

GRAFTON SENIOR GAZETTE



Grafton Council on Aging / Senior Center

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

January 2016
Vol. 14 Issue 1

“Linking Needs with Resources”



CARD MAKING CLASS JUST IN TIME FOR VALENTINE'S DAY

Thursday, January 28th, 2016—9:30 am

Claudia from Elderwood Home Care will be at the Senior Center to teach a card making class. Each student will make 4 cards with envelopes using ink stamps, paper and punches. The cost is \$5.00/student. (Typically these types of classes run \$20-\$25). Please call the Senior Center at 508-839-9242 to reserve a seat as the class size is limited.

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 January 6th from 8:30 am—10:15 am the high school students will be at the Senior Center to join the Senior Crafters at their class and work on their afghan squares. All are invited to attend. If you would like to help during the months of January and 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.

Alzheimer's/Dementia Presentation

Monday, January 11th @ 10:00 am

Jadranka Grek, Program Manager of the St. Camillus Memory Care Neighborhood staff will be at the Senior Center to do a presentation on the following topics:

- Overview of the disease and what happens to the brain in different types of dementia.
- Better understanding of “their world” and how to improve non-verbal communication once verbal communication is gone.
- Symptoms such as wandering, aggression, paranoia, and how to avoid behavior issues connected with these symptoms.
- The importance of creating a therapeutic environment.
- Practical tips for caregivers to use during daily care in order to avoid or minimize behavior issues.

Please contact the Senior Center at 508-839-9242 if you would like to attend.

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

**Starting Monday, January 11th at 10:15 am
And Wednesday, January 13th at 10:30 am**

The MA Commission of Falls Prevention reports that falls are the leading cause of injuries and injury deaths for people age 65 and older and the number of falls is rising. 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 all seniors free of charge. Instructors will be Wendy Reid on Mondays and Faith Kennedy on Wednesdays.

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:

- **Friday, Jan. 1st**..... **Center Closed**
- Monday, Jan. 4th.....Chicken Mornay
- Tuesday, Jan. 5th Pot Roast Stew
- Wednesday, Jan. 6th Turkey a La King
- Thursday, Jan. 7th..... Meatloaf & Gravy
- Friday, Jan. 8thMacaroni & Cheese
- Monday, Jan. 11th..... Swedish Meatballs
- Tuesday, Jan. 12thButtermilk Chicken
- Wednesday, Jan. 13thChili
- Thursday, Jan. 14th.....Pork Rib-i-que
- Friday, Jan. 15th Cracker Crumb Fish
- **Monday, Jan. 18th** **Center Closed**
- Tuesday, Jan. 19thPork Stroganoff
- Wednesday, Jan. 20thBeef and Broccoli
- Thursday, Jan. 21st Garlic Herbed Chicken
- Friday, Jan. 22nd.....Eggplant Parmesan
- Monday, Jan. 25th..... Roast Turkey
- Tuesday, Jan. 26th Bratwurst
- Wednesday, Jan. 27th American Chop Suey
- Thursday, Jan. 28th..... Beef Burgundy
- Friday, Jan. 29th Wild Salmon w/Dill

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
- 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
- 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, January 12th



Grafton senior residents, we're headed to the Old Mill Restaurant in Westminster, MA. The Grafton Senior Shuttle is taking a group of up to 14 seniors to the Old Mill Restaurant for a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$6.00/pp.

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

"THANK YOU"
HOLIDAY GIVING TREE



The Grafton Senior Center thanks Unibank and everyone who helped make the annual HOLIDAY GIVING TREE a huge success and gave donations to the Senior Center. The generosity of many made the holidays brighter for many Grafton seniors. The response as always was amazing. All the tags were taken from the tree within the first few days! Grafton is truly a wonderful community in which to live and be a part of!!

Thank you!

FREE

MEDICAL VAN RIDES
JANUARY & FEBRUARY

Through an anonymous 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!!

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.

TRIPS! TRIPS! TRIPS!

Thursday, February 11th, 2016—"From Bourbon Street to Boston" A Mardi Gras Celebration featuring Bobby Floyd & the Mardi Gras Band "Tarbone" at the Historic Bull Run Restaurant in Shirley, MA featured on Chronicle and The Phantom Gourmet. Price includes transportation, lunch and show. \$79/pp.

Thursday, March 10th, 2016—"The Young Irishers" 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. 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.

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.

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

January

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., January 5th—Target**
- Fri., January 15th—Auburn Mall**
- Tues., January 19th—Market 32**
- Tues., January 26th—Walmart**



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.

Seasons Greetings 2016

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

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.

4 9:00 am Mat Yoga 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch	5 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	6 9:00 am Crafts—Warm Up America 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	7 9:00 am Dup. Bridge 10:00 am Piano Lessons 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	8 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
11 9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 10:00 am Alzheimer's Presenta-	12 Out to Lunch—The Old Mill Restaurant 9:00 am Dup. Bridge 9:00 am Nails	13 9:00 am Crafts 10:45 am Jog Your Noggin 10:30 am Fall Prevention Exercise	14 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic	15 SHOPPING—Auburn Mall 9:00 am Chair Yoga 10:00 am Singing 10:00 am Independent Painting

1
Center Closed
New Year's Day


<p>tion 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>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>11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>11:45 am Lunch 1:00 pm Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:00 pm Writer's Group</p>
<p>18 <i>Center Closed</i> <i>Martin Luther King Jr. Day</i></p> 	<p>19 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 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>20 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 Rummikub 3:00 pm Five Crowns</p>	<p>21 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 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>
<p>25 9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>26 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>27 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 Rummikub 3:00 pm Five Crowns</p>	<p>28 9:00 am Dup. Bridge 9:30 am Card Making 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 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>22 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 12:00 pm Rep. David Muradian Office Hours 1:00 pm Whist</p>		

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Thank you to the Senior Center staff and the Senior Crafters who participated in Grafton Celebrates the Holidays. All worked very hard raising funds for the Senior Center. The staff raised \$534.00 that day and the Crafters \$334.00. In fact, the Crafters donated \$1,261.00 to the Senior Center in 2015.

The Senior Center Giving Tree was also a huge success this past Holiday season. All the tags were taken within days. Many seniors benefited from the generosity of our community. Some seniors received specific items, while others enjoyed home-made baked goods which they normally would go without. A huge thank you to Unibank for also hosting a Giving Tree for our Grafton seniors.

As I write this column, it's hard to believe it's December and almost 60 degrees outside. I have found that most people have been talking about the weather and how unseasonably warm it has been. I keep telling them, "Remember that it's New England and the weather can change by the minute." The warm weather is benefiting everyone when it comes to your heating bills. Enjoy it while it lasts!!

Stop and Shop has been very generous to the Senior Center with providing us with their day old bread and pastries. Don't let the name "Day Old" scare you. It is all good stuff and free. While at the Center, help yourself to a hot cup of coffee.

Lastly, a voter told a candidate, "I wouldn't vote for you if you were St. Peter himself." The candidate replied, "If I were St. Peter, you wouldn't be in my district."

Stay healthy, safe, and warm!!
Happy New Year!!

SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, January 4th 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!

GIGGLES



This story begins with a cop pulling over an elderly lady after he catches her driving too slowly...

Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car pattering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies—two in the front seat and three in the back—eyes wide and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What is the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit?" she asked. No sir, I was doing the speed limit exactly Twenty-Two miles an hour!" The old woman says it a bit proudly. The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask...Is everyone in the car ok? These women seem awfully shaken and they haven't muttered a single peep this whole time." the officer asks.

"Oh, they'll be alright in a minute officer. We just got off Route 119."

2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going up. This is **not** true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90/month.* Those newly enrolled in Part B this year will likely pay \$121.80/month.

*There was no cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced.

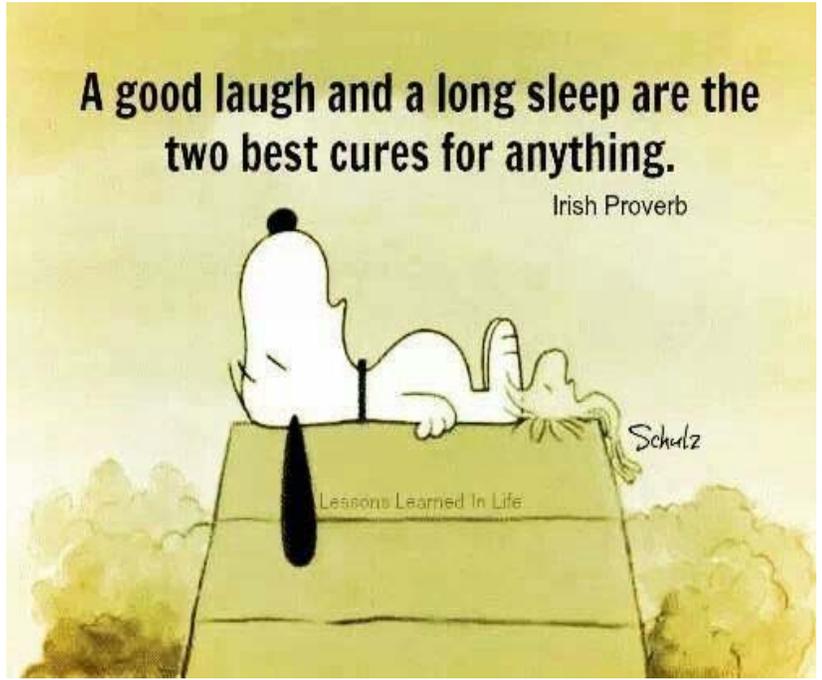
State Representative **David Muradian** will be holding office hours at the Senior Center on Friday, January 22nd at 12:00 pm. Please stop by with your questions, compliments, or concerns.

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, January 21st at 10:00 am.

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 starting in early February. To make an appointment for tax preparation assistance, please call 508-839-9242.



I Have A Dream

Martin Luther King, Jr. Day

REMINDER
 The Grafton Senior Center is closed Monday, January 18th for Martin Luther King Jr. Day.

COUNCIL ON AGING MEMBERS

William Drago, Chair • William Cutler, Vice Chair
 Marcella Benoit, Secretary
 Rev. Phil Goff
 Annette McCarthy
 Barbara LaPoint
 Peter Shay

STAFF

Barbara Connolly, Director
 Nancy Malone, Office Manager
 Lisa Kelley, Outreach Worker
 Martha Charter, Van Driver
 Kerry MacDougall Lewis, Activities Coordinator
 Bryan Dudley, Van Driver
 Karen Kosiba - Meal Site Manager

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