GRAFTON COUNCIL ON AGING NEWSLETTER

CENTER HOURS 8:30 AM - 4:30 PM
MONDAY - FRIDAY, THURSDAYS UNTIL 8:30 PM
coa@grafton-ma.gov

GRAFTON SENIOR GAZETTE

Grafton Council on Aging / Senior Center

30 Providence Road • Grafton, MA 01519
Phone: 508-839-9242 FAX: 508-839-7306

"Linking Needs with Resources"

August 2016
Vol. 14 Issue 8

Senior Lunch at Community Harvest Project
Thurs., Aug. 18th - 12:00 pm

Grafton seniors, you are invited to join the Summer on the Farm's 2016 students for a freshly prepared lunch on the farm. Students will be working on their skills preparing fresh, healthy and tasty recipes with fresh ingredients from the learning garden on site. Menu and meal will be coordinated by Tori Buerschaper, the farms education coordinator who is also a Grafton News contributor and author of Vegetal Matters, an online food blog. Come and enjoy the freshness of Summer, and share your favorite recipes, garden tales, and food memories with this year's students.

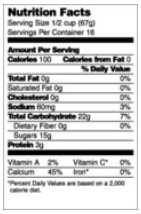
Lunch will be served inside the air-conditioned barn space. Transportation will be provided to the farm from the Senior Center. There is no cost for lunch. Donations to support youth programming at the farm are always welcome.

Space is limited to 14, so please call the Senior Center at 508-839-9242 to reserve a spot.

DO YOU KNOW WHAT YOU ARE EATING?

Come join Registered Dietician Rachel Blum explain how to use and read Nutrition Fact Labels. Rachel is a Grafton resident who is passionate about nutrition and wants to help people understand that eating healthy is not difficult. Bring any food label that you are curious about or use all the time. Stay for lunch prepared by the Senior Center's new chef Lori, and enter a drawing for a $25 Stop & Shop gift card.

Wednesday, August 31st—10:30 am
Lunch—11:45 am



Nutrition Facts
Serving Size 1/2 cup (67g)
Servings Per Container 16

Amount Per Serving
Calories 100 **Calories from Fat** 0
% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 60mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 3g	

Vitamin A	2%	Vitamin C*	0%
Calcium	45%	Iron*	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Please sign-up at 508-839-9242 by Friday, August 26th.

The program, lunch, and the drawing are compliments of the Friends of Grafton Elders.

Alzheimer's Association presents:
Healthy Living for Your Brain and Body.
Wednesday, August 24th @ 10:30 am
Lunch 11:45 am

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands-on-tools to help you incorporate these recommendations into a plan for healthy aging.

Stay for a hot dog lunch provided by Elder Nutrition of Worcester. There will also be a drawing for a door prize.

Please make your reservation by calling 508-839-9242 by Friday, August 19th. Thank you Friends of Grafton Elders (FOGE) for making the donation of the door prize and paying for lunch for those who sign-up.

alzheimer's association®

"Ask the Pharmacist"
Wednesday, Sept. 28th—10:30 am

A registered pharmacist from the MCPHS University Pharmacy Outreach Program will be at the Senior Center to give a presentation on medication safety. Following the presentation, you will have an opportunity to ask questions and meet one-on-one with a pharmacist for your own medication review. This and all services provided by the Pharmacy Outreach Program are free-of-charge to all residents.

Please call 508-839-9242 if you plan on attending the program.

MEALS

Home Delivered or Dine at the Center

Meals are served Monday-Friday excluding holidays at the Grafton Senior Center at 11:45am—noontime. Lunchtime is until 12:30 pm. If you would like to sign up, call 508.839.9242. **Reserve by 10:30 am two days before.** If you are in need of home delivered meals, call 508.852.3205. If you do not drive, consider taking the bus to the Center for lunch! Suggested donation is $2.50 for those over 60 and $5.00 for those under 60. Menu includes milk, coffee, margarine, bread and dessert. Worcester Elder Services is our agent for the Elder Nutrition Program. Bring a friend or make some at lunch. PLEASE KNOW YOUR DONATION OF $2.50 PER MEAL HELPS KEEP THE PROGRAM RUNNING!

This Month's Fare:

- Monday, August 1st.....Chicken Mornay
- Tuesday, August 2nd ..... Pot Roast Stew
- Wednesday, August 3rd.....Macaroni & Cheese
- Thursday, August 4th .....Meatloaf & Gravy
- Friday, August 5th ..... Chicken a La King
- Monday, August 8th .....Roast Turkey w/Gravy
- Tuesday, August 9th.....Buttermilk Chicken
- Wednesday, August 10th.....Beef & Bean Chili
- Thursday, August 11th .....Pork Rib-i-que
- Friday, August 12th .....Cracker Crumb Fish
- Monday, August 15th ..... Swedish Meatballs
- Tuesday, August 16th ...Beef w/Peppers & Onions
- Wednesday, August 17th.. Garlic Herbed Chicken
- Thursday, August 18th .....Beef and Broccoli
- Friday, August 19th .....Bacon & Cheese Omelet
- Monday, August 22nd ..... Beef Burgundy
- Tuesday, August 23rd..... Chicken w/Asparagus
- Wednesday, August 24th.....Hot Dog on Bun
- Thursday, August 25th ..... American Chop Suey
- Friday, August 26th . Wild Alaskan Salmon w/Dill
- Monday, August 29th .....Lemon Thyme Chicken
- Tuesday, August 30th .....Beef w/Jardinere Sauce
- Wednesday, August 31st ..... Herb Roasted Pork

CENTER PROGRAMS

BILLIARDS—Most anytime – except Tuesday mornings

BLOOD PRESSURE CLINIC—Every Thurs. 11 am

CERAMICS—Tuesdays 1:00 pm

CHAIR YOGA—FRIDAYS – 9:00 am – Free of charge for Grafton seniors thanks to FOGE.

CONGRESSPERSON OFFICE HOURS—Vary

COUNCIL ON AGING—Meets 2nd Thursday of every month at 2:00 pm except July and December unless otherwise posted

CRAFTS—Wednesdays at 9:00 am

DAY TRIPS/EXTENDED TRIPS Vary - See Newsletter for info- Brochure rack in Senior Center

DUPLICATE BRIDGE—Thurs. 9:00 am-upstairs

FALL PREVENTION EXERCISE—Mondays 10:15 am, Wednesdays 10:30 am—Off for the Summer

FIVE CROWNS—3:00 pm Wednesdays

FUEL ASSISTANCE—See Lisa Kelley for appt

HOOKED ON BOOKS CLUB—First Wed. of the Month - 10:30 am – noon

JOG YOUR NOGGIN—Fun Trivia EVERY Wed. 10:45 am- Unless otherwise noted on calendar.

LUNCH—Mon- Fri 11:45 am $2.50 suggested donation – Call two business days prior by 10:30 am

MAT YOGA—Mondays at 9:00 am & Wednesdays at 12:30 pm. Free of Charge for Grafton Seniors thanks to FOGE.

Medical Equipment Loan Closet—crutches, wheelchairs, canes, etc.—just ask!

NAILS-WITH SARA—Tuesdays by appt 1.508.277.0534. Sara also does pedicures and facial hair removal.

ORGAN SOCIAL—Tuesday mornings at 10:00 am

OUTREACH—Assessing needs and linking resources – Call for appt with Lisa.

OUT TO LUNCH—Monthly outing to area restaurant

PAINTING INDEPENDENTLY—Fridays 10:00 am

PITCH—Mon & Tues 1:00 pm, Thursdays 6:30 pm

RUMMIKUB—Wednesdays 1:00 pm

SCRABBLE—Tuesdays at 9:30 am

SENIOR EXERCISE CLASS—10:30 am Tuesdays and Thursdays. Free for Grafton Seniors thanks to FOGE.

SINGING GROUP—Fridays at 10:00 am (off for Summer)

STITCH AND BITCH—Thursdays – 6:30 pm

TAI CHI & ADV. TAI CHI—FREE FOR GRAFTON SENIORS THANKS TO FOGE– Fri. 10:00 am and Adv. 11:00 am

Tax Work Off Program—Call Barb Connelly for more info.

TRANSPORTATION—Call the office for all the info!

WHIST—Fridays at 1:00 pm

Wii-TV GAME EXERCISE—Available in the TV room - almost any time!

WRITER'S GROUP—Meets 2nd and 4th Friday at 1:00 pm

YAHTZEE—Thursdays at 1:00 pm

ZUMBA GOLD—Wednesdays 11:30 am—On break for Aug.

OUT TO LUNCH
For Grafton Senior Residents
The Wharf Tavern
Tuesday, August 9th

Grafton Senior residents, we're headed to the Wharf Tavern in Warren, RI. The Grafton Senior Shuttle is taking a group of up to 14 seniors to enjoy a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation $7.00/pp.

Please call the Senior Center at 508-839-9242 to reserve your seat. Please do not tip the driver. ☺

***FREE* MEDICAL VAN RIDES FOR THE MONTH OF AUGUST**

In memory of
Lena Cornacchioli

In honor of Lena Cornacchioli and through the generous donation made in her name, free medical van rides will be available for the month of August for residents age sixty and older or disabled of any age.

Please call 508-839-9242 at least 48 hours in advance to schedule a ride.

August SHOPPING TRIPS

Here is a wonderful opportunity to get out and about to do your shopping. This month we will be traveling by our van to the following locations:

Tues., August 2nd—Target
Fri., August 19th—Auburn Mall
Tues., August 16th—Market Basket
Tues., August 30th—Walmart

Please call the Senior Center to sign up as there is limited seating on the bus. Sorry, Grafton residents only.

SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, August 1st from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

Lisa Casillo, a Financial Advisor from Edward Jones will be conducting a Coffee Club Hour to discuss the economy, updates on the market, and answer any financial questions on **Thursday, August 18th at 10:00 am**.

FULLY CLOTHED TABLE MASSAGE WITH JAMIE DUDLEY

Friday, August 12th—9:30 am-12:30 pm
$20.00/30 min.

By appointment and payment paid to Jamie when services are rendered. Come give it a try!!!
Call 508-839-9242 for an appointment.

TRIPS! TRIPS! TRIPS!

Wednesday Sept. 21st, 2016—The Big E. Trip includes admission to the Big E and transportation. $45/pp.

Wednesday, Oct. 5th, 2016—"Vermont, Fit For A King". The first stop will be at the VT Country Store, and then you will travel through the roads of Vermont to Ludlow where you will have lunch at the beautiful Castle Hill Resort and Spa. Lunch choice will be either Chicken Marsala with wild mushrooms and Marsala Wine over Angel Hair Pasta or Pan Seared Atlantic Salmon. The next stop will be at the Simon Pearce Company. From the catwalk you will be able to watch master glassblowers and potters at work. Your final stop will be at the King Arthur Flour Company for a guided tour. $88/pp.

Tuesday, Oct. 18th, 2016—The perfect combo trip "New England Goes Country" & New Hampshire's Turkey Train featuring today's hottest upcoming star Jimmy Lehoux Band at the Flying Monkey in Plymouth, NH Foliage Train Ride, Harts Turkey Farm Lunch & Sightseeing. $99/pp.

Friday, Dec. 9th, 2016—Holiday Pops Christmas Show at Symphony Hall. Trip includes meal at Venezia Waterfront Restaurant, transportation, and reserved seating at Symphony Hall. $129/pp.

Saturday, Dec. 31st, 2016—New Year's Eve Day Trip at Sheraton 4 Points in Norwood, MA featuring Award-Winning Singer Valerie Sneade and dancing to the Tom LaMark Orchestra. Trip includes transportation, luncheon, show, orchestra, party favors and champagne toast. $95/pp.

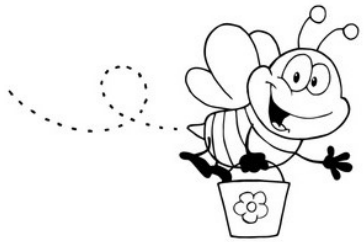
Please call the Senior Center at 508-839-9242 if you have any questions or stop by and pick up a brochure.

ONE ON ONE LEGAL CONSULTS

Atty. Carolyn Spring visits our Center and provides private consultations at no charge. Please call the office to make an appointment. Thanks to Atty. Spring for her generosity.



2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Senator Moore's Office House 11:45 am Lunch 1:00 pm Pitch	2 **SHOPPING TRIP—Target** 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	3 9:30 am Crafts 10:30 am Book Club 10:45 am Jog Your Noggin 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	4 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	5 9:00 am SHINE 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist
8 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	9 **OUT TO LUNCH—The Wharf Tavern** 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	10 9:30 am Crafts 10:45 am Jog Your Noggin 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	11 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahtzee 2:00 pm COA Meeting 6:30 pm Pitch 6:30 pm Stitch N Bitch	12 9:00 am Chair Yoga 9:30 am Massage 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:00 pm Writer's Group
15 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	16 **SHOPPING—Market Basket** 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	17 9:30 am Crafts 10:45 am Jog Your Noggin 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	18 9:00 am Dup. Bridge **10:00 am Lisa Casillo, Edward Jones** 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch **12:00 pm Community Harvest Lunch** 1:00 pm Yahtzee	19 **SHOPPING—Auburn Mall** 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 1:00 pm Whist

			1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	
22 9:00 am Mat Yoga **10:00 am Legal Clinic Carolyn Spring** 11:45 am Lunch 1:00 pm Pitch	23 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	24 9:30 am Crafts **10:30 am Healthy Living for Your Brain & Body** 10:45 am Jog Your Noggin 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	25 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	26 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:00 pm Writer's Group
29 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	30 **SHOPPING—Walmart** 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	31 9:30 am Crafts **10:30 am "How to Use Food Labels" Presentation** 10:45 am Jog Your Noggin 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns		

SHERIFF'S ANNUAL SENIOR PICNIC

Sponsored by Worcester County Sheriff Lewis Evangelidis and the Worcester County Reserve Deputy Sheriff's Assoc.

Saturday, August 20th

SAC Park

348 Lake Street, Shrewsbury, MA

11:00 am—3:00 pm

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

A proclamation signed by the Board of Selectmen was presented to Phil Goff by members of the COA board on Thursday, July 7th. Reverend Goff is retiring as Pastor of the Baptist Church in Grafton and from the COA board. He is relocating to Fitchburg, Mass. Phil will be greatly missed by all.

I get irate when asked, "What do the old people do at the Center?" I then explain that there are large exercise classes, Tai Chi, yoga, ZUMBA, walking (17 times around the gym is a mile), lunch, crafts, book club, etc. You know, things young kids do! "Come and check it out yourself! Now that the temperatures are higher, the Center is a great place to be."

I was at the Center on a Tuesday and the organ social group were in an exceptional mood. Someone was playing the organ and the rest of the group was signing in harmony. They were a pleasure to listen to. The group is at the Center every Tuesday morning at 10:00 am. If you have any questions, Marcie can give you the information you are looking for.

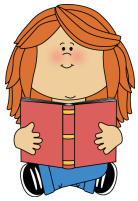
Many folks are asking how they can find information about activities at the Center. I politely tell them to get the Senior Gazette. It lists everything that is happening for the month.

For those of you who do the grocery shopping have you noticed that prices have gone wild? It doesn't pay to drive around from store to store looking for sales prices because the cost of fuel has also risen. Don't forget if you are looking for bread or pastry, Lisa makes daily runs to Stop & Shop for the "day olds". Stop by the Center and check out the goodies. Remember to take one item so everyone gets to enjoy something.

Stay healthy, safe, and enjoy Summer!!

BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thursday of the month at 11:00 am in the Bolack Room of the Senior Center, unless otherwise posted. We thank our wonderful volunteer nurse Mary Ellen!



BOOK REVIEW

Starting with the month of August and every month thereafter, a book review by Bev Mara will be posted on the Senior Center bulletin board and outside the office. This month's review is for the book "At the Edge of the Orchard", by Tracy Chevalier. Check out how many Gravensteins Bev gives this book.

PODIATRY

DR. MICHAEL J. BIANCAMANO, D.P.M.

Dr. B. will be offering podiatry services on:

Wednesday, August 31st—1:00 pm

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all your insurance cards and a list of medications you currently take.

SOCIAL KNITTING & CROCHETING

Monday, August 1st—10:00 am
Senior Center Bolack Room

Bring your knitting or crocheting project to work on while you enjoy a cup of coffee, snack, and great conversation in the Senior Center Bolack Room.

DUPLICATE BRIDGE PLAYERS WANTED

Are you interested in playing Duplicate Bridge? The Thursday morning group is looking for new players. They meet at 9:00 am Thursdays upstairs in the Municipal Building. Stop by and check it out for yourself.

GIGGLES

A few elderly couples used to get together to talk about life and to have a good time. One day one of the men, Harry, started talking about this fantastic restaurant he went to the other night with his wife. "Really?", one of the men said, what's it called? After thinking for a few seconds Harry said, "What are those good smelling flowers called again?" "Do you mean a rose? the first man questioned. "Yes that's it," he exclaimed. Looking over at his wife he said, "Rose what's that restaurant we went to the other night?"

From the Friends of Grafton Elders:

The Friends of Grafton Elders are happy to sponsor two Senior Center luncheons in August.

On Wed., August 24th there will be a hot dog lunch provided by Elder Nutrition and a raffle for a door prize immediately following the Senior Center Alzheimer's Presentation on Healthy Living for Your Brain and Body.

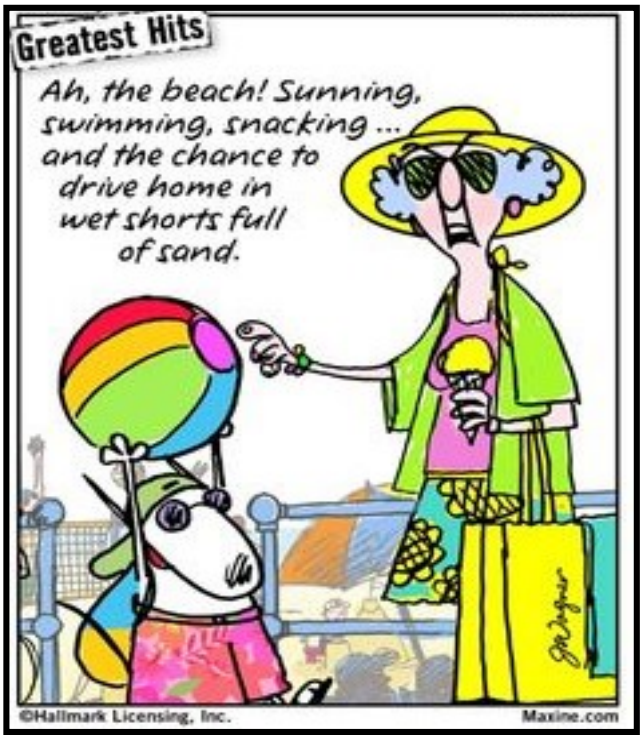
On Wed., August 31st Rachel Blum will be discussing how to use the Nutrition Fact Label. Rachel has a lifelong interest in nutrition which she developed when she began to study food and nutrition at Framingham State Univ. In 2015 she became a registered dietitian and started working for Morrison Healthcare as a Clinical Dietitian. She currently is a Patient Service Manager in the food and nutrition department of Elmhurst Extended Care in RI. Following the talk, the new Senior Center Chef Lori will serve a home cooked meal. **Don't forget to sign-up in advance**.

Everyone is welcome to attend the next FOGE Board meeting on Wed., September 14th in the Senior Center Craft Room at 6:30 pm.

FOGE is happy to continue to sponsor the Senior Center exercise programs of Tai Chi, Yoga, Gentle Exercise, and ZUMBA.

Save the date of October 16, 2016 for our luncheon honoring Winnie Paul.

Marsha Platt
President, Friends of Grafton Elders



ZUMBA HIATUS

The Wednesday morning ZUMBA class will be taking a break for the month of August. The class will resume Wednesday, September 7th at 11:30 am.

TOWN OF GRAFTON
GRAFTON SENIOR CENTER
30 PROVIDENCE ROAD
GRAFTON, MA 01519