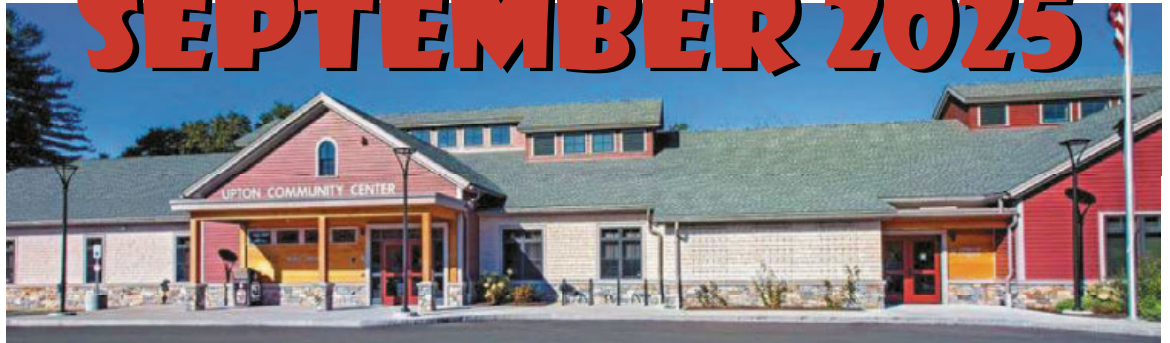




# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
9 MILFORD STREET, UPTON, MA 01568

## SEPTEMBER 2025



### UPTON SENIOR CENTER STAFF

#### **Director**

Tania Paparazzo

#### **Social Services Coordinator**

Katie San Clemente

#### **Department Specialist**

Natalie Crosier

#### **COA Drivers**

Ed Ferrelli  
Bruce Mitchell  
Jay Nolan

### COUNCIL ON AGING BOARD MEMBERS

#### **Chair**

Bob Fleming

#### **Vice Chair**

Laurie Fantini

#### **Secretary**

Cheryl Henderson

#### **Members**

Myra Bigelow  
Karen Glowacki  
Maggie Ohman  
Suzanne Perry  
Richard Provost  
Linda Sanders

### COA HOURS

Monday–Friday  
9:00 am to 4:00 pm  
Tel: 508-529-4558

### MEALS ON WHEELS

**Nutrition Manager**  
Myra Bigelow

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

### New Officers Elected for the Council on Aging

Annual officer elections were held at the COA's July board meeting. Congratulations to the following individuals on their recent appointment:

**Bob Fleming – Chair**

**Laurie Fantini – Vice Chair**

**Cheryl Henderson – Secretary**

The Board and the ESS Department would like to extend our heartfelt thanks to outgoing Chair, **Myra Bigelow**, and outgoing Secretary, **Linda Sanders**, for their years of dedicated service to the Council on Aging Board.



Myra has been a guiding presence on the board for 13 years, leading through many transitions, including the appointment of several ESS Directors. Her unwavering support for the Senior Center has been evident in countless ways—managing Meals on Wheels, attending many of our programs, and serving as a trusted sounding board for staff. We are thrilled that she will continue to serve as a member of the board.

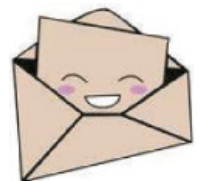
Linda's commitment and organizational skills as Secretary have helped keep the board running smoothly, and well informed. We look forward to her thoughtful contributions around the table.

### Pen Pal Program Info Session

**Monday, September 15<sup>th</sup> at 1 pm**

Are you an Upton Senior interested in becoming pen pals with a local 3rd grade student? To learn more about the program, please attend our upcoming information session on **Monday, September 15th at 1 pm** in the Greatroom!

If you are interested in participating this year, we strongly encourage you to attend this information session to secure your spot on our growing list! Space in the program is limited and **only open to Upton residents. RSVP by Thursday, September 11th.**



## Weekly Shopping Trip Schedule

**Wednesday, September 3 at 9:30 am**  
Walmart & Foppema's

**Thursday, September 11 at 12:30 pm**  
Shaw's Plaza & Foppema's

**Tuesday, September 16 at 9:30 am**  
Market Basket, Shrewsbury

**Thursday, September 25 at 12:30 pm**  
Shaw's Plaza & Foppema's

**Tuesday, September 30 at 9:30 am**  
Market Basket, Shrewsbury

**\$4 transportation charge per trip**

## Silver Sisterhood

**1<sup>st</sup> & 3<sup>rd</sup> 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. September 3 and 17.

## Lunch Trip

**Friday, September 12 at 12:30 pm**

This month, we're heading to Sky Buffet in Milford. Known for its wide variety of Asian cuisine, fresh sushi, and all-you-can-eat buffet, it's the perfect spot to relax and enjoy a great meal together.

## Mindful Meditation

**Friday, September 12 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.

## IMPORTANT REMINDER

Please remember to RSVP if you plan to attend—and just as importantly, let us know if you can no longer make it. Your cooperation helps us keep these events enjoyable, well-prepared, and sustainable for all. Thank you!

## Remembering Al Vautour

It is with sadness that we share the passing of our beloved Nutrition Manager and friend, Al Vautour.

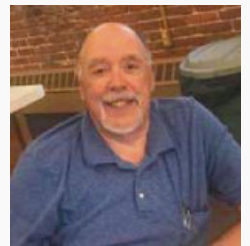
Albert Vautour—a devoted husband, father, grandfather, and friend to many—passed away peacefully surrounded by his loving family. He was 72 years old.

After retiring from a successful career in information technology, Al dedicated the last 18 years of his life as the Meals on Wheels Coordinator for Upton and Hopedale. He delivered more than just meals; he brought warmth, kindness, and a smile that could light up any room. Al never considered it just a job—it was his way of continuing to serve the community, something he did with quiet humility and unwavering dedication. His presence was a gift to the towns he served, and his absence will be deeply felt at the senior center and beyond.

Al also had a lifelong and meaningful relationship with the Boy Scouts of America, serving as a Scout, troop leader, and tireless volunteer. He often shared fond memories of his time in scouting, encouraging others to get involved and inspiring the next generation with his stories and passion.

In true Scout tradition, and in keeping with his wishes, donations in Al's memory can be made to Hopedale Boy Scout Troop 1, allowing his spirit of leadership, service, and community to live on through our youth. He leaves behind a legacy of compassion, dedication, and service.

Al, we will miss you dearly!



**Lunch & Learn: What to Leave Behind—Creating an Emergency Folder for your Loved Ones**

**Wednesday, September 10 at 12:30 pm**

Attorney Amy Azza will be presenting all about the details of exactly which documents you should put in your “emergency folder”, and how to create a full “legacy plan” to protect you and your children’s peace of mind.



Free lunch and dessert provided.

**RSVP at the Senior Center by September 3.**

**Memory Café**

**Wednesday, September 17 at 2:00 pm**

**Memory Café is Back!** After our August break, we are back and ready to reconnect! Join Tania and our new intern Sophia for a friendly conversation about ways to enhance our gatherings and welcome new faces who could benefit from the support.



The Memory Café offers a safe, welcoming space for people experiencing memory changes—whether or not they have a formal dementia diagnosis—and for their caregivers, family, and friends. It's a place to connect, share stories, and enjoy activities together.

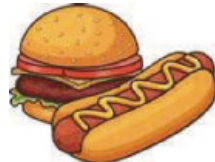
**Upton Men's Club Supper – You're Invited!**

**Friday, September 19 at 5 pm**

Come enjoy hot dogs, hamburgers, and great company at the Upton Men's Club Supper. This fun community event is free for Upton residents. Bring your appetite and some friends! **Sign up by Friday September 12** at the Upton Senior Center. When calling to register, please let us know your choice of 2 hotdogs, 2 burgers, or a combination.

Transportation is available, call 508-529-4558 to schedule.

Save the date for the next Men's Club Supper: Friday, October 17 at 5 pm



**Office Hours with Rep. David Muradian**

**Tuesday, September 23rd at 10 am**

Come and meet with our State Representative, ask questions, and share your thoughts on the issues that matter most to you and our community.

**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, September 15 at 11:30 am

**Blood Pressure Checks**

Wednesday, September 24 at 12:30 pm

**Birthday Bash (\$5)**

Friday, September 26 at 12:30 pm

**Trivia Time**

Monday, September 29 at 12:30 pm

**Birthday Bash**

**Featuring Comedian David Shikes**

**Friday, September 26 at 12:30 pm**

Join us for an afternoon of laughter as we honor this month's birthdays with a special performance by volunteer comedian David Shikes. Enjoy cake, camaraderie, and comedy—all in one fun-filled event!



## FUSE News

Next meeting:

September 8th at 11 am in the Classroom



Thank you to everyone who joined us for the Senior Center's first **Annual Senior BBQ and Ice Cream Social**, co-sponsored by FUSE and Upton Fire & EMS. The event sold out and was a tremendous success!

**FUSE T-Shirts are here!** Shirts are \$20 and available at the Senior Center and upcoming events like Heritage Day on September 27th. Sizes are M, L, XL and 2XL and all proceeds support events like the Senior BBQ and Gadgets for Seniors.



**Gadgets for Seniors.** FUSE provides 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. So far, over 38 gadgets have been distributed free to Upton Seniors!

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, contact us at:

[friendsofuptonseniors@gmail.com](mailto:friendsofuptonseniors@gmail.com)

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

## SOCIAL SERVICES UPDATE

### Fuel Assistance Season – Coming Soon!



Compassion. Equity. Community.

If you received fuel assistance benefits from SMOC last year, please keep an eye on your mail for your recertification paperwork! Recertifications will start being mailed out to your home address in staggered form around mid-August.

If you would like assistance with your recertification, please contact Katie San Clemente, Social Services Coordinator, at 508-529-4558. If you are a new applicant for fuel assistance, please stay tuned for further updates!

### MassHealth Renewal Notices



MassHealth members must renew their coverage annually to keep their health insurance. MassHealth may be able to recertify

your coverage automatically, but other times may need additional information from you. If you are enrolled in MassHealth, you may receive a blue envelope asking you to submit a recertification. If you need assistance with your recertification, please call Katie San Clemente, Social Services Coordinator, at 508-529-4558.

### Upton Food Pantry

The UCC Food Pantry is seeking donations:

Tissues

Dish soap

Condiments: Mayo, Ketchup, relish, salad dressing

Snack foods: Cookies, crackers, nuts, granola bars

Canned fruit

Shelf stable milk

**Gift cards & monetary donations also accepted.**

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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The Upton Center, Upton, MA

06-5422



# SEPTEMBER



Mon	Tue	Wed	Thu	Fri
<b>1</b>  <b>CLOSED LABOR DAY</b>	<b>2</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>3</b> <b>9:30 Shopping Trip</b> 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong <b>2:45 Line Dancing</b>	<b>4</b> 10:00 Knit/Crochet 10:30 Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	<b>5</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
<b>8</b> 10:45 Strength and Stretch <b>11:00 Friend of Upton Seniors (FUSE)</b> 11:45 Zumba® Gold	<b>9</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>10</b> <b>9:30 Dance Fusion</b> 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 Lunch &amp; Learn: Emergency Folder</b> <b>2:45 Line Dancing</b>	<b>11</b> 10:00 Knit/Crochet 10:30 Chair Yoga 11:30 Practice Mahjong <b>12:30 Shopping Trip</b> 1:00 BINGO!	<b>12</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch <b>12:30 Lunch Trip</b> <b>1:00 Mindful Meditation</b> 1:00 Scrabble Group
<b>15</b> 10:45 Strength and Stretch <b>11:30 Nutrition Talk</b> 11:45 Zumba® Gold <b>1:00 Pen Pal Program Info Session</b>	<b>16</b> <b>9:30 Shopping Trip</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support <b>1:00 COA Meeting</b>	<b>17</b> <b>9:30 Dance Fusion</b> 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong <b>2:00 Memory Café</b> <b>2:45 Line Dancing</b>	<b>18</b> 10:00 Knit/Crochet Group 10:30 Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	<b>19</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group <b>5:00 Men's Club Supper</b>
<b>22</b> 10:45 Strength and Stretch 11:45 Zumba® Gold	<b>23</b> 10:00 Pitch Group <b>10:00 Office Hours Rep. Muradian</b> 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>24</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 BP Checks</b> <b>2:45 Line Dancing</b>	<b>25</b> 10:00 Knit/Crochet Group 10:30 Chair Yoga 11:30 Practice Mahjong <b>12:30 Shopping Trip</b> 1:00 BINGO!	<b>26</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch <b>12:30 Birthday Bash</b> 1:00 Scrabble Group
<b>29</b> 10:45 Strength and Stretch 11:45 Zumba® Gold <b>12:30 Trivia Time</b>	<b>30</b> <b>9:30 Shopping Trip</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support			



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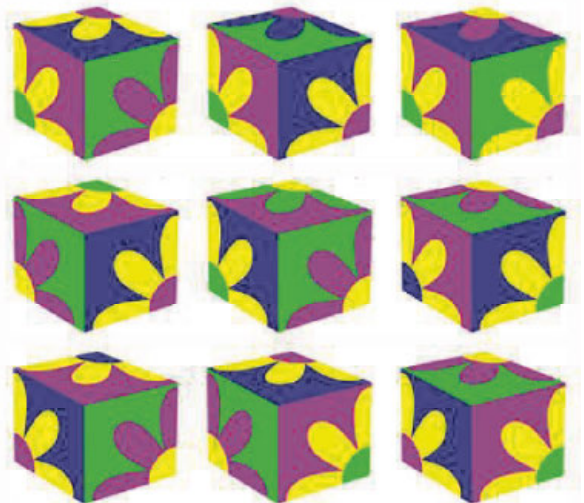
Check here if you need a ride



September 2	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
September 3	_____	Shopping Trip, Walmart & Foppema's, <b>9:30 am</b> .....	_____
September 3	_____	Silver Sisterhood, <b>11:00 am</b> .....	_____
September 8	_____	Friends of Upton Seniors (FUSE), <b>11:00 am</b> .....	_____
September 9	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
September 10	_____	Lunch & Learn: Creating an Emergency Folder, <b>1:00 pm</b> .....	_____
September 11	_____	Shopping Trip, Shaw's & Foppema's, <b>12:30 pm</b> .....	_____
September 12	_____	Lunch Trip, Sky Buffet, <b>12:30 pm</b> .....	_____
September 12	_____	Mindful Meditation, <b>1:00 pm</b> .....	_____
September 15	_____	Nutrition Talk, <b>11:30 am</b> .....	_____
September 15	_____	Pen Pal Info Session, <b>1:00 pm</b> .....	_____
September 16	_____	Shopping Trip, Market Basket Shrewsbury, <b>9:30 am</b> .....	_____
September 16	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
September 16	_____	COA Meeting, <b>1:00 pm</b> .....	_____
September 17	_____	Silver Sisterhood, <b>11:00 am</b> .....	_____
September 17	_____	Memory Café, <b>2:00 pm</b> .....	_____
September 19	_____	Men's Club Supper, <b>5:00 pm</b> Pick 2: ____ Hotdog ____ Burger .....	_____
September 23	_____	Office Hours with Rep. Muradian, <b>10:00 am</b> .....	_____
September 23	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
September 24	_____	Blood Pressure Checks, <b>12:30 pm</b> .....	_____
September 25	_____	Shopping Trip, Shaw's & Foppema's, <b>12:30 pm</b> .....	_____
September 26	_____	Birthday Bash, <b>12:30 pm</b> .....	_____
September 29	_____	Trivia Time, <b>12:30 pm</b> .....	_____
September 30	_____	Shopping Trip, Market Basket Shrewsbury, <b>9:30 am</b> .....	_____
September 30	_____	Grief Support Group, <b>1:00 pm</b> .....	_____

### September Puzzle

Congrats to **Dorothy Drew** for solving August's puzzle. This month, circle the missing piece that fell out of the larger cube 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 #: \_\_\_\_\_