



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



A Time for Thanks

November brings with it a season of gratitude, a time to pause and appreciate all that we have.

Here at the center, we have so much to be thankful for: a state-of-the-art building that supports a wide range of programming, a dedicated staff who give their very best every day, and most importantly, a community filled with some of the kindest and most welcoming residents.

We're also deeply grateful for the volunteers and organizations who support our mission and help keep everything running smoothly. Your generosity and commitment make all the difference.

Wishing you and your loved ones a joyous and peaceful Thanksgiving. May your days be filled with gratitude, good company, and the cozy spirit of fall.

With heartfelt thanks,
Tania Paparazzo
Director

In Loving Memory of Laurie Fantini

We were deeply saddened to share the news of Laurie Fantini's passing. Laurie passed away peacefully, surrounded by her loving family, on Friday, October 3, 2025, after a brief illness.



Laurie was a valued member of the COA Board and, more importantly, a cherished part of our community. She brought joy and kindness to everything she did—always ready to participate, always with a smile.

Laurie was a former Bloomer Girl, a longtime dedicated board member of the Upton Council on Aging, a member of Friends of Upton Seniors (FUSe) and a devoted communicant of St. Gabriel the Archangel Parish. She was clearly invested in her community and an advocate for her fellow residents. Laurie had a beautiful voice, a love for karaoke, and the rare ability to harmonize with any tune. She found happiness in family events, community trips, and time spent at the Upton Senior Center, where she formed lasting friendships that felt like family.

Laurie will be deeply missed here at the Center. Her presence, her spirit, and her legacy will live on through the countless lives she touched.

Weekly Shopping Trip Schedule

Wednesday, November 5 at 9:30 am
Walmart

Wednesday, November 12 at 12:30 pm
Market Basket, Shrewsbury

Tuesday, November 18 at 9:30 am
Walmart

Tuesday, November 25 at 12:30 pm
Market Basket, Shrewsbury

\$4 transportation charge per trip

Back Pain Presentation

Tuesday, November 4 at 10-11 am

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.**

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 **November 5 and 19.**

Tax Talk

Wednesday, November 5 at 1 pm

Join Valerie Leonardo, Upton's Principal Assessor, and Laura Hebb, Selectboard Chair, for an informative session on the town's Veteran and Senior Tax Exemptions. Learn about available tax relief options, get your questions answered, and stay up to date on local exemption programs. Applications for the exemption programs and the Senior Tax Work-Off Program will also be available at the event!

THE SENIOR CENTER WILL BE CLOSED ON:
November 11 for Veteran's Day
November 27 & 28 for Thanksgiving

Lunch Trip

Thursday, November 6 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, November 3.**

Veteran's Day Breakfast

Thursday, November 13 at 10 am

Join us for a warm and hearty breakfast as we come together to honor the service and sacrifice of our country's Veterans.

Whether you're a Veteran, know a Veteran, or simply wish to show your gratitude, we welcome you to attend and help us celebrate their dedication.

Breakfast is free for Veterans and their spouses. \$5 for all other guests. **RSVP by November 7.**



Crafts with Betty

Friday, November 14 at 10 am

Join us as we make a fun craft to get us in the holiday spirit! All materials will be provided — just bring your creativity! **RSVP by November 7.**

Mindful Meditation

Friday, November 14 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.

Men's Club Supper

Friday, November 14 at 5 pm

Mark your calendar for October's Men's Supper! Enjoy a delicious meal of **ziti and meatballs** and great conversation. This event is free for Upton seniors only. Don't miss this fun event!

Sign up by November 7 at the Senior Center!
Need a ride? Transportation is available — call to schedule.

Next Men's Club Supper: December 12 at 5 pm

Crafty Nest: Design a Welcome Mat or Wreath

Don't miss this fun event. See back page for details.

Upton History Museum Presentation

Tuesday, November 18 at 10 am

Join the Upton History Museum at the Upton Community Center as they discuss historic items related to the Upton Library. Throughout the month of November, these fascinating historical items will be on display at the library for all to enjoy. Highlights of the presentation & display include:

- The legacy of Miss Helen Fay, who was elected Town Librarian in 1917. She had a long and distinguished career supporting the library system for nearly 50 years as a librarian and trustee.
- The rich history of the Upton Library (1871 to present)
- Historic books and materials from the past and locally published works by local Upton authors

Don't miss this opportunity to explore Upton's literary and historical roots. **RSVP by November 14.**

Memory Café

Wednesday, November 19 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.

Thanksgiving Luncheon

Friday, November 21 at 12:30 pm

Come celebrate with your friends at the Senior Center and enjoy a **Turkey Dinner with all the fixings**, generously provided by **Country Sooper**. Bring your appetite and holiday cheer—we look forward to sharing this special day with you! \$8 per person. **RSVP by November 14.**

Birthday Bash

Friday, December 5 at 12:30 pm

Due to a schedule packed with holiday events, we're combining our November and December birthday celebrations! Pizza and Cake will be served — don't miss the good food, great company, and double the birthday fun! Free for Upton residents born in November or December, \$5 for all others. **Sign up by November 3.**

October Puzzle Winner

Congrats to **Debbie Paris** for solving October's puzzle. No puzzle this month, but look for next one in December!

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, November 17 at 11:30 am

Blood Pressure Checks

Wednesday, November 26 at 12:30 pm

Birthday Bash

Friday, December 5 at 12:30 pm

SAVE THE DATE

Stain Glass Demonstration with Eileen Rakitin

Tuesday, December 2 at 9:30 am

RSVP by November 24

Carols with Miscoe Hill Middle School Chorus

Thursday, December 11 at 9:15 am

RSVP by December 8

FUSe News

Next meeting: Nov. 3 at 1 pm in the Classroom

FUSe membership has grown to over 60 members! If you are not yet a member, please consider joining by filling out a brochure located in the Senior Center at the FUSe Bulletin Board.

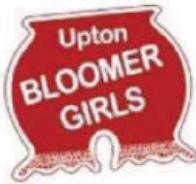
Remembering Laurie Fantini

We were saddened to learn of the passing of Laurie Fantini. As a way to honor her memory, **FUSe** is sponsoring live entertainment at an upcoming Men's Club Supper. If you would like to support this event, mail a donation to **FUSe** at the address below or place it in the drop box at the Community Center. Please use an envelope and indicate your donation is in memory of Laurie.



Bloomer Girls Fall Fair at BVT

Stop by and get a FUSe T-shirt the FUSe table on **November 1st**. We are looking for volunteers to help at the FUSe table. Please email the address below if you would like to help!



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	Spices (salt & pepper, garlic/onion powder, cinnamon)
Baked Beans	Dish soap, Sponges
Ready/minute rice	Laundry Detergent
Instant Potatoes	Tissues, Cleaning Supplies
Cooking oils (olive, canola, vegetable oil)	

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.

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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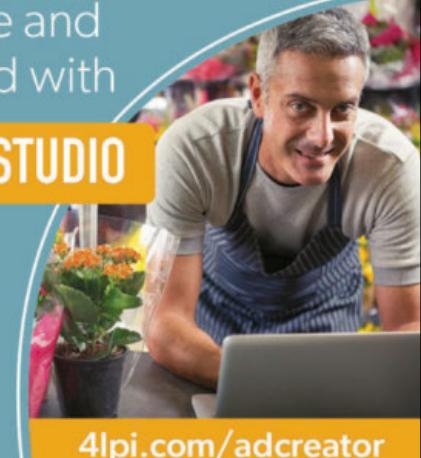
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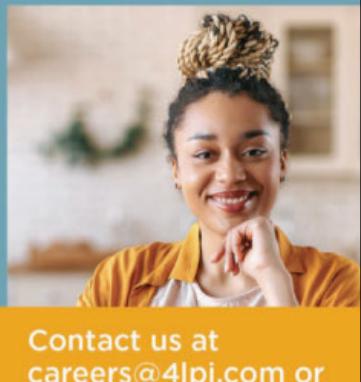
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The Upton Center, Upton, MA

06-5422



Mon	Tue	Wed	Thu	Fri
3 10:45 Strength/Stretch 1:00 Friend of Upton Seniors (FUSe)	4 10:00 Pitch Group 10:00 Back Pain Presentation 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	5 9:30 Shopping Trip 9:30 Dance Fusion 10:45 Strength/Stretch 11:00 Silver Sisterhood 12:30 Mahjong 1:00 Tax Talk 2:45 Line Dancing	6 10:00 Knit/Crochet 10:30 Chair Yoga 11:30 Practice Mahjong 12:30 Lunch Trip 1:00 BINGO!	7 9:30 Exercise with Shirley 10:45 Strength/Stretch 1:00 Scrabble Group
10 10:45 Strength/Stretch 1:00 COA Meeting	11 CLOSED FOR VETERAN'S DAY	12 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong 12:30 Shopping Trip 2:45 Line Dancing	13 10:00 Veteran's Day Breakfast 10:00 Knit/Crochet 10:30 Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	14 9:30 Exercise with Shirley 10:00 Crafts with Betty 10:45 Strength/Stretch 1:00 Mindful Meditation 1:00 Scrabble Group 5:00 Men's Club Supper
17 10:45 Strength/Stretch 11:30 Nutrition Talk 1:00 Crafty Nest	18 9:30 Shopping Trip 10:00 Pitch Group 10:00 Historical Society 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	19 9:30 Dance Fusion 10:45 Strength/Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:00 Memory Café 2:45 Line Dancing	20 10:00 Knit/Crochet Group 10:30 Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	21 9:30 Exercise with Shirley 10:45 Strength/Stretch 12:30 Thanksgiving Luncheon 1:00 Scrabble Group
24 10:45 Strength/Stretch	25 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 12:30 Shopping Trip 1:00 Grief Support	26 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong 12:30 BP Checks 2:45 Line Dancing	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING
1 10:45 Strength/Stretch 1:00 Friend of Upton Seniors (FUSe)	2 9:30 Stain Glass Demonstration 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	3 9:30 Shopping Trip 9:30 Dance Fusion 10:45 Strength/Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:45 Line Dancing	4 10:00 Knit/Crochet Group NO Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	5 9:30 Exercise with Shirley 10:45 Strength/Stretch 12:30 Birthday Bash (Nov & Dec) 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



November 3	<input type="checkbox"/>	Friends of Upton Seniors (FUSe), 1:00 pm	<input type="checkbox"/>
November 4	<input type="checkbox"/>	Back Pain Presentation, 10:00 am	<input type="checkbox"/>
November 4	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
November 5	<input type="checkbox"/>	Shopping Trip, Walmart, 9:30 am	<input type="checkbox"/>
November 5	<input type="checkbox"/>	Tax Talk, 1:00 pm	<input type="checkbox"/>
November 6	<input type="checkbox"/>	Lunch Trip—Jimmy's Tavern & Grill in Shrewsbury, 12:30 pm	<input type="checkbox"/>
November 10	<input type="checkbox"/>	COA Meeting, 1:00 pm	<input type="checkbox"/>
November 12	<input type="checkbox"/>	Shopping Trip, Market Basket Shrewsbury, 12:30 pm	<input type="checkbox"/>
November 13	<input type="checkbox"/>	Veteran's Day Breakfast, 10:00 am	<input type="checkbox"/>
November 14	<input type="checkbox"/>	Crafts with Betty, 10:00 am	<input type="checkbox"/>
November 14	<input type="checkbox"/>	Mindful Meditation, 1:00 pm	<input type="checkbox"/>
November 14	<input type="checkbox"/>	Men's Club Supper, 5:00 pm	<input type="checkbox"/>
November 17	<input type="checkbox"/>	Nutrition Talk, 11:30 am	<input type="checkbox"/>
November 17	<input type="checkbox"/>	Make Your Own Welcome Mat or Wreath—see below, 1:00 pm	<input type="checkbox"/>
November 18	<input type="checkbox"/>	Shopping Trip, Walmart, 9:30 am	<input type="checkbox"/>
November 18	<input type="checkbox"/>	Upton Historical Society Presentation, 10:00 am	<input type="checkbox"/>
November 18	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
November 19	<input type="checkbox"/>	Memory Café, 2:00 pm	<input type="checkbox"/>
November 21	<input type="checkbox"/>	Thanksgiving Luncheon, 12:30 pm	<input type="checkbox"/>
November 25	<input type="checkbox"/>	Shopping Trip, Market Basket Shrewsbury, 12:30 pm	<input type="checkbox"/>
November 25	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
November 26	<input type="checkbox"/>	Blood Pressure Checks, 12:30 pm	<input type="checkbox"/>
December 1	<input type="checkbox"/>	Friends of Upton Seniors (FUSe), 1:00 pm	<input type="checkbox"/>
December 2	<input type="checkbox"/>	Stain Glass Demonstration, 9:30 am	<input type="checkbox"/>
December 2	<input type="checkbox"/>	Grief Support Group, 1:00 pm	<input type="checkbox"/>
December 3	<input type="checkbox"/>	Shopping Trip, Walmart, 9:30 am	<input type="checkbox"/>
December 5	<input type="checkbox"/>	Birthday Bash (November & December), 12:30 pm	<input type="checkbox"/>

Crafty Nest: Make Your Own Welcome Mat or Wreath Monday, November 17 at 1 pm



Join the Crafty Nest at the Senior Center for a fun and festive DIY workshop! Create a personalized welcome mat or beautiful fall wreath—the perfect addition to your entryway or a thoughtful handmade holiday gift.

Cost: \$30 per person (paid in advance)

Registration deadline: Friday, November 7

Choose one:

Welcome Mat 1 Welcome Mat 4

Welcome Mat 2 Wreath

Welcome Mat 3: Name _____ Year _____

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 #: _____