



# The Upton Chronicle

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

## October 2025



### UPTON SENIOR CENTER STAFF

#### Director

Tania Paparazzo

#### Social Services Coordinator

Katie San Clemente

#### Dept. Specialist

Natalie Crosier

#### MSW Intern

Sophia LeBlanc

#### COA Drivers

Ed Ferrelli  
Bruce Mitchell

### 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

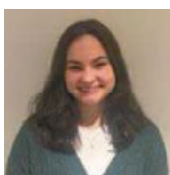
Monday–Friday  
9:00 am to 4:00 pm  
Tel: 508-529-4558

### MEALS ON WHEELS

Nutrition Coordinator  
Myra Bigelow

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

### Welcome Social Work Intern Sophia LeBlanc



We are happy to welcome **Sophia LeBlanc**, an MSW student at Boston University School of Social Work specializing in aging.

Sophia joins us with experience at a Council on Aging as well as a background in community outreach and program design. Sophia is here until September 2026 and during her time with us, she will be focusing on facilitating groups and developing programming that supports older adults. She is available to provide one-on-one support for those who may benefit from individual guidance.

Please give her a warm welcome!

### Halloween Extravaganza

Wednesday, October 29 at 12:30 pm  
\$3 per person

Join us for a frightfully fun afternoon at the Upton Senior Center's Halloween Extravaganza! Enjoy a pasta bar provided by Tri-Valley, and spooky treats to satisfy your sweet tooth.



Get creative with pumpkin painting, and enjoy extra Halloween surprises!

Costumes encouraged, fun guaranteed. Don't miss this *spooktacular* event!

Call or stop by to reserve your spot by Friday, October 24!

### News from the Town Clerk's office

Special Town Meeting: Tuesday, November 4 at 7:00 pm  
Nipmuc Regional High School Auditorium, 90 Pleasant Street

You must be a registered voter in Upton to vote on articles presented at the meeting. Upon checking in, voters will be given an electronic voting device ("clicker"). Visitors may attend the meeting but cannot vote. **The deadline to register to vote is Saturday, October 25<sup>th</sup>.** To verify your voter status or register to vote, please visit [www.sec.state.ma.us/ovr/](http://www.sec.state.ma.us/ovr/) or contact the Town Clerk's office at 508-529-3565 or [vote@uptonma.gov](mailto:vote@uptonma.gov). As always, please contact our office with any questions.

Denise Smith, Town Clerk – [dsmith@uptonma.gov](mailto:dsmith@uptonma.gov)  
Kathleen Bern, Assistant Town Clerk – [kbern@uptonma.gov](mailto:kbern@uptonma.gov)

### Weekly Shopping Trip Schedule

**Thursday, October 2 at 12:30 pm**  
Walmart & Foppema's

**Tuesday, October 7 at 9:30 am**  
Shaw's Plaza & Foppema's

**Thursday, October 16 at 12:30 pm**  
Market Basket, Shrewsbury

**Wednesday, October 22 at 9:30 am**  
Shaw's Plaza & Foppema's

**Tuesday, October 28 at 9:30 pm**  
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. This month, the group will meet on October 1 and 15.

### Lunch Trip

**Thursday, October 9 at 12:30 pm**

Join us this month at Jimmy's Tavern & Grill in Shrewsbury where there is something for everyone from sandwiches, and salads, to tavern favorites! **Sign up by Monday, October 6.**

### Crafts with Betty is Back!

**Friday, October 10 at 10 am**

We're so excited to announce that Crafts with Betty is back — just in time for fall! Join us as we make a festive fall craft to celebrate the season. All materials will be provided — just bring your creativity! **RSVP by October 7.**

### Mindful Meditation

**Friday, October 10 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.



### Your Vision—Implications for Aging

**Tuesday, October 14 at 2 pm**

How do your eyes “work” and what happens as we get older? Join retired Mobility Specialist, Michelle Antinarelli for an overview of the aging process of the eyes, and strategies for preserving functional independence. We'll review tools and tips to make your life easier today and tomorrow and help you prepare for your next eye exam to make the most of your eye care provider's expertise.

**Register at the Senior Center by October 10.**

### Memory Café

**Wednesday, October 15 at 2 pm**

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.

### Men's Club Supper

**Friday, October 17 at 5 pm**

Mark your calendar for October's Men's Supper! Enjoy a delicious meal of Chicken Marsala and great conversation. This event is free for Upton residents and just \$5 for non-residents. Don't miss this fun event.

**Sign up by October 10 at the Senior Center!** Need a ride? Transportation is available — call to schedule.

Save the date for the event: Friday, Nov. 21 at 5 pm

### SAVE THE DATE:

#### Back Pain Presentation

**Tuesday, November 4 at 10 am—1 pm**

Back pain is a common issue as we age, but it doesn't have to limit you. Join Dr. Brad Brink, Doctor of Physical Therapy, for a discussion on preventing, managing, and understanding low back pain. Learn why it happens, how to reduce it with daily habits and simple exercises, and when to seek help. Walk away with practical tips to ease pain and improve your quality of life. **Register by October 31.**

**CLOSED MONDAY, OCTOBER 13**  
**INDIGENOUS PEOPLE'S DAY**

### Birthday Bash

**Friday, October 24 at 12:30 pm**

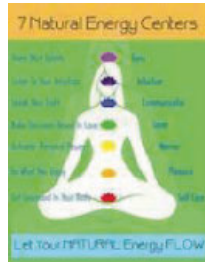
Join us for our monthly birthday celebration. \$5 fee includes pizza, cake & ice cream. Free for Upton seniors with birthdays in October!  
**Spots are limited — sign up today!**



### Getting to Know Your 7 Energy Centers (Chakras)

**Thursday, October 30 at 10-11:30 am**

As the days get shorter, how would you like to add some light and energy to your life? Join Patricia Luopa, PhD, as she leads a workshop introducing the 7 major chakras and mindful practices for balancing these natural energy centers.  
**Sign up by Monday, October 27.**



### Cold & Flu Season Reminder

As we enter cold and flu season, we ask everyone to be mindful of the health and safety of others. If you are feeling unwell, please stay home and rest. For those using our transportation services, if you must attend a medical appointment while experiencing symptoms, we kindly ask that you wear a mask for the entire ride to help protect fellow passengers and staff.



### Flu Vaccine Clinic

**Thursday, October 30 at 11:30 am–1 pm**

The Upton Board of Health will be offering the FLU ONLY vaccination at the Senior Center. We will have standard dose vaccine and high dose vaccine. A link will be created for sign up and you may call the Senior Center at **508-529-4558** or the Board of Health at **508-529-6813** for assistance.

### WEEKLY PROGRAMS

#### Monday

10:45 am – Strength & Stretch (\$3)

#### 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)

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, October 20 at 11:30 am

#### Blood Pressure Checks

Wednesday, October 22 at 12:30 pm

#### Birthday Bash (\$5)

Friday, October 24 at 12:30 pm

#### Trivia Time

Monday, October 27 at 12:30 pm

### COA Transportation Program

The Upton Senior Center is pleased to offer transportation services for seniors (60+) and disabled Upton residents to and from medical appointments and the Senior Center.

#### Hours of Operation

Monday – Friday 9:30 am – 3:00 pm

Reservations must be made at least 48 hours in advance. Please call the Center at 508-529-4558 for information or to schedule transportation.

Transportation service is “curb-to-curb”, meaning riders must be mobile and have the ability to get to/from and into the van.

The driver cannot offer “hands-on” assistance, however, a personal assistant may accompany a rider should he/she require help. Companions ride free of charge.

## FUSE News

Next meeting:

October 6 at 11 am in the Classroom

**FUSE** now has over 50 members! If you are not yet a member, please consider joining by filling out one of our brochures located in the Senior Center at the **FUSE Bulletin Board**. You can drop your form along with your \$10 annual dues into our new **FUSE Drop Box** located at the Reception Desk.

The **Drop Box** can also be used to pay for **FUSE t-shirts** and to make **donations**. Please include your name and contact info with a donation so we can send you an acknowledgement.



## SAVE THE DATE!

FUSE will have a table at the Bloomer Girls Fall Fair on November 1<sup>st</sup> at BVT. Stay tuned for more information.



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

### 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.

### Fuel Assistance

Season runs November 1–April 30

#### Returning Applicants

Recertification paperwork has been mailed out to all returning applicants at this time.

If you did not receive your recertification paperwork, or would like assistance with your recertification, please contact Katie San Clemente, Social Services Coordinator, at 508-529-4558.

#### New Applicants

If you are interested in applying for fuel assistance this fall/winter, please contact Katie San Clemente, Social Services Coordinator, at 508-529-4558 for more information.

New applicants may begin submitting their applications beginning November 1st.

## Upton Food Pantry

The UCC Food Pantry is seeking donations:

Hearty Soups, pasta Sauce  
Baked Beans  
Ready/minute rice  
Instant Potatoes  
Cooking oils (olive, canola, vegetable oil)

Spices (salt & pepper, garlic/onion powder, cinnamon)  
Dish soap, Sponges  
Laundry Detergent  
Tissues, Cleaning Supplies

**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



# 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](http://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](http://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

**KenanPlus**  
HOME CARE LLC

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](http://www.kenanplushomecare.com)**

[info@kenanplushomecare.com](mailto:info@kenanplushomecare.com)



## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit [www.mycommunityonline.com](http://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](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

The Upton Center, Upton, MA

06-5422



Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong 2:45 Line Dancing	<b>2</b> 10:00 Knit/Crochet 10:30 Chair Yoga 11:30 Practice Mahjong <b>12:30 Shopping Trip</b> 1:00 BINGO!	<b>3</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group
<b>6</b> 10:45 Strength and Stretch <b>11:00 Friend of Upton Seniors (FUSE)</b>	<b>7</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>8</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong 2:45 Line Dancing	<b>9</b> 10:00 Knit/Crochet 10:30 Chair Yoga 11:30 Practice Mahjong <b>12:30 Lunch Trip</b> 1:00 BINGO!	<b>10</b> 9:30 Exercise with Shirley <b>10:00 Crafts with Betty</b> 10:45 Strength and Stretch <b>1:00 Mindful Meditation</b> 1:00 Scrabble Group
<b>13</b>  <b>CLOSED FOR INDIGENOUS PEOPLE'S DAY</b>	<b>14</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support <b>2:00 Aging into Low Vision Presentation</b>	<b>15</b> 9:30 Dance Fusion 10:45 Strength and Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong <b>2:00 Memory Café</b> 2:45 Line Dancing	<b>16</b> 10:00 Knit/Crochet Group 10:30 Chair Yoga 11:30 Practice Mahjong <b>12:30 Shopping Trip</b> 1:00 BINGO!	<b>17</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group <b>5:00 Men's Club Supper</b>
<b>20</b> 10:45 Strength and Stretch <b>11:30 Nutrition Talk</b> <b>1:00 COA Meeting</b>	<b>21</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>22</b> <b>9:30 Shopping Trip</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 BP Checks</b> 2:45 Line Dancing	<b>23</b> 10:00 Knit/Crochet Group 10:30 Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	<b>24</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch <b>12:30 Birthday Bash</b> 1:00 Scrabble Group
<b>27</b> 10:45 Strength and Stretch <b>12:30 Trivia Time</b>	<b>28</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>29</b> 9:30 Dance Fusion 10:45 Strength and Stretch 12:30 Mahjong <b>12:30 Halloween Luncheon</b> 2:45 Line Dancing	<b>30</b> <b>10:00 Seven Energies Workshop</b> 10:00 Knit/Crochet Group 10:30 Chair Yoga 11:30 Practice Mahjong <b>11:30 Flu Clinic</b> 1:00 BINGO!	<b>31</b> 9:30 Exercise with Shirley 10:45 Strength and Stretch 1:00 Scrabble Group



# 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](http://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](http://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](mailto: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](http://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) 296-5221**

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](http://www.4lpi.com)

The Upton Center, Upton, MA

06-5422

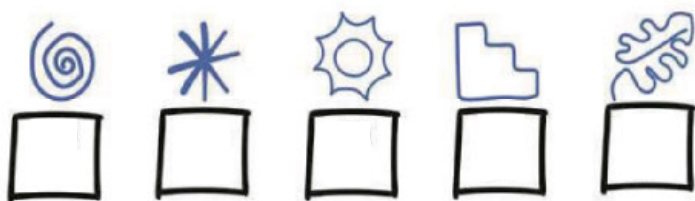
↓ Check here if you plan to attend

Check here if you need a ride ↓

October 1	_____	Silver Sisterhood, <b>11:00 am</b> .....	_____
October 2	_____	Shopping Trip, Walmart & Foppema's, <b>12:30 pm</b> .....	_____
October 6	_____	Friends of Upton Seniors (FUSE), <b>11:00 am</b> .....	_____
October 7	_____	Shopping Trip, Shaw's & Foppema's, <b>9:30 am</b> .....	_____
October 7	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
October 9	_____	Lunch Trip—Jimmy's Tavern & Grill in Shrewsbury, <b>12:30 pm</b> .....	_____
October 10	_____	Crafts with Betty, <b>10:00 am</b> .....	_____
October 10	_____	Mindful Meditation, <b>1:00 pm</b> .....	_____
October 14	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
October 14	_____	Your Vision—Implications for Aging Presentation, <b>2:00 pm</b> .....	_____
October 15	_____	Silver Sisterhood, <b>11:00 am</b> .....	_____
October 15	_____	Memory Café, <b>2:00 pm</b> .....	_____
October 16	_____	Shopping Trip, Market Basket Shrewsbury, <b>12:30 pm</b> .....	_____
October 17	_____	Men's Club Supper, <b>5:00 pm</b> .....	_____
October 20	_____	Nutrition Talk, <b>11:30 am</b> .....	_____
October 20	_____	COA Meeting, <b>1:00 pm</b> .....	_____
October 21	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
October 22	_____	Shopping Trip, Shaw's & Foppema's, <b>9:30 am</b> .....	_____
October 22	_____	Blood Pressure Checks, <b>12:30 pm</b> .....	_____
October 24	_____	Birthday Bash, <b>12:30 pm \$5</b> .....	_____
October 27	_____	Trivia Time, <b>12:30 pm</b> .....	_____
October 28	_____	Shopping Trip, Market Basket Shrewsbury, <b>9:30 pm</b> .....	_____
October 28	_____	Grief Support Group, <b>1:00 pm</b> .....	_____
October 29	_____	Halloween Extravaganza, <b>12:30 pm \$3</b> .....	_____
October 30	_____	7 Energies Workshop, <b>10:00 am</b> .....	_____
October 30	_____	Flu Clinic, <b>11:30 am</b> .....	_____

### October Puzzle

Congrats to **Nancy Adams** for solving September's puzzle. This month, count how many you can find of each shape—colors and angle may be different, but the shape will always be the same. 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 #:** \_\_\_\_\_