

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”

February 2016
Vol. 14 Issue 2

Valentine's Day Senior Spelling Bee



Teams of four will participate in a friendly Spelling Bee for prizes and bragging rights on:

Wednesday, February 10th @ 10:30 am

If you don't have a team, we will be happy to put you with a team.

Elder Nutrition will be serving Macaroni and Cheese, and the Senior Center will provide salad and a strawberry parfait for dessert. Suggested donation is \$2.50.

Please make your reservation by Friday, February 5th by calling 508-839-9242.



BINGO & LUNCH

Wednesday, Feb. 17th @ 10:30 am

Brookdale Eddy Pond is hosting a Bingo followed by lunch. Bingo prizes will include gift cards and there will be a drawing for various theme baskets.

“Brookdale Eddy Pond is more than just a place to live, our community offers active senior living with spacious apartments, elegant common areas, and numerous services designed around you or your family's comfort and satisfaction. We are located at 667-669 Washington St., Auburn, MA. Our phone number is 508-839-2200.”

Please sign-up by Friday, Feb. 12th by calling 508-839-9242.

AARP

Simple Tax Preparation For Seniors 60 and Over By Appointment

This year AARP Foundation is again providing free tax preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program. The Tax-Aide program will be available at the Grafton Senior Center on Fridays starting February 5th. Taxpayers are encouraged to have the following documents when they arrive at the Senior Center to get their returns completed:

- Photo ID
- Social Security Cards and Birth Dates for all dependents on tax return
- Voided Check from bank if Direct Deposit
- Real Estate Tax Bills
- Water & Sewer Bills
- Health insurance coverage info. for taxpayer, spouse, and all dependents
- Seniors with full-year enrollment in Medicare need only to bring their SSA-1099 with them.
- All other income related documents

Please call the Senior Center at 508-839-9242 to schedule an appointment to make an appointment for tax preparation assistance, please call 508-839-9242.

“The Making Of A President”

Tuesday, March 15, 2016

JFK's Presidential Library and Maggiano's Little Italy

Your day starts at 8:30 am when you depart the Grafton Senior Center. You will then arrive at the JFK Museum for a tour and travel over to Maggiano's Little Italy for a five course meal. You'll return home at 5:00 pm. Cost is \$79/pp. Please call the Senior Center at 508-839-9242 with questions and sign-up.

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, Feb. 1stLemon Thyme Chicken
- Tuesday, Feb. 2nd..... Beef Jardiniere
- Wednesday, Feb. 3rd Herb Roasted Pork
- Thursday, Feb. 4thSpaghetti & Meatballs
- Friday, Feb. 5th..... Cheese/Spinach Omelet
- Monday, Feb. 8th..... Beef Stew
- Tuesday, Feb. 9th.....Greek Chicken
- Wednesday, Feb. 10thMacaroni & Cheese
- Thursday, Feb. 11th Meatloaf & Gravy
- Friday, Feb. 12th..... Crumb Topped Fish
- **Monday, Feb. 15th Center Closed**
- Tuesday, Feb. 16th.....Vegetable Cheese Bake
- Wednesday, Feb. 17thSalisbury Steak
- Thursday, Feb. 18th Chicken Murphy
- Friday, Feb. 19th..... Salmon with Dill
- Monday, Feb. 22ndJambalaya
- Tuesday, Feb. 23rdMeatballs/Onion Gravy
- Wednesday, Feb. 24th Pork Chow Mein
- Thursday, Feb. 25th BBQ Chicken
- Friday, Feb. 26th.....Potato Crunch Fish
- Monday, Feb. 29th..... Lasagna

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**—Tues /Thurs. 9:00 am-upstairs
- FALL PREVENTION EXERCISE**—Mondays 10:15 am, Wednesdays 10:30 am
- FIVE CROWNS**—3:00 pm Wednesdays
- FUEL ASSISTANCE**—See Lisa Kelley for appt
- HOOLED 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
- 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**—First & third Friday of every month at 1:30 pm
- YAHTZEE**—Thursdays at 1:00 pm
- ZUMBA GOLD**—Wednesdays at 11:30 am

OUT TO LUNCH
Tuesday, February 9th



Grafton senior residents, we're headed to Carbone's Restaurant in Hopkinton, MA. The Grafton Senior Shuttle is taking a group of up to 14 seniors to Carbone's Restaurant for a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$4.00/pp.

Please call the Senior Center at 508-839-9242 to reserve your seat.

PROPERTY TAX RELIEF

Property tax relief is available for some seniors (65+), blind persons, disabled veterans, and active duty service members. Please contact the Assessor's office after January 1st to find out if you qualify.

HEATING ASSISTANCE

Do you need help with paying your heating bill? Please call the Friends of Grafton Elders at 508-320-2659 to see if you qualify for assistance.

****New Fall Prevention Exercise Classes****

Mondays at 10:15 am

Wednesdays at 10:30 am

The Senior Center has received a grant from the Mass. Assoc. of Councils on Aging to offer twice a week for six months an hour long exercise and balance class, which has been proven to be effective in falls risk prevention. These classes will meet every Monday and Wednesday for 6 months and are open to seniors free of charge. Instructors will be Wendy Reid on Mondays and Faith Kennedy on Wednesdays.

FREE
MEDICAL VAN RIDES
FEBRUARY

Through an anonymous and generous Thanksgiving donation, we will be offering free medical van rides for Grafton residents age sixty and older and those disabled of any age for the months of January and February. Please call the Senior Center at 508-839-9242 at least 48 hours in advance to book your ride.

Thank you to the anonymous donor!!!!

TRIPS! TRIPS! TRIPS!

Thursday, March 10th, 2016—"The Young Irelanders" perform at Venus De Milo in Swansea, MA. Trip includes transportation, show and luncheon. \$89/pp.

Tuesday, March 15, 2016—"The Making Of A President" JFK's Presidential Library and Maggiano's Little Italy. Cost is \$79/pp.

Tuesday, May 17, 2016—The Ultimate Tribute Show to Elton John and Billy Joel featuring Joey Riedel and Michael John at the Danversport Yacht Club in Danvers, MA. Includes transportation, luncheon, and show. \$89/pp.

Tuesday, July 12, 2016—Block Island Sightseeing Tour. Includes tour, full course luncheon at the National Hotel, roundtrip Block Island Ferry, Luxury Silver Fox Motor Coach. \$109/pp.

Wednesday, July 27, 2016—The Lobsterbake at the Clambake Seafood Restaurant on Pine Point in Scarborough, ME. Includes transportation, guided tour of Kennebunkport, and lunch. \$89/pp.

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

February 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., February 2nd—Target**
- Tues., February 16th—Market 32**
- Tues., February 23rd—Walmart**
- Fri., February 26th—Ocean State Job Lot Northbridge**



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

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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>2</p> <p>SHOPPING TRIP—Target 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>3</p> <p>9:00 am Crafts 10:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>4</p> <p>9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahrtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>5</p> <p>9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Singing 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</p>
<p>8</p> <p>9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch</p>	<p>9</p> <p>Out to Lunch—Carbone's 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>10</p> <p>9:00 am Crafts 10:30 am Fall Prevention Exercise 10:30 am Senior Spelling Bee 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 2:00 pm Warm Up America 3:00 pm Five Crown</p>	<p>11</p> <p>9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahrtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>12</p> <p>9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 10:00 am Singing 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>
<p>15</p> <p><i>Center Closed</i> <i>President's Day</i></p>	<p>16</p> <p>SHOPPING TRIP—Market 32 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch</p>	<p>17</p> <p>9:00 am Crafts 10:30 am Fall Prevention Exercise 10:30 am Fall Prevention Exercise 10:30 am Brookdale Eddy Pond BINGO 11:30 am ZUMBA 11:45 am Lunch</p>	<p>18</p> <p>9:00 am Dup. Bridge 10:00 am Piano Lessons 10:00 am Lisa Casillo, Edward Jones 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch</p>	<p>19</p> <p>9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 11:45 am Lunch 10:00 am Tai Chi 11:00 am Adv. Tai Chi</p>



<p>11:45 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>12:00 pm Warm Up America 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>11:45 am Lunch 1:00 pm Whist 1:00 pm Writer's Group</p>
<p>22 9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>23 SHOPPING TRIP—Walmart 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>24 9:00 am Crafts 10:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:30 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Podiatry 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>25 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>
<p>29 9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>26 SHOPPING—Ocean State Job Lot, Northbridge 9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 11:45 am Lunch 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>	<p>26 SHOPPING—Ocean State Job Lot, Northbridge 9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 11:45 am Lunch 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>	<p>26 SHOPPING—Ocean State Job Lot, Northbridge 9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting 11:45 am Lunch 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>

REMINDER

When there is no school in Grafton, there is NO van service provided by the Senior Center. If school is delayed, van service is delayed the same amount of time. For example: If there is a 2 hour school delay, van service will be delayed 2 hours from 8:30 am, the start time of the Senior Center. If in doubt about service availability, please call the Senior Center office.

FEBRUARY is National Healthy Heart Month!! To keep your heart healthy you can take steps today to lower your risk of heart disease and heart attack: *Eat healthy and get active. *Watch your weight. *Quit smoking and stay away from secondhand smoke. *Control your cholesterol and blood pressure. *If you drink alcohol, drink only in moderation. *Take steps to prevent type 2 diabetes. *Manage stress.



AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Well, we got snow! Let us not forget that the winters in New England are very unpredictable. Remember to contact Lisa Kelley at the Senior Center if you need help with heating assistance.

I enjoy politics, but not this nonsense the candidates are spuing at each other. I would rather like to know how they will improve our nation's security and economy. Then I may be able to decide who to vote for. Negativity doesn't work for me. No one is perfect. With each of them tearing down the other, you wonder who to vote for.

It's tax time. Seniors who have simple tax returns can have their taxes done by AARP at the Senior Center starting Friday, February 5th. Time slots are filling up quickly, so be sure to contact Nancy to book an appointment, or if you have any questions.

Exercise classes remain very popular. In fact, two new fall prevention exercise classes have been added courtesy of a grant from the Mass. Assoc. of Councils on Aging that Barbara applied for. Remember all exercise classes are free thanks to the recent grant and the continued funding of exercise programs from the Friends of Grafton Elders. Get out and get moving.

Many thanks to the anonymous individual for generously funding free medical van rides for the months of January and February.

Mary Ellen, the nurse who takes blood pressure, will lower your pressure by just having it taken. She has a great sense of humor. You can find her every Thursday at 11:00 am in the Bolack Room. There is no cost for such a great service. Stay healthy, safe, and warm!!

SENATOR MOORE'S OFFICE HOURS
Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, February 8th from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

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!

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, February 18th at 10:00 am.

GIGGLES



A couple came upon a wishing well. The wife leaned over, made a wish, and threw in a penny. The husband decided to make a wish too, but he leaned over too much, fell into the well, and drowned. The wife was stunned for a moment, but then smiled, "It really works!"

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day. "Yes," came the answer from Tony who was a bit of a chauvinist, "I've bought her a belt and a bag." "That was very kind of you," Jim added, "I hope she appreciated the thought." Tony smiled as he replied, "So do I, and hopefully the vacuum cleaner will work better."

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words and so on.

One day, he fell in love with a beautiful lady. He refrained from speaking for two whole years so he could call her "my darling." But then he wanted to tell her he loved her, so he waited three more years. At the end of these five years, he wanted to ask her to marry him, so he waited another four years. Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, "My darling, I love you! Will you marry me?" And the lady said, "Pardon?"

WARM UP AMERICA!!!



Warm up America is a charity that has warmed peoples' lives since 1991. It started in a small Wisconsin town with neighbors knitting and crocheting afghans for neighbors in need. Thanks to the creativity of founder Evie Rosen who came up with the idea of having volunteers knit or crochet small sections and then others join them together, the idea caught on quickly. Today Warm Up America distributes warm afghans to tens of thousands of people, thanks to the generosity of knitters and crocheters around the country.

The Creative Crafts class from the Grafton High School and Grafton Senior Center Craft Class are joining with others from the Town of Grafton to Warm Up America. On Wednesday, February 10th at 2:00 pm the high school students will be at the Senior Center to join the Senior Crafters at their class and work on their afghan squares. They will then be meeting on Wednesday, February 17th at 12:00 pm to put all the squares together. All are invited to attend. If you would like to help during the month February, either knit or crochet a 7" x 9" square (patterns are available in the Senior Center office), and then drop off your completed square at the Senior Center.



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REMINDER



PRESIDENTS DAY

The Grafton Senior Center is closed Monday, February 15th for President's Day.

Karen Kosiba - Meal Site Manager

Bryan Dudley, Van Driver

Kerry MacDougall Lewis, Activities Coordinator

Martha Charter, Van Driver

Lisa Kelley, Outreach Worker

Nancy Malone, Office Manager

Barbara Connelly, Director

STAFF

Peter Shay

Barbara LaPoint

Annette McCarthy

Rev. Phil Goff

Marcella Benoit, Secretary

William Drago, Chair • William Cutler, Vice Chair

COUNCIL ON AGING MEMBERS

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