



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

THE UPTON CENTER STAFF

Director of Elder & Social Services

Janice Read Nowicki

Social Services Coordinator

Jessica Mauro

Department Specialist

Bernadette Denson

COA Assistants

Deb Saulen

Karen Varney

Drivers

Jim Earl

Kevin Farrar

John Saulen

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

Chair

Paula Lepore

Vice Chair

Laurie Fantini

Secretary

Myra Bigelow

Members

Betty Consigli

Maria Griffin

Greg Manning

Josephine McLaughlin

Judie Pitts

Richard Provost

Linda Sanders

Grace Wadsworth

Margaret Watson

 April 2019

Spring is finally here and we are happy to see more of you out and about now that the long winter is behind us. This month we are pleased to celebrate **Volunteer Appreciation Day** on Wednesday, April 10th. This is a great opportunity for us to show our appreciation for the many volunteers who take time out for us all year through. We truly couldn't do all that we do without you!



Our theme this year is "Every Moment Makes a Difference" and it really rings true here at the Center. Whether you volunteer on our COA Board, help out with Meals on Wheels, bake for our local fundraisers, assist with setting up or calling BINGO, fold or distribute our newsletters, serve lunches, help with our crafts or volunteer in some other way — we want to thank you! Every moment of time you have volunteered has truly helped to enrich the programs we provide here at the Center.

So we hope you'll all join us for our **Volunteer Appreciation Celebration on Wednesday, April 10**. We'll start things off with a Social at 11:30, followed by a fantastic potato bar with all the fixings for lunch at noon. Volunteers eat for free and guests are asked to donate \$3. Following lunch we are in for a special treat as we enjoy a visit from Daniel Clark, also known as the **Singing Trooper**. Local sports fans may have seen Daniel perform the National Anthem for the New England Patriots, the Boston Red Sox, the Boston Bruins and the Boston Celtics. He has also performed with the Boston Pops and has opened the Boston Marathon since 1990. He continues to travel the Nation with his unique style of inspirational performance and entertainment and we are thrilled that he will be here to help us celebrate with our volunteers. Please plan to join us for this special celebration!

Technology Tutoring

Two Nipmuc students have offered to provide 1-on-1 technology tutoring sessions at the Center for seniors as needed. If you're interested, let us know!

Read on for more details of our April events. We hope to see you soon!

Janice

Thank you to the many people who made a special difference here at the Center in March! This includes:

- Betty Brault—for donating some wonderful baskets for our March for Meals fundraiser.
- The BVT Students who planned a wonderful Mardi Gras Social for our seniors, and high school senior Alex Romine who volunteered to play piano at the event. What a treat!
- Sarah Hurley—for entertaining our seniors with a wonderful Irish step dancing performance at our St. Patty's Day Social
- Bushell Piano Movers of Framingham— for their generous donation of a piano for our Center
- The many individuals who offered to bake for our March for Meals bake sale.



Each of you helped to brighten our seniors' days!

Please note that the Upton Center will be closed for Patriots' Day on Monday, April 15th. No meals will be served.



Shopping Trips

Time spent in the stores is typically 60–90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up on a loop. Destinations/times may change due to medical appts.*

Tuesday, April 2 at 12:30—Hannaford’s, Uxbridge

Wednesday, April 3 at 9:15—Salvation Army/Shaw’s/Job Lots/Walmart Loop*, Northbridge

Tues., April 9 at 12:30—Trader Joe’s /White City (Shaw’s/ Paper Store/Dollar Forever/Panera) Loop*, Shrewsbury

Friday, April 12 at 12:30—Market Basket, Oxford

Wed., April 17 at 10:00—Solomon Pond Mall, Marlborough

Thursday, April 18 at 9:15—Salvation Army/Shaw’s/Job Lots/Walmart Loop*, Northbridge

Tuesday, April 23 at 12:30—Market Basket, Hudson

Friday, April 26 at 9:15—Walmart, Northbridge

Monday, April 29 at 9:15—Northborough Crossing Loop* (Wegman’s/Kohl’s/TJ Maxx), Northborough



Tax Appointments

Mondays, April 1, 9:00—1:00

This is the last day that AARP tax preparers will be here to help you prepare your taxes at no charge. Spaces fill fast. Please call the Center to schedule a time and be sure to pick up the AARP tax intake forms in our office and complete them before your appointment. If you can’t make your appointment, please let us know in advance because we typically have a waiting list.



BVT Charity Dinner

Thursday, April 4—Depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (baked fish, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by April 2** and let us know if you need a free ride on our van. We will reserve a 5 pm seating. Tickets are \$15 at the door. Van departs Millhaus at 4:45 and Coach Rd. at 4:50.



Spring Dinner Dance by the Bloomer Girls

Saturday, April 6, 5:00—8:00 pm

Calling all Seniors!...The Upton Bloomer Girls would like to treat you to a wonderful evening of food and fun! Join them here at the Upton Center for soup, sandwiches, salad, desserts, coffee and soft drinks plus music and dancing. All for free! So grab your dancing shoes and come on down for this fun night out. **Please call the Center by April 3 to register.** THANK YOU Bloomer Girls!

Senator Moore’s Office Hours



Monday, April 8, 9:00—10:00

Senator Moore’s office will hold office hours here at the Center. Stop by to discuss your concerns.



Representative Muradian’s Office Hours

Monday, April 8, 12:00—1:00

Representative Muradian’s office will hold office hours here at the Center. Stop by to discuss your concerns.



VOLUNTEER APPRECIATION



Wednesday, April 10

Social at 11:30

Join us as we kick off our Volunteer Appreciation with a Social to show our appreciation for the many helpers we have. Please call to register.

Potato Bar Luncheon at 12:00

Join us for our a delicious potato bar with all the fixings as we gather to show our volunteers how much we appreciate them. The meal is free for volunteers; \$3 for guests. Please call the Center **by noon on April 8** at 508-529-4558 to sign up for the meal. And enjoy some great music afterwards!

The Singing Trooper at 12:45

Enjoy the musical entertainment of Daniel Clark, also known as the Singing Trooper. During Daniel’s tenure with the State Police he performed at more than 2,500 Federal, State, Local, and Military functions and he has performed with the Boston Pops and at various Boston sporting events as well. In July 2005, Sgt. Clark retired from the Massachusetts State Police to pursue a professional singing career. We very happy to welcome him here to help recognize our wonderful volunteers. Please call the Center to register. You don’t want to miss it! No fee.



Breakfast with the Town Manager

Thursday, April 11 at 9:00

Join us as we gather for another delicious breakfast with Town Manager, Derek Brindisi. After a great meal, Derek will give a talk on what’s happening in town and answer your questions. Come share your concerns and learn what’s new in Upton! Please call **by April 9 to register.** \$3 fee.

Podiatrist Appointments



Thursday, April 11, 9:30—12:00

Dr. Biancamano will hold appointments from 9:30—12:00. Please call the Center to reserve an appointment time.

Please call the Upton Center at 508-529-4558 with questions or to register for programs.

Hours of operation are: Monday—Friday, 9:00—3:30 (weather and staff permitting).



BVT Salon Visit

Friday, April 12 at 9:00

Treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. **Please RSVP to the Upton Center by April 9 at Noon to reserve a time** and let us know if you need a ride for \$1.

Craft Time with Betty

Tuesday, April 16 at 10:45



Join volunteer Betty Brault for another fun craft hour. She always has something creative in store! Please call the Center to register. No fee.



Birthday Bash

Friday, April 19 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with April birthdays; a donation of \$3 is suggested for others. **Please call to register by noon on April 16.**

Lunch Trip to the Olive Garden

Wednesday, April 24 at 11:30



We're heading to the Olive Garden in Worcester for all of your favorite Italian dishes. Don't forget the soup, salad and breadsticks—yum! Please **RSVP by noon on Monday, April 22** and let us know if you need a ride on our van.

Writing Your Autobiography—

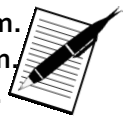


A Three Part Evening/Weekend Series

Thursday, April 25 at 6:30 p.m.

Thursday, May 16 at 6:30 p.m.

Sunday, June 9 at 2:00 p.m.



Have you ever considered writing your autobiography? Professional genealogist Seema Kenney will be here to help you start the process with this three part series. Session 1 will help you sketch out a plan and you'll leave with a little homework. Session 2 will entail a review of your assignment followed by a discussion of editing and publishing, with another takeaway topic to be covered at home. Then on June 9 at 2:00 pm we'll host a gathering to let you share your work with your families and friends. Please call the Center to **register by April 19**. Light refreshments will be provided. No fee.



Afternoon Movie

Friday, April 26 at 12:30

Join us for **Mamma Mia** (rated PG-13) - the hilarious musical starring Meryl Streep. It's the story of a bride-to-be (Amanda Seyfried) trying to find her father, told using hit songs by the 70's group ABBA. Please call to register.

Men's Club Supper

Friday, April 26 at 5:30

Join us for another great Men's Club Supper! Come enjoy a good meal with friends. No fee, thanks to the Upton Men's Club! Please call by **April 23** to register.



Breakfast at the Center

with Medication Safety Talk by MCPHS



Tuesday, April 30—9:15 Breakfast / 10:00 Talk

Followed by 1 on 1 Medication Review Sessions

Join us for a delicious breakfast followed by a visit from a Pharmacist from Massachusetts College of Pharmacy and Health Sciences (MCPHS). The Pharmacist will provide a talk on medication safety. A limited number of one-on-one medication review sessions will be available with the pharmacist afterwards. Please **register for the lunch and talk by Friday, April 26** and let us know if you're interested in a one-on-one session afterwards. Breakfast fee is \$3.



Art Project with Teens at the Library

Tuesday, April 30, 3:00—4:30



In honor of National Library month, our seniors have been invited to join in "Teen Tuesday" at the Library for a creative painting project. You'll be painting your own kindness rocks as part of the Library's commitment to this year's theme which encourages building a strong community. Please call the Center to **register by April 26**. Thank you to the Library for including us!



Healthy Mind & Body

Join us for one of our FREE exercise classes!

Tai Chi —Mondays at 1:00

ZENgevity— Mondays at 2:30

Strength & Stretch— Weds. & Fridays at 10:00

1-on-1 Nutrition Counselling—Fridays 10:45-11:30

(please register)

Blood Pressure Checks—Wed., April 24 at 12:30

☆ Coming in May ☆

Annual Upton Town Meeting at Nipmuc—May 2, 7 pm

Complimentary Manicures at BVT—May 7 (Time TBD)

Annual Town Election at Nipmuc —May 14

NOTE: Absentee ballots will be available 3 weeks prior to election. Contact Town Clerk at 508-529-3565 for details.

Police Spaghetti Supper— May 8 at 6:00 p.m.

Further information on these May events will be included in our May newsletter, including details of free rides offered to the Town Meeting & Election.



JESSICA'S SOCIAL SERVICES CORNER



Annual Health Care Decision Month

April 2019 is the 5th Annual Health Care Decision Month! Every adult over the age of 18 has a powerful right to make your own health care choices. You can write down your choices in a personal healthcare plan. Your healthcare plan is your "road map" to help you get the best care that honors your choices today and every day.

Honoring Choices Massachusetts is a consumer focused, non-profit organization supporting the right of every competent adult to direct their own healthcare choices. *Honoring Choices* provides a "do it yourself" tool kit to help you and your loved ones make a plan that best suits your wishes. Their website is www.honoringchoices.com. On their website you can find up to date information on health care planning, free Massachusetts care planning documents and handy guides to start the important discussions with your care providers. If you are not computer savvy, feel free to stop by the Center to request a copy of Honoring Choices – "The Getting Started Tool Kit."

SMOC Fuel Assistance



The SMOC Fuel Assistance season is ending April 30th. There is still time to complete Fuel Assistance Applications. The Fuel Assistance program helps income eligible households pay a portion of their heating costs. The program runs until the end of April. If you would like more information regarding eligibility and/or about the program please call the Center at 508-529-4558. More information can also be found on our website: www.uptonma.gov/council-aging-upton-center or SMOCs website: <http://www.smoc.org/smoc-fuel-assistance.php>



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday at 11:45. Please call Al Vautour at 508-529-9094 by 10 am the day before a meal is served to reserve a spot or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Wish List



We could use the following at the Center:

- Speakers willing to come share a hobby, skill or interest with our seniors
- Tissue paper for wrapping gifts in gift bags

Let us know if you can help! Thank you.



COMMUNITY CORNER

Flu Shots

Flu shots are available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call ahead to schedule an appointment at 508-529-3110.

Library Events Over School Vacation

The Upton Library has some fun children's events going on over April vacation week. We thought we'd let you know in case you want to bring your grandchildren. On Thursday, **April 18** from 1-3 they are featuring Playful Engineers, a makerspace program with Jay Mankita. And on Friday, **April 19** from 1-3 they'll show the Lego Ninjago movie. Contact the library at 508-529-6272 for more details.

Bereavement Support Groups

Grief affects all aspects of a person—their mind, body, heart, soul, behavior and relationships. Although we grieve in personal ways—we need not grieve alone. Together, bereavement group members help themselves and one another to cope with their losses. Join the Hospice Bereavement Support Group the 1st Monday of each month from 6:30—8:00 pm at Salmon BNA & Hospice, 37 Birch St., 2nd Floor, in Milford. The group is led by a Bereavement Coordinator. Participants are welcome to attend when they can and need not make a formal commitment.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **April 18 at 5:30**. RSVP by the Tues. before at 508-529-3192. No fee but donations are always appreciated.

Save the Date—Eldercare 2019

Save the date for ElderCare 2019, a free educational event for seniors and caregivers to be held on Wednesday, **June 12** at Worcester State University (486 Chandler St., Worcester), featuring dynamic speakers and including a raffle bonanza! The event will be held in the Wellness Center. Plenty of free parking is available. For more information contact Central Mass. Agency on Aging at 508-852-5539 or AMcKeon@seniorconnection.org

Elder Affairs Officer

The Upton Police Department will be holding office hours at the Center as needed. Please call the Center to set up a time to speak with an Officer.

Where's the Toad Stool?

Congratulations to **Joanne Head** who was our lucky winner for finding our hidden butterfly last month. This time we've hidden a little toad stool. Can you find it?...If so, call the Center and be entered to win a prize!



April 2019



Mon

Tue


Wed

Thu

Fri

1 APRIL	2	3	4	5
FOOLS' DAY! 9:00—1:00 AARP Tax Appointments 10:30 COA Meeting 1:00 Tai Chi 2:30 ZENgevity Spaghetti & Meatballs	10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* 1 Chicken Fajitas	9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Pork Rib-i-que	10:00 Knit/ Crochet Group 1:00 BINGO 5:00 BVT Charity Dinner Beef w/Onions & Peppers	10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Bloomer Girls' Spring Dinner Dance Saturday, April 6, 5:00—8:00 pm </div> Salmon Boat w/Dill
8 9:00—10:00 Senator Moore's Office Hours 12:00—1:00 Rep. Muradian Office Hours 1:00 Tai Chi 2:30 ZENgevity Buttermilk Chicken	9 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* Hot Dog	10 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table VOLUNTEER APPRECIATION: 11:30 Social 12:00 Potato Bar Lunch 12:45 The Singing Trooper Roast Turkey w/Gravy	11 9:00 Breakfast with the Town Manager 9:30—12:00 Podiatrist Appointments 10:00 Knit/ Crochet Group 1:00 BINGO Baked Potato	12 9:00 BVT Salon Visit 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 12:30 Shopping Trip* Macaroni & Cheese
15 PATRIOTS DAY Center is Closed No meals	16 10:00 Card Players Group 10:45 Craft Time with Betty 12:30 Wii Games Meatloaf w/Gravy	17 9:00—10:00 Computer Class 10:00 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Shepherd's Pie	18 9:15 Shopping Trip* 10:00 Knit/ Crochet Group 1:00 BINGO Easter Meal— Baked Ham	19 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 12:45 Birthday Bash Haddock w/Parmesan Cream Sauce
22 1:00 Tai Chi 2:30 ZENgevity <div style="border: 1px solid black; padding: 5px; display: inline-block;"> EASTER Sunday April 21 </div> Roast Pork w/Gravy	23 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* Swedish Meatballs	24 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 11:30 Lunch Trip to Olive Garden 12:30 BP Checks Garlic Herbed Chicken	25 10:00 Knit/ Crochet Group 1:00 BINGO 6:30 pm Writing Your Autobiography (1st in 3 part series) Lasagna	26 9:15 Shopping Trip* 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 12:30 Afternoon Movie 5:30 Men's Club Supper BBQ Pulled Pork
29 9:15 Shopping Trip* 1:00 Tai Chi 2:30 ZENgevity Chicken Pot Pie	30 9:15 Breakfast 10:00 Medication Safety Talk 11:00—Noon One-on-One Medication Reviews with Pharmacist 10:00 Card Players Group 12:30 Wii Games 3:00—4:30 Art Project with Teens at the Library Sloppy Joe			<p>* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p>

April, 2019 — Dates to Remember

Check  here if you plan to attend !

- Apr 1 AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Apr 1 COA Board Meeting, 10:30
- Apr 2 Shopping Trip—Hannaford's, Uxbridge, 12:30
- Apr 3 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:15
- Apr 4 BVT Charity Dinner, 5:00 (Do you need a ride at 4:45? Yes___ or No___)
- Apr 5 One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Apr 6 Bloomer Girls' Spring Dinner Dance, 5:00—8:00
- Apr 8 Senator Moore's Office Hours, 9:00—10:00
- Apr 8 Rep. Muradian's Office Hours, 12:00—1:00
- Apr 9 Shopping Trip—Trader Joe's/White City Loop*, Shrewsbury, 12:30
- Apr 10 Volunteer Appreciation: Social at 11___ / Lunch at 12:00___ / Singing Trooper at 12:45___
- Apr 11 Breakfast with the Town Manager, 9:00
- Apr 11 Podiatrist Appointments, 9:30—12:00 (Call Center for Appt.)
- Apr 12 BVT Salon Visit, Depart at 8:45 for 9:00 appts. What service to you want? _____
- Apr 12 One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Apr 12 Shopping Trip—Market Basket, Oxford, 12:30
- Apr 16 Craft Time with Betty, 10:45
- Apr 17 Shopping Trip—Solomon Pond Mall, Marlborough, 10:00
- Apr 18 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Apr 19 One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Apr 19 Birthday Bash, 12:45. Do you have an April birthday? Yes___ or No___
- Apr 23 Shopping Trip—Market Basket, Hudson, 12:30
- Apr 24 Lunch Trip to Olive Garden, Worcester, 11:30. Do you need a ride? Yes___ or No___
- Apr 24 Blood Pressure Checks at the Center w/Town Nurse, 12:30
- Apr 25 Part 1 of "Writing Your Autobiography" - a 3 part series with Genealogist Seema Kenney, 6:30 p.m.
- Apr 26 Shopping Trip—Walmart, Northbridge, 9:15
- Apr 26 One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Apr 26 Afternoon Movie—Mamma Mia, 12:30
- Apr 26 Men's Club Supper, 5:30
- Apr 29 Shopping Trip—Northborough Crossing Loop* (Wegman's/Kohl's, etc.), Northborough, 9:15
- Apr 30 Breakfast at the Center, 9:15
- Apr 30 Medication Safety Talk, 10:00
- Apr 30 One-on-One Medication Review w/Pharmacist, 11—Noon (Call for 15 minute appt. time)
- Apr 30 Art Project with Teens at the Library, 3:00—4:30. Do you need a ride? Yes___ or No___
- May 7 Complimentary Manicure at BVT (we'll let you know appt. time). Do you need a ride? Yes___ or No___
- May 8 Police Spaghetti Supper at the Center, 6:00

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 #:** _____

Did you find our hidden toad stool? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Monday	ZENgevity	2:30
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	12:30
Every Wednesday	Computer Class	9:00
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta (No Canasta on 4/10 due to Volunteer Recognition).....	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Strength & Stretch (Call if you'd like a 1 on 1 Nutrition Appt afterwards).....	10:00