



The Upton Chronicle

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

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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 25th.** To verify your voter status or register to vote, please visit www.sec.state.ma.us/ovr/ or contact the Town Clerk's office at 508-529-3565 or vote@uptonma.gov. As always, please contact our office with any questions.

Denise Smith, Town Clerk – dsmith@uptonma.gov
Kathleen Bern, Assistant Town Clerk – 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

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. 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

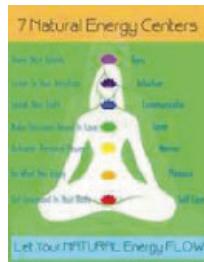
Join us for our monthly birthday celebration. \$5 fee includes pizza, cake & ice cream. Free for Upton seniors with birthdays in October! Spots are limited — sign up today!



Getting to Know Your 7 Energy Centers (Chakras)

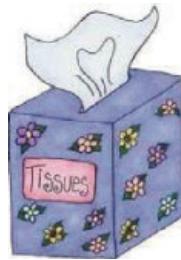
Thursday, October 30 at 10-11:30 am

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.

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.

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

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

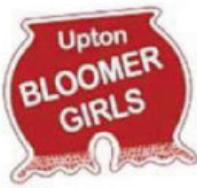
FUSe now has over 50 members! If you are not yet a member, please consider joining by filling out one of our brochures located in the Senior Center at the **FUSe Bulletin Board**. You can drop your form along with your \$10 annual dues into our new **FUSe Drop Box** located at the Reception Desk.

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 1st 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

FUSe, Inc.
PO Box 13
Upton, MA 01568

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.

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.

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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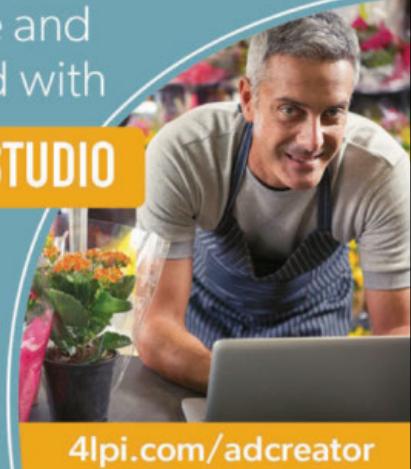
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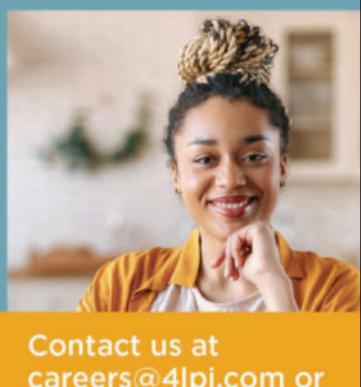


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The Upton Center, Upton, MA

06-5422

October



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

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Ileana Vasquez

ivasquez@4ipi.com

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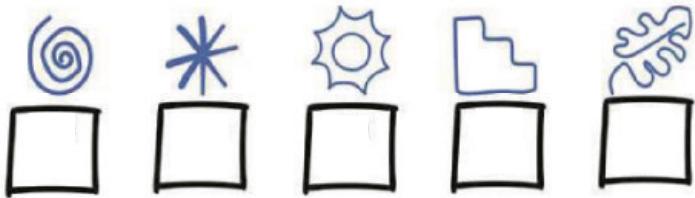
Check here if you plan to attend

Check here if you need a ride

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

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 #: _____