

GRAFTON SENIOR GAZETTE

Grafton Council on Aging / Senior Center



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

November 2015
Vol. 13 Issue 11

“Linking Needs with Resources”



SENATOR MOORE'S & BLACKSTONE VALLEY CHAMBER OF COMMERCE TURKEY LUNCHEON



Senator Michael Moore and Blackstone Valley Chamber of Commerce will host a turkey lunch for Grafton seniors on:

Tuesday, November 10th @ 11:45 am

Please make your reservation at 508-839-9242 by Wed., November 4th.

The Senior Center Crafters will also have a table setup selling crafts that make wonderful Holiday gifts.



LION'S CLUB HAM & BEAN DINNER



**Thursday, November 19th—5:00 pm
Municipal Building Gym**

Grafton Seniors come and enjoy a fantastic ham & baked bean dinner which also includes coleslaw and apple pie for dessert courtesy of the Grafton Lion's Club.

Sorry no walk-ins. Reservations must be made by Friday, November 13th. Please call the Senior Center office at 508-839-9242 to reserve your seat.

Many thanks to the Lion's Club who always treat the seniors extra special.



COFFEE, PASTRY & CONVERSATION WITH GRAFTON BOARD OF SELECTMEN

Now is your chance to get to know your Board of Selectmen. Please stop by the Senior Center with your questions, compliments or concerns for the Board of Selectmen on:

Wednesday, November 18th @ 9:00 am

Please note that it is also National Apple Cider Day so in addition to coffee and pastries, we of course will be serving donuts and cider. If you know for sure that you will be stopping by, please contact us at 508-839-9242 so we make sure to have enough refreshments!

ATTENTION GRAFTON SENIORS WHO LOVE PIZZA



Unibank is sponsoring a pizza luncheon for Grafton seniors on:

Friday, November 6th at 11:45 am

Come socialize and enjoy pizza. Please make a reservation at 508-839-9242 by Wednesday, Nov. 4th so enough pizza can be provided.

“VERY MPORTANT”

MEDICARE UPDATE

Monday, November 9th at 10:30 am

Medicare Open Enrollment is Oct. 15th—Dec. 7th Medicare plans change every year. Now is the time to choose your coverage for 2016. A representative from the Commonwealth's SHINE Program will be here to present updates. If you would like to attend the update meeting or need assistance, please call the Senior Center at 508-839-9242. These meetings are being held in a few select locations, so don't miss it!!

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, Nov. 2nd Swedish Meatballs
- Tuesday, Nov. 3rd Buttermilk Chicken
- Wednesday, Nov. 4th Pork Rib-i-que
- Thursday, Nov. 5th Pasta Fagioli
- Friday, Nov. 6th Cracker Crumb Fish
- Monday, Nov. 9th Roast Pork w/Gravy
- Tuesday, Nov. 10th Spaghetti Meatballs
- **Wednesday, Nov. 11th Center Closed**
- Thursday, Nov. 12th Beef and Broccoli
- Friday, Nov. 13th Herbed Chicken
- Monday, Nov. 16th Beef Burgundy
- Tuesday, Nov. 17th Hot Dog
- Wednesday, Nov. 18th American Chop Suey
- Thursday, Nov. 19th Chicken w/Asparagus
- Friday, Nov. 20th Alaskan Salmon w/Dill
- Monday, Nov. 23rd Beef w/Jardinere
- Tuesday, Nov. 24th Roast Turkey w/Gravy
- Wednesday, Nov. 25th Potato Crunch Fish
- **Thursday, Nov. 26th Center Closed**
- **Friday, Nov. 27th Center Closed**
- Monday, Nov. 30th Macaroni & Cheese

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 11:10 am



CARD MAKING CLASS

GET READY FOR THE HOLIDAYS

Wednesday, November 4th—9:00 am

Claudia from Senior Comfort 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 for Birthdays or upcoming Holidays. 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.

FREE MEDICAL VAN RIDES

OCTOBER THRU DECEMBER

Courtesy of the Friends of Grafton Elders

Through the generosity of the Friends of Grafton Elders we are able to offer free medical van rides for the months of October thru December for Grafton residents age sixty and older and those disabled of any age. Thank you Friends of Grafton Elders!!

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

Summit ElderCare presents:

“ Introduction to Depression and Some Tips for Handling It”

Wednesday, December 2nd @ 10:30 am

The holidays and the winter season are just around the corner. This time of year can be a depressing time for many so come and learn strategies to alleviate depression.

The speaker is Paula Chauvin, Director of Outreach and Enrollment for Summit ElderCare, a PACE program sponsored by Fallon Health. She is a nurse and health educator who has been with the program for ten years and is often seen in the community presenting topics on disease prevention. Paula has a Bachelor’s degree in Nursing and a Masters in Education and Business Administration.

Please call 508-839-9242 to reserve a spot.

November

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., November 3rd—Walmart

Fri., November 20th—Solomon Pond Mall

Tue., November 24th—The New Market 32

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



**FALLON SENIOR PLAN
MEDICARE ADVANTAGE**

Friday, November 6th—10:00 am

A representative from Fallon will be here at the Senior Center to answer questions regarding Fallon’s Senior Plan. Please stop by for questions and answers.

TRIPS! TRIPS! TRIPS!

Tuesday, December 1st, 2015—Charles Dickens’ A Christmas Carol at the Norwood Theatre located in Norwood, MA. Lunch at the Sheraton 4 Points in Norwood. Price includes transportation, lunch and show. \$89/pp.

Saturday, December 5th, 2015—New York City Shopping Trip. You can save your energy shopping because Foxy Travel will be your transportation to the Big Apple. \$54/pp.

Saturday, December 12th, 2015—New York City Holiday Shopping & Sightseeing. Depart Senior Center at 6:30 am and return at 10:30 pm. \$59/pp.

Thursday, December 31st, 2015—New Year’s Eve Day Trip to DoubleTree by Hilton in Leominster, MA. Jan Peters, cabaret performer, will provide a wonderful show that will make you smile & laugh in the New Year. You can also dance to the Tom LaMark Orchestra. Price includes transportation, lunch, show, orchestra, party favors, and Champagne Toast. \$89/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 \$79.00/pp.

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

Representative Muradian

State Representative **David Muradian** will be holding office hours at the Senior Center on Friday, November 20th from 10:30 am to 11:30 am. Please feel free to stop by with any questions, concerns or compliments.

START YOUR HOLIDAY SHOPPING AT THE VINTAGE COLLECTIONS LOCATED IN THE MUNICIPAL BUILDING. STOP BY THE SENIOR CENTER FOR ASSISTANCE.

NOVEMBER 2015

Monday Tuesday Wednesday Thursday Friday

<p>2 9:00 am Mat Yoga 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch</p>	<p>3 SHOPPING TRIP—Walmart 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>4 9:00 am Crafts—Card Making 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>5 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>6 9:00 am SHINE 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 10:00 am Fallon Senior Plan 11:00 am Adv. Tai Chi 11:45 am Unibank Pizza Lunch 1:00 pm Whist 1:00 pm Writer's Group</p>
<p>9 9:00 am Mat Yoga 10:30 am Medicare Update 11:45 am Lunch 1:00 pm Pitch FLU CLINIC IN MUNICIPAL CENTER GYM 8:00 AM—10:00 AM 3:00 PM—6:00 PM (Remember to bring insurance card)</p>	<p>10 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 11:45 am Senator Moore's Tur-key Luncheon 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>11 <i>Center Closed</i> <i>Veteran's Day</i> </p>	<p>12 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 2:00 pm COA Meeting 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>13 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</p>
<p>16 9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 11:45 am Lunch 1:00 pm Pitch</p>	<p>17 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</p>	<p>18 9:00 am Coffee with the Board of Selectmen 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga</p>	<p>19 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 5:00 pm Lion's Club Dinner</p>	<p>20 SHOPPING—Solomon Pond 9:00 am Chair Yoga 10:00 am Independent Painting 10:30 am Rep. David Mura-dian's Office Hours 11:45 am Lunch</p>

<p>1:00 pm Ceramics</p>	<p>1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>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>23 9:00 am Mat Yoga 10:30 am "Seniors for Seniors" 11:45 am Lunch 1:00 pm Pitch</p>	<p>24 SHOPPING—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>25 9:00 am Flower Arranging 10:45 am Jog Your Noggin 11:10 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>26 <i>Center Closed</i> <i>Thanksgiving Day</i></p> 
<p>30 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>27 <i>Center Closed</i></p> <p>GRAFTON CELEBRATES THE HOLIDAYS—SUNDAY, DECEMBER 6TH</p> <p>Visit the Recreation Dept. Craft Fair featuring local artisans and crafters in the Grafton Municipal Gymnasium from 10:00 am—3:00 pm. For a small donation, have a snack or lunch in the Senior Center Bolack Room courtesy of the Council on Aging/Senior Center staff.</p> <p>PROPERTY TAX WORK-OFF APPLICATION WILL BE AVAILABLE AT THE SENIOR CENTER FOR FY2017</p> <p>This program allows qualified participants to work-off up to \$1,000 in property taxes a year. The new program begins November 1st, 2015. If you have worked this past year, please remember to submit paperwork by October 31st. Please stop by the Senior Center to pick up an application or if you have any questions.</p>		

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

I heard the State House tour was a huge success. Many commented on much they learned and how fun it was. I would recommend to anyone who has not been there, to do so. Rumor has it that another trip will be planned for the Spring. Dave also provided a wonderful pasta dinner to approximately 70 Grafton seniors. Many thanks to State Representative David Muradian for coordinating the tour and the delicious meal.

The Food Bank is asking for contributions. The many Food Bank volunteers work hard travelling from location to location retrieving food placed in containers. They help many in need. If you can find it in your heart and can make a donation to the Food Bank, I am sure it would be greatly appreciated.

The COA welcomes Al Hulbert as a fill-in driver for the Senior Shuttle when needed. Al will be able to fill-in whenever Bryan or Martha are on vacation or out for the day.

There are a lot of activities and events happening for the months of November and December. Be sure to check out the Gazette for the latest information. If you are not receiving your free copy of the Senior Gazette, please ask Nancy in the office to put you on the mailing list. You don't want to miss out.

Lastly, I was in awe when a friend of mine discovered he was having some hearing loss. He made appointments with various hearing aid centers and decided not to follow thru with more tests since three locations all varied in testing procedures. What really convinced him he didn't need hearing aids was the cost. He claims they have different prices for everything. In fact, if you cannot afford two hearing aids, you can only buy one.

Stay healthy and stay safe!!

SEN. MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative, will hold office hours at the Grafton Senior Center on Monday, November 2nd from 10:30-11:30 am. Please feel free to stop by with your questions, compliments or concerns.

♪ Come Join the Senior Center Chorus ♪

The Senior Center Chorus is back and they are looking for more songbirds. Stop by on Fridays at 10:00am. The chorus will also be performing at Senator Moore's luncheon on November 10th.



FLOWER ARRANGING



Denise Worden, owner of Sweetbriar Florist will be at the Senior Center in November and December to do the following Holiday projects:

Wed., November 25th @ 9:00 am—Pumpkin centerpiece. You will be using a real hollowed out pumpkin and fresh flowers.

Wed., December 9th @ 9:00 am—Holiday arrangement using Boxwood.

The cost is \$15.00/pp. The Senior Center will be paying the additional \$5.00/pp. Space will be limited, so be sure to sign-up early at 508-839-9242.

"SENIORS FOR SENIORS"

Senior dental assisting students from Blackstone Valley Tech will be at the Senior Center on:

Monday, November 23rd at 10:30 am

The students will be doing a presentation on the following, but not limited to:

- Medication Effects on the Oral Cavity
- The Importance of Good Oral Hygiene
- Periodontal Disease and Its Effects
- Proper Denture Care
- Oral Cancer
- Nutrition and Its Effects



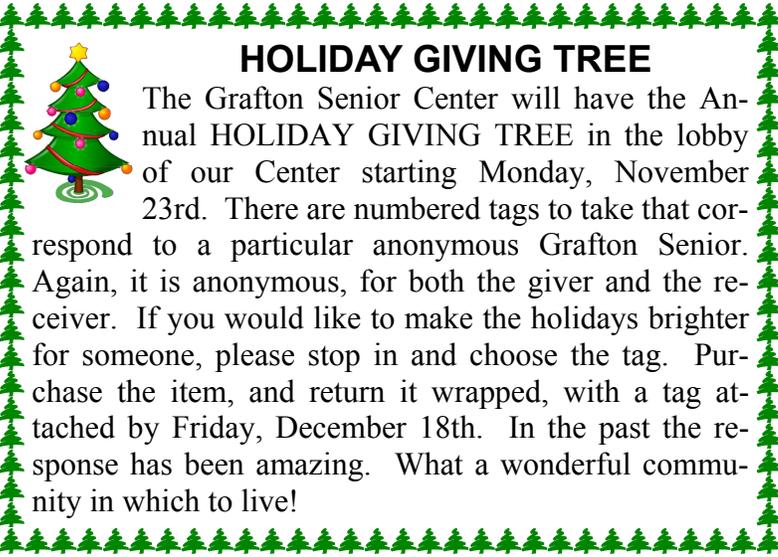
Please call the Senior Center at 508-839-9242 if you wish to attend.



GIGGLES The Six Legged Turkey

An industrious turkey farmer was always experimenting with breeding to perfect a better turkey.

His family was fond of the leg portion for dinner and there were never enough legs for everyone. After many frustrating attempts, the farmer was relating the results of his efforts to his friends at the general store get together. Well I finally did it!! I bred a turkey that has 6 legs!" They all asked the farmer how it tasted? "I don't know" said the farmer. "I never could catch the darn thing!"



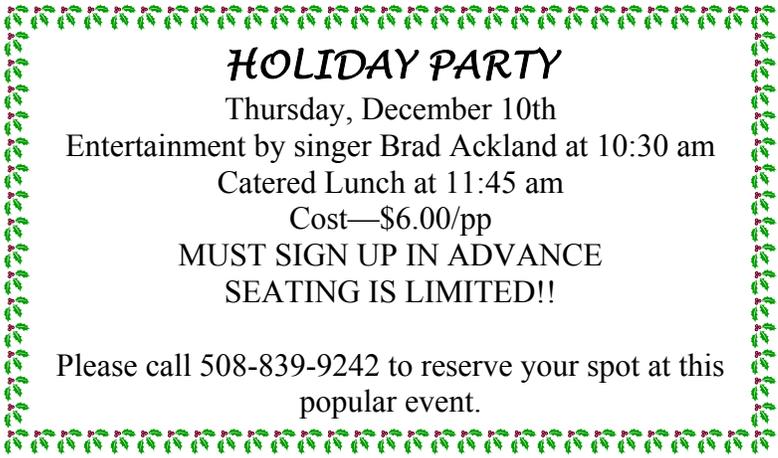
HOLIDAY GIVING TREE

The Grafton Senior Center will have the Annual HOLIDAY GIVING TREE in the lobby of our Center starting Monday, November 23rd. There are numbered tags to take that correspond to a particular anonymous Grafton Senior. Again, it is anonymous, for both the giver and the receiver. If you would like to make the holidays brighter for someone, please stop in and choose the tag. Purchase the item, and return it wrapped, with a tag attached by Friday, December 18th. In the past the response has been amazing. What a wonderful community in which to live!

HOLIDAY PARTY

Thursday, December 10th
 Entertainment by singer Brad Ackland at 10:30 am
 Catered Lunch at 11:45 am
 Cost—\$6.00/pp
MUST SIGN UP IN ADVANCE
SEATING IS LIMITED!!

Please call 508-839-9242 to reserve your spot at this popular event.



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.

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 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

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