

# 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”*

July 2016  
Vol. 14 Issue 7

*Thank You and Best of Luck  
Phil Goff*

Please join us on Thursday, July 7th at 2:00 pm in the Senior Center Bolack Room to thank Phil Goff for his service to the Town of Grafton and congratulate him on retirement. Light refreshments will be served.

Please RSVP by calling 508-839-9242.

## **4th ANNUAL SUMMER PICNIC**

For Grafton Seniors

Join us for our 4th annual summer picnic on:

**Thursday, July 21st**

10:30 am—Entertainment

11:45 am—Special Summer BBQ Lunch

Cost—\$2.00/pp



Entertainment will be by John Root who sings and plays the flute, clarinet, and saxophone. His diverse repertoire features the best-loved songs of the first five decades of the twentieth century.

Please call 508-839-9242 and make a reservation by Friday, July 15th.

## **ATTENTION GRAFTON SENIORS**

Come play BINGO followed by a pizza lunch courtesy of the Friends of Grafton Elders on:



**Thursday, July 28th**

**BINGO—10:30 am  
LUNCH—11:40 am**



Please signup at 508-839-9242 by Monday, July 25th if you plan on attending.

Thank you Friends of Grafton Elders (FOGE) and newly elected FOGE board member, Irene Murphy.

## *Senator Mike Moore's Senior Ice Cream Social*

Thursday, July 28th—12:00 pm



Senator Mike Moore and his staff will be at the Senior Center providing ice cream sundaes for Grafton seniors.

Please call 508-839-9242 by July 25th if you are planning on joining us for a cold treat.

## **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.

## 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, July 1st..... BBQ Chicken
- **Monday, July 4th ..... Center Closed**
- Tuesday, July 5th .....Beef Stew/Rice
- Wednesday, July 6th ..... Chicken Murphy
- Thursday, July 7th .....Salisbury Steak
- Friday, July 8th .....Vegetable Cheese Bake
- Monday, July 11th ..... Pasta Primavera w/Chicken
- Tuesday, July 12th .....Meatballs w/Onion Gravy
- Wednesday, July 13th ..... Pork Chow Mein
- Thursday, July 14th .....Chicken Fajitas
- Friday, July 15th ..... Fish w/Crumb Topping
- Monday, July 18th ..... Hot Dog on Bun
- Tuesday, July 19th ..... Chicken Sausage Jambalaya
- Wednesday, July 20th ..... Salmon Boat/Dill Sauce
- Thursday, July 21st .....Beef Mediterranean
- Friday, July 22nd ..... Lasagna
- Monday, July 25th ..... Roast Pork w/Gravy
- Tuesday, July 26th .....Shepherd's Pie
- Wednesday, July 27th .....Bacon Omelet
- Thursday, July 28th ..... Chicken Cacciatore
- Friday, July 29th .....Potato Crunch Fish

## 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 2<sup>nd</sup> 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—Off for the Summer
- 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 (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 at 11:30 am

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, July 21st at 10:00 am.**

**Senior Tours of the "New" Grafton Town House**  
Wednesday, July 13th and Wednesday, July 27th

We will gather at the Senior Center at 9:30 am and travel to the Town House for a one hour tour conducted by Bill Yeomans. Please see inserted flyer.

Space is limited, so reserve your spot on the Shuttle by calling 508-839-9242.

**FREE**  
**MEDICAL VAN RIDES THRU JULY**  
Courtesy of St. James' Outreach

Through the generosity of St. James' Outreach we are able to offer free medical van rides for the months of May thru July for Grafton residents age sixty and older and those disabled of any age.

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

**July 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., July 5th—Target**
  - Fri., July 15th—Westmeadow Plaza, Westborough (Ocean State Job Lot, Dollar Store, Ann & Hope)**
  - Tues., July 19th—Market Basket**
  - Tues., July 26th—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.

**CENTER CLOSED MONDAY, JULY 4TH**  
**INDEPENDENCE DAY!!**

**FULLY CLOTHED**  
**TABLE MASSAGE WITH JAMIE DUDLEY**  
**Friday, July 8th—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, 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.

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.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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**NOTES**  
 \* Crafts will be at 9:30 am on Wednesdays starting July 1st.  
 \* Fall Prevention Classes will resume in September.  
 \* The Grafton Community Leaders Forum seeks your feedback on a community survey regarding eating healthy and physical activity in the Town of Grafton. Surveys can be picked up and dropped off at the Senior Center office.  
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**Center Closed Independence Day**

**Happy 4th of July!**

5  
**SHOPPING TRIP—Target**  
 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  
 1:00 pm Pitch  
 1:00 pm Ceramics

6  
 9:30 am Crafts  
 10:30 am Book Club  
 10:45 am Jog Your Noggin  
 11:30 am ZUMBA Gold  
 11:45 am Lunch  
 12:30 pm Mat Yoga  
 1:00 pm Rummikub  
 3:00 pm Five Crowns

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  
**2:00 pm Thank You Phil Goff Get Together**  
 6:30 pm Pitch  
 6:30 pm Stitch N Bitch

8  
 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

11

9:00 am Mat Yoga  
 11:45 am Lunch  
 1:00 pm Pitch

12  
 9:00 am Dup. Bridge  
 9:00 am Nails  
 9:30 am Scrabble  
 10:00 am Organ Social

13  
 9:30 am Crafts  
 9:30 am "New" Town House Tour  
 10:45 am Jog Your Noggin

14  
 9:00 am Dup. Bridge  
 10:00 am Piano Lessons  
 10:30 am Senior Exercise  
 11:00 am Blood Pressure Clinic

15  
**SHOPPING—Westmeadow Plaza**  
 9:00 am Chair Yoga  
 10:00 am Independent Painting

<p>18 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>19 <b>SHOPPING TRIP—Market Basket</b> 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</p>	<p>20 9:30 am Crafts 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Lunch 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 <b>10:00 am Lisa Casillo, Edward Jones</b> 10:30 am Senior Exercise <b>10:30 am John Root</b> 11:00 am Blood Pressure Clinic <b>11:45 am Senior Picnic</b> 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>22 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</p>
<p>25 9:00 am Mat Yoga <b>10:00 am Legal Clinic Carolyn Spring</b> 11:45 am Lunch 1:00 pm Pitch</p>	<p>26 <b>SHOPPING—Walmart</b> 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 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>27 9:30 am Crafts 9:30 am "New" Town House Tour 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>28 9:00 am Dup. Bridge 10:00 am Piano Lessons 10:30 am Senior Exercise <b>10:30 am FOGE sponsored BINGO</b> 11:00 am Blood Pressure Clinic <b>11:40 am Pizza Lunch</b> <b>12:00 pm Senator Moore's Ice Cream Social</b> 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 Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>
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## AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

BINGO—everyone knows the game. Recently, the Senior Center offered BINGO on a Thursday which was followed by a pizza lunch. Every table which seats four was occupied. Each player had two cards. The players were so focused on the cards, you could hear a pin drop. No one moves or makes a sound and they anxiously wait for their number to be called. All of a sudden someone calls out “BINGO”! No money is awarded, but the winner has a choice of a great gift. Everyone tells me the game is fun, but even if you lose, having pizza makes you a winner. Be sure to sign-up early for the next BINGO because space is limited and if you wait too long, you will end up on a waiting list.

We are very fortunate to have a Senior Center that offers so much. There is entertainment, exercise classes, computers, book club, crafts, educational programs, and much more. Be sure to stop by and check it out. While you are there enjoy a coffee and pastry or stay for lunch.

The Fall Prevention Classes were very well attended. Thank you to MCOA for the grant that covered the instructor’s costs for 6 months. I’m told that the classes will resume in September.

Don’t forget about the drawing being held at the Senior Center. Last month a Columbia jacket was donated for a drawing. The jacket raised \$70.00 for the Senior Center. Thank you to the anonymous donor!!! This month’s drawing is for a men’s medium Red Sox Jacket (3 tickets for \$1.00). The drawing will take place on Thursday, July 21st in the Bolack Room at 10:30 am.

FOGE had their annual meeting and new officers and directors were elected. Marsha Platt is the President, Shirley Russo VP, Nancy Hazen Secretary, and the Directors are June Lufkin, Heather Trudell, Carolyn Jukabiak, Irene Murphy, Nancy Forsman, and Elaine Sanborn. The Treasurer’s position is currently vacant. The COA board is looking forward to working with the Friends of Grafton Elders.

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!

## 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.

## GIGGLES



Bob left work one Friday evening.

But it was payday, so instead of going home, he stayed out the entire weekend partying with his mates and spending his entire wages.

When he finally appeared at home on Sunday night, he was confronted by his angry wife and was barraged for nearly two hours with a tirade befitting his actions. Finally his wife stopped the nagging and said to him, “How would you like it if you didn’t see me for two or three days?”

He replied, “That would be fine with me.”

Monday went by and he didn’t see his wife.

Tuesday and Wednesday came and went with the same results.

But on Thursday, the swelling went down just enough where he could see her a little out of the corner of his left eye.

**From the Friends of Grafton Elders:**

Save the date October 15th, 2016—12:00 pm (noon)!!

Come celebrate the 35th anniversary of the establishment of the Friends of Grafton Elders.

The Friends of Grafton Elders is sponsoring a fundraiser luncheon at noon at the Grafton Inn. We are having a buffet luncheon to celebrate Winnie Paul's starting of the FOGE organization.

Many of you worked with Winnie to strengthen and develop the programs for seniors in Grafton. We worked together to renovate the South Grafton Community House from which the first Senior Center began operating. Many helped raise money for raffles, dinners, flea markets, and BINGO.

Now is the time to celebrate our 35th birthday and honor those who came before.

Stay tuned for more information.

Marsha Platt  
President, Friends of Grafton Elders

**I really think that tossing, turning and flipping at night, should be considered as EXERCISE!**



**RED SOX JACKET DRAWING  
SIZE MEN'S MEDIUM**

**\$.50 per ticket or \$1.00 for 3 tickets**



Please stop by the Senior Center office to see the Red Sox jacket and purchase your tickets. The drawing will take place on Thursday, July 21st at 10:30 am. Winner need not be present. Congratulations to Marianne Andersen last months winner of the ladies Columbia jacket.

**STAFF**  
Barbara Connelly, Director  
Nancy Malone, Office Manager  
Lisa Kelley, Outreach Worker  
Martha Charter, Van Driver  
Bryan Dudley, Van Driver  
Karen Kosiba, Meal Site Manager

**COUNCIL ON AGING MEMBERS**  
William Drago, Chair • William Cutler, Vice Chair  
Marcella Benoit, Secretary  
Rev. Phil Goff  
Annette McCarthy  
Peter Shay  
Nina Whiting

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