

# 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”*

March 2016  
Vol. 14 Issue 3



### *St. Patrick's Day Pot of Gold BINGO*



Thursday, March 17th

10:30 am—BINGO; 11:45 am—Lunch

Attention Grafton Seniors!!! Come play bingo and if you win a game, you can pick your prize from the “Pot of Gold”. Just a few examples of prizes are gift certificates, lottery tickets, etc.

Elder Nutrition will be serving Corned Beef and Cabbage, followed by a delicious surprise dessert.

Please make your reservation by Friday, March 11th by calling 508-839-9242.

Remember to wear green!!!!



### **OUT TO LUNCH**

**Tuesday, March 8th**

*Lowell's Restaurant*

Grafton senior residents, we're headed to Lowell's Restaurant in Mendon, MA. The Grafton Senior Shuttle is taking a group of up to 14 seniors to Lowell's Restaurant for a wonderful lunch out. Each person is responsible for his/her meal and the cost of transportation \$3.50/pp.

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

Thank you **Bob's Discount Furniture** in Worcester for the two much needed Cherry wood bookcases in the Black Room. Please stop by our Library and check them out for yourself. We are so appreciative to Bob's!!



### **FLOWER ARRANGING CLASS**

*Wednesday, March 23rd*

*9:00 am—10:30 am*

Denise from Sweetbriar Florist will be at the Senior Center for a flower arranging class. The cost is \$15.00/pp. Come and learn how to make a beautiful Easter arrangement. Please call 508-839-9242 to reserve your seat as class size will be limited to 15.

### **AARP**

#### **Simple Tax Preparation for Seniors 60 & Over By Appt.**

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 through March. 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.

#### **Prescription Drug Costs Too High?**

You may be eligible to apply for **Extra Help** through the Social Security Admin. in meeting prescription drug costs. An **Extra Help** application can be completed anytime during the year. Individual Monthly Income Limit \$1,491/mo., Assets \$13,640. Contact our Shine Counselor, Tim Brady at the Senior Center for assistance.

## 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:

- Tuesday, Mar. 1st .....Beef Mediterranean
- Wednesday, Mar. 2nd ..... Hot Dog on Bun
- Thursday, Mar. 3rd .....Pasta Primavera
- Friday, Mar. 4th ..... Salmon Boat/Dill Sauce
- Monday, Mar. 7th ..... Roast Pork w/Gravy
- Tuesday, Mar. 8th .....Shepherd's Pie
- Wednesday, Mar. 9th .....Bacon Omelet
- Thursday, Mar. 10th ..... Chicken Cacciatore
- Friday, Mar. 11th .....Potato Crunch Fish
- Monday, Mar. 14th .....Chicken Mornay
- Tuesday, Mar. 15th ..... Pot Roast Stew
- Wednesday, Mar. 16th ..... Turkey a La King
- Thursday, Mar. 17th ..... Corned Beef
- Friday, Mar. 18th .....Macaroni & Cheese
- Monday, Mar. 21st .....Pork Rib-i-que
- Tuesday, Mar. 22nd ..... Buttermilk Chicken
- Wednesday, Mar. 23rd .....Baked Ham
- Thursday, Mar. 24th ..... Swedish Meatballs
- Friday, Mar. 25th .....Cracker Crumb Fish
- Monday, Mar. 28th ..... Roast Turkey
- Tuesday, Mar. 29th ..... Meatloaf & Gravy
- Wednesday, Mar. 30th ..... Garlic Herbed Chicken
- Thursday, Mar. 31st .....Beef and Broccoli

## 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
- FIVE CROWNS**—3:00 pm Wednesdays
- FUEL ASSISTANCE**—See Lisa Kelley for appt
- HOOKE 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

**April Out to Lunch**  
 Wednesday, April 20th  
**SALEM CROSS INN**

Grafton seniors come join us for lunch at the Salem Cross Inn located in West Brookfield, MA. The Grafton Senior Center is reserving a bus to take a group of seniors to enjoy a fabulous lunch out at the Salem Cross Inn. Lunch will include garden salad, your choice of either Maple Salmon or Yankee Pot Roast with Pan Gravy, and dessert of ice cream cakeballs. The cost will be \$24.00/pp for the meal and \$4.00 for transportation (total \$28.00/pp). This will be a very popular event, so please don't wait to call the Senior Center at 508-839-9242 to reserve your spot.

**WRIGHT'S CHICKEN FARM TRIP**

Thursday, May 12th

Bus leaves at 10:30 am—Approx. return 3:00 pm



The Friends of the Grafton Elders (FOGE) are sponsoring a lunch trip to Wright's Chicken Farm in Harrisville, RI. The cost for a Grafton senior will be \$10/person. This includes a meal, gratuities, taxes and transportation to and from Wright's Farm from the Senior Center. The remainder of the cost will be paid for by FOGE. Space is limited, so reserve your spot soon. Please sign up at the Senior Center 508-839-9242 by April 21st.

**March**

**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., March 1st—Target**
- Tues., March 15th—Market Basket**
- Fri., March 25th—Auburn Mall**
- Tues., March 29th—Walmart**



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

**Free Medical Van Rides**

March thru April

Courtesy of Tufts Neighborhood Service Fund

Through the generosity of the Tufts Neighborhood Service Fund we are able to offer free medical van rides for the months of March thru April 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.

**FULLY CLOTHED**

**TABLE MASSAGE WITH JAMIE DUDLEY**

Friday, March 11th—11:00 am-2:00 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.

**Lunch and Learn with ActiveRX**

**“Strength Changes Everything”**

Wednesday, March 30th at 11:00 am

Lunch will be provided

Discover how preserving and restoring your functional strength will improve nearly every aspect of your life and well being, from physical capabilities, to balance and mobility, to cognitive function, to medical conditions, to financial wellness. Please reserve a spot by calling 508-839-9242 by Thursday, March 24th.

State Representative **David Muradian** will be holding office hours at the Senior Center on Thursday, March 24th from 9:00 am—10:00 am. Please stop by with your questions or concerns.

**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.

**TRIPS! TRIPS! TRIPS!**

Saturday, April 23rd—Spend a day in historic Boston. Visit Faneuil Hall and Quincy Market. Lunch will be on your own and then enjoy a tour on the famous Duck Boats. You will finish off the day with a look of the city from the Skywalk Observatory at the Prudential Center. \$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, June 21, 2016—Long Island Sound Lighthouse Cruise aboard a high-speed Sea Jet Catamaran and view 8 lighthouses, 2 forts and more. Enjoy an early bird dinner at Go Fish and spend some free-time in Mystic Village. \$98/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 Clam-bake Seafood Restaurant on Pine Point in Scarborough, ME. Includes transportation, guided tour of Kennebunkport, and lunch. \$89/pp.



# 2016



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**REMINDER: Daylight Savings Time begins on March 13th. Be sure to set your clocks forward one hour!**



1 **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

8 **Out to Lunch—Lowell's Restaurant**  
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

2 9:00 am Crafts  
10:30 am Book Club  
10:30 am Fall Prevention Exercise  
10:45 am Jog Your Noggin  
11:10 am ZUMBA Gold  
11:45 am Lunch  
12:30 pm Mat Yoga  
1:00 pm Rummikub  
3:00 pm Five Crown

9 9:00 am Crafts  
10:30 am Fall Prevention Exercise  
10:45 am Jog Your Noggin  
11:10 am ZUMBA Gold  
11:45 am Lunch  
12:30 pm Mat Yoga  
1:00 pm Rummikub  
3:00 pm Five Crown

3 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  
**7:00 pm Grafton Affordable Housing Trust Workshop**

10 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 COA Meeting**  
6:30 pm Pitch  
6:30 pm Stitch N Bitch

4 9:00 am AARP Tax Service  
9:00 am Chair Yoga  
10:00 am Singing  
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 AARP Tax Service  
9:00 am Chair Yoga  
10:00 am Singing  
10:00 am Independent Painting  
10:00 am Tai Chi  
11:00 am Massage  
11:00 am Adv. Tai Chi  
11:45 am Lunch  
1:00 pm Whist

16 9:00 am Crafts  
10:30 am Fall Prevention Exercise  
10:45 am Jog Your Noggin  
11:30 am ZUMBA Gold  
11:45 am Lunch

15 **SHOPPING TRIP—Market Basket**  
9:00 am Dup. Bridge  
9:00 am Nails  
9:30 am Scrabble

17 9:00 am Dup. Bridge  
10:00 am Piano Lessons  
**10:00 am Lisa Casillo, Edward Jones**  
10:30 am Senior Exercise

18 9:00 am AARP Tax Service  
9:00 am Chair Yoga  
10:00 am Singing  
10:00 am Independent Painting  
11:45 am Lunch

14 9:00 am Mat Yoga  
10:15 am Fall Prevention Exercise  
**10:30 am Senator Moore's Office Hours**  
11:45 am Lunch

<p>1:00 pm Pitch</p>	<p>10:00 am Organ Social 10:30 am Senior Exercise 11:45 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>10:00 am Tai Chi 11:00 am Adv. Tai Chi 1:00 pm Whist 1:00 pm Writer's Group</p>
<p>21 9:00 am Mat Yoga <b>10:00 am Legal Clinic—Carolyn Spring</b> 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>22 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>23 <b>9:00 am Flower Arranging</b> 10:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>25 <b>SHOPPING—Auburn Mall</b> 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 1:00 pm Whist</p>
<p>28 9:00 am Mat Yoga 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>29 <b>SHOPPING TRIP—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 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>30 9:00 am Crafts 10:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin <b>11:00 am “Strength Changes Everything” Presentation</b> 11:30 am ZUMBA Gold 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>31 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><b>Come try the free fall prevention exercise classes on Mondays and Wednesdays!</b></p> 			

### AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

I know you have heard this many times, but remember that the Internal Revenue Service does not make phone calls requesting information or payments. The IRS always will send information requests through the mail.

The political climate is getting real nasty. It's not very interesting watching it at this point. Reminds me of a bunch of kids pointing figures at each other. That does not mean you shouldn't vote. Grafton will also be holding elections soon. If you don't vote, then you really cannot complain about which candidate gets into office.

I recently tried to find a parking spot at the Senior Center on a Thursday and all spots were taken. I ended up parking next to a tree on the lawn. Why so many cars? I was told the exercise class has about 35-40 participants. It's great to see so many seniors out and moving. Check out the different exercise classes yourself.

There is a big problem trying to exit Brigham Hill Road onto Providence Road. This traffic is moving at a homicidal pace in both directions. No one will slow down for you to exit. Be very careful and patient.

One man asked his coworker, "Do you worry that the boss is going to replace us with computers?" "Not really," the other man answered. "Where is he going to find a computer that grovels."

Stay healthy, safe, and warm!!

#### 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!

#### SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, March 14th from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

### "PROTECT YOURSELF FROM MEDICARE FRAUD"

Wednesday, April 20th—10:30 am

Massachusetts Senior Medicare Patrol will be presenting a free Medicare Workshop to provide you with the tools to become better educated and engaged health care consumers to protect yourselves and loved ones from Medicare fraud and deceptive marketing tactics.

Please call 508-839-9242 to sign-up for this program.

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, March 17th at 10:00 am.

### GIGGLES

It's All in The Name



A pregnant Irish woman from Dublin gets in a car accident and falls into a deep coma. Asleep for nearly 6 months, when she wakes she sees that she is no longer pregnant and frantically asks the doctor about her baby.

The doctor replies, "Ma'am you had twins! A boy and a girl. Your brother from Cork came in and named them."

The woman thinks to herself, "Oh No, not my brother...he's an idiot!" She asks the doctor, "Well, what's the girl's name?" "Denise," replied the doctor.

"Wow, that's not a bad name. I like it! What's the boy's name?"

"Denephew."

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An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweler. He took one look at it and saw it wasn't real.

The young lass on learning it wasn't real returned to her future husband. She protested vehemently about his cheapness.

"It was in honor of St. Patrick's Day," he smiled.

"I gave you a sham rock."

**“CIRCUIT BREAKER TAX CREDIT”**

State Rep. David Muradian has information available at the Grafton Senior Center regarding “The Circuit Breaker” tax credit. It is called the Circuit Breaker Tax Credit because it is “triggered” like an electrical circuit breaker when property payments exceed 10% of a senior citizen’s annual income. Those who qualify will still be required to pay property taxes to their local communities. Seniors will receive a dollar credit on their Massachusetts state income taxes for every dollar that the total of their property, water and sewer bills exceed 10% of their income, up to the \$1,070 maximum amount.

Please stop by the Senior Center for a brochure and tax credit worksheet.

**YOU ARE INVITED**

The Grafton Affordable Housing Trust would like to personally invite everyone to attend an upcoming Workshop to be held on:

**Thursday, March 3rd, 2016**

**7:00 pm—9:30 pm**

**Where: South Grafton Community House**

Refreshments will be provided.

The purpose of the Workshop is to:

- \* Meet the Trust and learn more about its work.
- \* To create an action item list of projects and programs that the Trust can invest in over the next five years.
- \* Provide the Trust with important information to guide them in making future decisions.

If you have any questions or would like to learn more about the Trust, please visit their website at: [www.grafton-ma.gov/affordable-housing-trust](http://www.grafton-ma.gov/affordable-housing-trust) or contact the Planning Department at (508) 839-5335, ext. 1120. If you pre-register at: <http://grafton-trust-workshop.eventbrite.com> by Wed., 3/2/16 you will be eligible to win a door prize.

**Everybody's Irish on**



**St. Patrick's Day !!!**

**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.

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