



The Upton Chronicle

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

UPTON SENIOR CENTER STAFF

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Tania Paparazzo

Social Services Coordinator
Katie San Clemente

Dept. Specialist
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MSW Intern
Sophia LeBlanc

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ESS 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

JANUARY 2026



HAPPY NEW YEAR

I hope your holidays were filled with love and joy! The ESS department is incredibly grateful for all the support we received during the holidays and throughout 2025. It's truly heartwarming to see a community that comes together to ensure the needs of their neighbors are met.

We have lots of exciting programs and surprises coming this year, and we can't wait to share them with you.

Wishing you a happy, healthy, and prosperous New Year!

Your humbled director,

Tania Paparazzo

Tax Preparation and Filing Sign Up for Free

**By appointment only,
starting Monday, February 9**

AARP Foundation Tax-Aide, IRS-certified volunteers will help you prepare and file your Federal and State returns right here at the Upton Senior Center. While AARP is focused on taxpayers who are over 50 and have low to moderate income, the service is open to anyone of any age and is free of charge.

Appointments begin on **Monday, February 9** and continue each Monday through March. Call **508-529-4558** for information and to make an appointment.



Aging Together Support Group Every other Thursday at 10 am



We're pleased to offer a new biweekly support group beginning in January, facilitated by **MSW student Sophia LeBlanc**. This closed group will include up to 12 participants and will provide a supportive space to explore the emotional, practical, and meaningful aspects of growing older.

Each session will feature guided conversation, reflective prompts, and opportunities to share at your own comfort level. Because this is a closed group, consistent attendance is encouraged to help build trust and connection.

To apply, complete the intake form by January 14. Group screenings will take place the following week, and the **first session will be held on January 29th at 10 am**.

More details will be provided to those who sign up. For questions, please contact Sophia LeBlanc at **508-529-4558** or sleblanc@uptonma.gov

Weekly Shopping Trip Schedule

Tuesday, January 6 at 9:30 am

Walmart

Thursday, January 15 at 12:30 pm

Market Basket, Shrewsbury

Wednesday, January 21 at 9:30 am

Walmart

Thursday, January 29 at 12:30 pm

Market Basket, Shrewsbury

\$4 transportation fee waived for Jan & Feb

Mindful Meditation

Friday, January 9 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.

Cybercrime Awareness & AI Chatbot Demo

Tuesday, January 13 at 10 am

Join Hannah Cotton, Senior at Nipmuc High School as she teaches us how to stay safe from cybercrime. She will explain the common scams targeting older adults and participants will have the opportunity to use an AI chatbot to practice spotting red flags, creating strong and safe passwords, using two-factor authentication, and verifying suspicious messages before responding. **Sign up by January 9.**



Crafts with Betty

Friday, January 16 at 10 am

Dream of spring by making birdhouses and butterflies. All materials will be provided — just bring your creativity, enjoy good company, and leave with a handmade winter treasure! **Register by January 9.**

Upton Men's Club Senior Dinner

Friday, January 16 at 5 pm

Join us for January's Senior Dinner—roast chicken with roast potatoes, sponsored by the Upton Men's Club. This complimentary event is for Upton senior residents. **Sign up by January 9 at the Senior Center!** Transportation is available — call to schedule.

Save the date for the event: **Friday, Feb. 13 at 5 pm**

Memory Café

Wednesday, January 21 at 2 pm

The Memory Café offers a safe, welcoming space for people experiencing memory changes and for their caregivers, family, and friends. It's a place to connect, share stories, and enjoy activities together. **RSVP by January 16.**

Mandala Magic

Thursday, January 22 at 10 am



Discover the beauty and symbolism of mandalas. Lauren Sheuer will introduce you to their history and cultural roots, explore the different styles and traditions behind these intricate designs, and guide you as you create a personalized mandala of your own. **Register by January 15.**

Lunch Trip

Friday, January 23 at 12:30 pm

This month, we're heading to **Lowell's Restaurant** in Mendon for a delicious meal and a fun, relaxing afternoon together. Transportation available.

RSVP by January 20.

WWII History Project

The Mendon Senior Center and Mendon-Upton Regional Schools want to capture memories of those who were children during WWII. Students will conduct interviews and document as many childhood memories as possible to share with other students.

Interested in participating? Sign up at the Mendon Senior Center or call **Amy Wilson at 508-478-6175**. You do not need to be a member of the Mendon Senior Center to participate.

SAVE THE DATE:

Scams Targeting Older Adults

Tuesday, February 10 at 1 pm



We are pleased to welcome back **Kevin Donohue** from the Office of the Worcester County District Attorney and **Detective Bergstrom**, of the Upton Police Department for a presentation on **Scams Targeting Older Adults**. Learn about common and emerging scams that specifically target seniors and how to protect yourself from becoming a victim.

News from the Town Clerk's office

We wish you a very Happy and Healthy New Year!!

Here is an overview of things to come in 2026:

Annual Census/Street Listing Forms (including dog license form) will be mailed to all households in early January. Please review and return those forms as soon as possible by mail, email census@uptonma.gov, or drop off at the Clerk's office. A full and accurate count of all residents (including children) is important for many reasons, one of which is for allocation of State and Federal funds. The Census is also used to update the voting list and to provide data on present and future school populations. Included in the census mailing is a survey from the Upton Board of Library Trustees regarding library services. Please complete and return the survey with the census form or return it to the Upton Library.

Dog licenses for calendar year 2026 will be available after January 1st. Dogs three months or older need to be licensed **each year by April 1st**. A current rabies vaccination record and spaying/neutering certificate is required prior to issuing a license. Licenses are \$10.00 for all neutered/spayed dogs; and \$20.00 for intact male and female dogs. Dog licenses may be purchased in the office (cash or check-payable to the Town of Upton), online at <https://ma-upton.civicplus.com/664/Online-Payments> or through the mail. If mailing please include the dog's name, age, breed, color, rabies certificate, spaying or neutering certificate (if applicable), telephone number, check payable to the Town of Upton and a self-addressed stamped envelope to: Town Clerk, 1 Main St, Suite 11, Upton MA 01568.

2026 Town Meeting & Election Calendar. This year in addition to the Annual Town Meeting & Town Election there will be a State Primary & State Election. Dates are as follows:

Thursday, May 7th Annual Town Meeting
Tuesday, May 12th Annual Town Election
Tuesday, Sept. 1st State Primary Election
Tuesday, Nov. 3rd State Election
November (date TBD) Special Town Meeting

Absentee Ballot applications and Vote by Mail applications are available for all elections. The Secretary of the Commonwealth's office will mail Vote By Mail postcards to each voter in July. Applications for calendar year 2026 will be available on the Town Clerk's website <https://ma-upton.civicplus.com/394/Town-Clerk> or stop in the office to complete the application.

Please contact our office at 508-529-3565 if you have any questions or would like additional information.

Denise Smith, Town Clerk (dsmith@uptonma.gov)

Kathleen Bern, Assistant Town Clerk (kbern@uptonma.gov)

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

Mindful Meditation

Friday, January 9 at 1 pm

Nutrition Talk

Monday, January 12 at 11:30 am

Crafts with Betty

Friday, January 16 at 10 am

Memory Café

Wednesday, January 21 at 2 pm

Trivia with the Upton Town Library

Monday, January 26 at 12:30 pm

Birthday Bash (\$5)

Friday, January 30 at 12:30 pm

PROGRAM UPDATES

NO Chair Yoga: Thursday, January 22

CLOSING AT 2:30PM ON:
WEDNESDAY, DECEMBER 24
WEDNESDAY, DECEMBER 31

CLOSED ON:
FRIDAY, JANUARY 1 & 2 FOR NEW YEAR
MONDAY, JANUARY 19 FOR MARTIN LUTHER KING JR DAY

FUSe News
Next meeting:
January 5 at 1 pm in the Classroom

Happy New Year!

FUSe is thriving! We have grown from a handful of members to over 60. And we have over 50 people following us on Facebook. We remain committed to our mission: **To collaborate with the Council on Aging (COA) and Elder and Social Services Dept. to fund events and programs that enhance the quality of life for our Seniors.**



Coming in the New Year

FUSe is working hard to ensure we can continue supporting the events that so many Seniors look forward to. These events include:

- Senior Soirée (details coming soon!)
- Summer BBQ and Ice Cream Social
- Holiday Party



We will continue to offer **free Gadgets** for Seniors. So far, we provided 40 jar openers and 27 carton openers to our Seniors! We also plan to do periodic outreach events for Seniors living at Millhaus and Coach Road.

We Need You!

There are many benefits to becoming a member of Friends of Upton Seniors (FUSe).

- All members receive advance notice of events and programs via email
- Members have many opportunities to volunteer for events and programs
- Membership is only \$10 annually and supports events and programs for Seniors

We are exploring new fundraising options, including soliciting donations from local businesses as well as collecting returnable cans and bottles. We always can use more great ideas for fundraising! We welcome your suggestions and participation! Please email us at the address below. Tax-deductible donations can be dropped off at the Senior Center, in the FUSe Drop Box, or mailed to:

FUSe, Inc. PO Box 13, Upton, MA 01568
friendsofuptonseniors@gmail.com

SOCIAL SERVICES UPDATE

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

Do you need food assistance? The Upton Community Food Pantry is open to all Upton residents!

Hours of Operation

Mondays 9:30–11:30 am
Wednesdays 12–3:00 pm
Fridays 10–1:00 pm

Are you unable to come at these days and times? Transportation or home delivery available on request. Call for more info or to make an appointment: 508-529-4558 .

Mobile Food Pantry

Join us in the Millhaus lobby for a selection of non-perishable items, along with donated bread and bakery goods.

Wednesday, January 7 and 21 at 10 am

Food Pantry Donations

Our overstock is currently at capacity, but we are accepting donations of:

Sugar-free Items	Pancake Syrup
Cookies	Crackers
Ground Coffee	Laundry Detergent

Gift cards & monetary donations also accepted.

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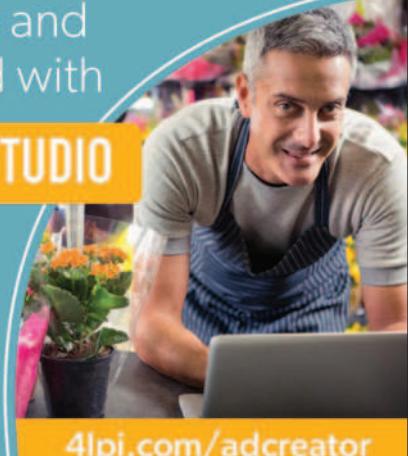
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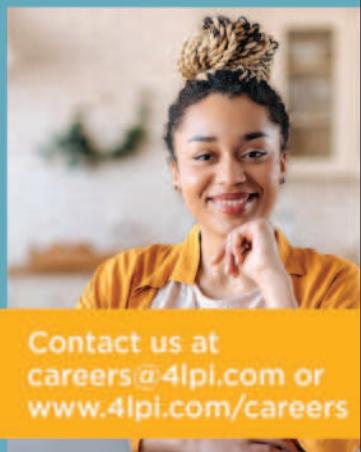
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The Upton Center, Upton, MA

06-5422



Mon	Tue	Wed	Thu	Fri
		31 CLOSING AT 2:30 PM	1 CLOSED FOR NEW YEARS DAY	2 CLOSED FOR NEW YEARS DAY
5 10:45 Strength/Stretch 1:00 Friend's of Upton Seniors (FUSE)	6 9:30 Shopping Trip 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	7 9:30 Dance Fusion 10:45 Strength/Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:45 Line Dancing	8 10:00 Knit/Crotchet 10:30 Chair Yoga 11:30 Practice Mahjong 1:00 BINGO!	9 9:30 Exercise with Shirley 10:45 Strength/Stretch 1:00 Mindful Meditation 1:00 Scrabble Group
12 10:45 Strength/Stretch 11:30 Nutrition Talk 1:00 COA Meeting	13 10:00 Pitch Group 10:00 Cyber Security 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	14 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong 2:45 Line Dancing	15 10:00 Knit/Crotchet 10:30 Chair Yoga 11:30 Practice Mahjong 12:30 Shopping Trip 1:00 BINGO!	16 9:30 Exercise with Shirley 10:00 Crafts with Betty 10:45 Strength/Stretch 1:00 Scrabble Group 5:00 Men's Club Senior Dinner
19 CLOSED FOR MARTIN LUTHER KING JR DAY	20 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	21 9:30 Shopping Trip 9:30 Dance Fusion 10:45 Strength/Stretch 11:00 Silver Sisterhood 12:30 Mahjong 2:00 Memory Café 2:45 Line Dancing	22 10:00 Knit/Crotchet NO Chair Yoga 10:00 Mandala Magic 11:30 Practice Mahjong 1:00 BINGO!	23 9:30 Exercise with Shirley 10:45 Strength/Stretch 12:30 Lunch Trip 1:00 Scrabble Group
26 10:45 Strength/Stretch 12:30 Trivia	27 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	28 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong 2:45 Line Dancing	29 10:00 Knit/Crotchet 10:00 Aging Together 10:30 Chair Yoga 11:30 Practice Mahjong 12:30 Shopping Trip 1:00 BINGO!	30 9:30 Exercise with Shirley 10:45 Strength/Stretch 12:30 Birthday Bash 1:00 Scrabble Group

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CONTACT ME

Ileana Vasquez

ivasquez@4ipi.com

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The Upton Center, Upton, MA

06-5422



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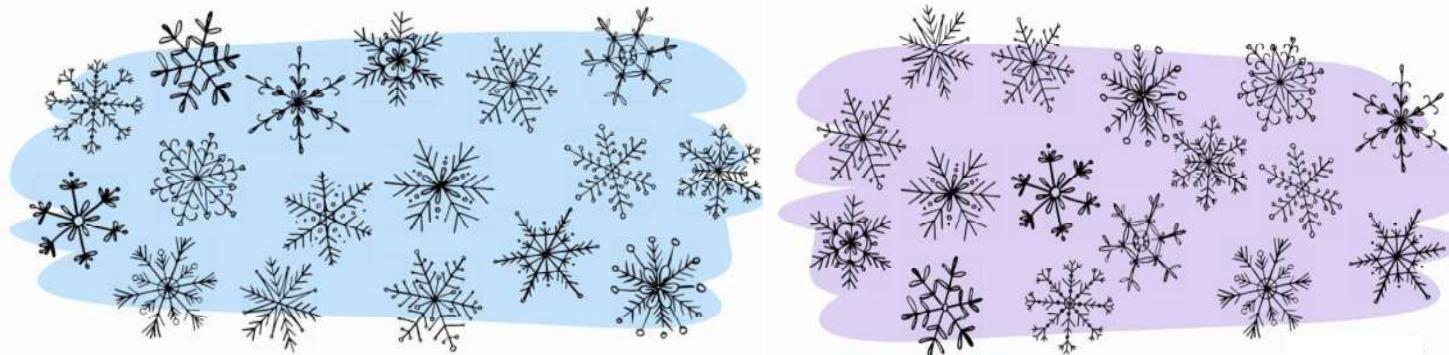


January 5	<input type="checkbox"/> Friends of Upton Seniors (FUSe), 1:00 pm	<input type="checkbox"/>
January 6	<input type="checkbox"/> Shopping Trip, Walmart, 9:30 am	<input type="checkbox"/>
January 6	<input type="checkbox"/> Grief Support Group, 1:00 pm	<input type="checkbox"/>
January 7	<input type="checkbox"/> Silver Sisterhood, 11:00 am	<input type="checkbox"/>
January 9	<input type="checkbox"/> Mindful Meditation, 1:00 pm	<input type="checkbox"/>
January 12	<input type="checkbox"/> Nutrition Talk, 11:30 am	<input type="checkbox"/>
January 12	<input type="checkbox"/> COA Meeting, 1:00 pm	<input type="checkbox"/>
January 13	<input type="checkbox"/> Cybercrime Awareness & AI Chatbot Demo, 10:00 am	<input type="checkbox"/>
January 13	<input type="checkbox"/> Grief Support Group, 1:00 pm	<input type="checkbox"/>
January 15	<input type="checkbox"/> Shopping Trip, Market Basket, Shrewsbury, 12:30 pm	<input type="checkbox"/>
January 16	<input type="checkbox"/> Crafts with Betty, 10:00 am	<input type="checkbox"/>
January 16	<input type="checkbox"/> Upton Men's Club Senior Dinner, 5:00 pm	<input type="checkbox"/>
January 20	<input type="checkbox"/> Grief Support Group, 1:00 pm	<input type="checkbox"/>
January 21	<input type="checkbox"/> Shopping Trip, Walmart, 9:30 am	<input type="checkbox"/>
January 21	<input type="checkbox"/> Silver Sisterhood, 11:00 am	<input type="checkbox"/>
January 21	<input type="checkbox"/> Memory Café, 2:00 pm	<input type="checkbox"/>
January 22	<input type="checkbox"/> Mandala Magic, 10:00 am	<input type="checkbox"/>
January 23	<input type="checkbox"/> Lunch Trip, Lowell's Restaurant, 12:30 pm	<input type="checkbox"/>
January 26	<input type="checkbox"/> Trivia with the Upton Town Library, 12:30 pm	<input type="checkbox"/>
January 27	<input type="checkbox"/> Grief Support Group, 1:00 pm	<input type="checkbox"/>
January 29	<input type="checkbox"/> Aging Together Support Group, 10:00 am	<input type="checkbox"/>
January 29	<input type="checkbox"/> Shopping Trip, Market Basket, Shrewsbury, 12:30 pm	<input type="checkbox"/>
January 30	<input type="checkbox"/> Birthday Bash, 12:30 pm \$5	<input type="checkbox"/>

January's Puzzle!

Congrats to **Eileen Rakitin** for solving December's cryptogram!

This month, circle the snowflake in the left image that is missing from the right image.



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 #: _____