox"/>	Shopping Trip, Market Basket Shrewsbury, 12:30 pm	<input type="checkbox"/>
August 29	<input type="checkbox"/>	Birthday Bash, 12:30 pm	<input type="checkbox"/>

August Puzzle

Congrats to **Joy Goodwin Mondeau** for solving July's puzzle. This month, spot the **6 differences** between these 2 pictures and return the completed puzzle for a chance to win a prize!



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 #: _____