

# GRAFTON SENIOR GAZETTE

## Grafton Council on Aging / Senior Center



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

October 2015  
Vol. 13 Issue 10

### *"Linking Needs with Resources"*



### **CRAZY HAT BINGO & BOO BURGERS**

**Friday, October 30th—10:30 am**

Grafton seniors—Come celebrate Halloween with us at the Senior Center with a game of BINGO followed by a barbeque BOO burger lunch. Fantastic prizes will be given for the best Crazy Hats which will be determined by three celebrity judges.

If you wish to attend, please call the Senior Center at 508-839-9242 by Monday, October 26th.

### **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.

**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.



### **ATTENTION GRAFTON SENIORS**



Representative David Muradian will be hosting a chicken pasta dinner at the Grafton Senior Center on:  
**Tuesday, October 13th—5:00 pm**

Please make your reservation by calling 508-839-9242 by Thursday, October 8th.

### **LEARN HOW TO MAKE A TERRARIUM**

Denise Worden, owner of Sweetbriar Florist will be at the Senior Center on Wednesday, October 14th at 9:00 am to teach how to make a terrarium. Each student will leave with their own terrarium. Cost is \$15.00/pp. The Senior Center will be paying the additional required \$5.00/pp. Space will be limited, so sign-up early at 508-839-9242.



### **ALL AMERICAN LUNCH WED., OCTOBER 7TH—11:45 AM**



Enjoy a hot dog on a bun, baked beans, coleslaw, and fresh fruit from Elder Nutrition. The cost is a suggested donation of \$2.50/senior or \$5.00/non senior. For dessert there will be apple pie courtesy of Fallon Health.

Please call 508-839-9242 to make a reservation by 10:00 am Monday, October 5th.

### **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:

- Thursday, Oct. 1st.....Salisbury Steak
- Friday, Oct. 2nd .....Fish Victor
- Monday, Oct. 5th.....Jambalaya
- Tuesday, Oct. 6th.....BBQ Chicken
- Wednesday, Oct. 7th..... Hot Dog on Bun
- Thursday, Oct. 8th ..... Lasagna
- Friday, Oct. 9th ..... Fish w/Crumb Topping
- **Monday, Oct. 12th ..... Center Closed**
- Tuesday, Oct. 13th.....Beef Mediterranean
- Wednesday, Oct. 14th Chicken Primavera w/Pasta
- Thursday, Oct. 15th ..... Salmon Boat /Dill Sauce
- Friday, Oct. 16th .....Meatballs w/Onion Gravy
- Monday, Oct. 19th.....Roast Pork w/Gravy
- Tuesday, Oct. 20th.....Shepherd's Pie
- Wednesday, Oct. 21st .....Bacon Omelet
- Thursday, Oct. 22nd ..... Chicken Cacciatore
- Friday, Oct. 23rd..... Pot Crunch Fish/Tartar Sauce
- Monday, Oct. 26th.....Chicken Mornay
- Tuesday, Oct. 27th.....Macaroni & Cheese
- Wednesday, Oct. 28th..... Chicken a La King
- Thursday, Oct. 29th ..... Meatloaf & Gravy
- Friday, Oct. 30th ..... Pork Chow Mein

## 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
- 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!
- MOVIE**—Last Friday of every month- 1:00 pm (off for the summer)
- 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.
- 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

**OUT TO LUNCH**

Tuesday, October 20th

**SALEM CROSS INN**

Grafton seniors come join us for lunch at the Salem Cross Inn located in West Brookfield, MA. The Grafton Senior Shuttle is taking a group of up to 14 to enjoy a fabulous lunch. 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. Because of the popularity of the Out To Lunch outings, if more than 14 seniors sign-up, a lottery will be held to determine who will participate.

**October**

**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., October 6th—Target**

**Tues., October 13th—Market Basket**

**Fri., October 23rd—Auburn Mall**

**Tues., October 27th—Walmart**



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

**TABLE MASSAGE WITH DENICE**

Monday, November 2nd—10:00 am—3:00 pm  
\$60.00/60 min.

By appointment and paid to Denice.

Denice is licensed massage therapist and also works at the Pepperell Senior Center.

Give yourself the gift of relaxation.

Call 508-839-9242 for an appointment.

**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.



**PODIATRY**



**DR. MICHAEL J. BIANCAMANO, D.P.M.**

Dr. B. will be offering podiatry services the fourth Wednesday afternoon of the month. He will be at the Senior Center on:

**Wednesday, October 28th—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 the medications you currently take.

**TRIPS! TRIPS! TRIPS!**

Tuesday, November 10th, 2015—The Manhattan Dolls show “Through the Decades”. This show will take you on a journey of music from the 1930’s to the 1960’s. Also enjoy a special buffet luncheon at the Common Man Inn in Plymouth, NH. Entrees are Common Man’s famous Yankee Pot Roast or Common Man baked lasagna. Includes transportation, luncheon, and show. \$85.00/pp.

Thursday, November 12th, 2015—Barbara Streisand and Frank Sinatra “The Concert that Never Was” at Venus De Milo in Swansea, MA. Includes transportation, luncheon, and show. \$65.00/pp.

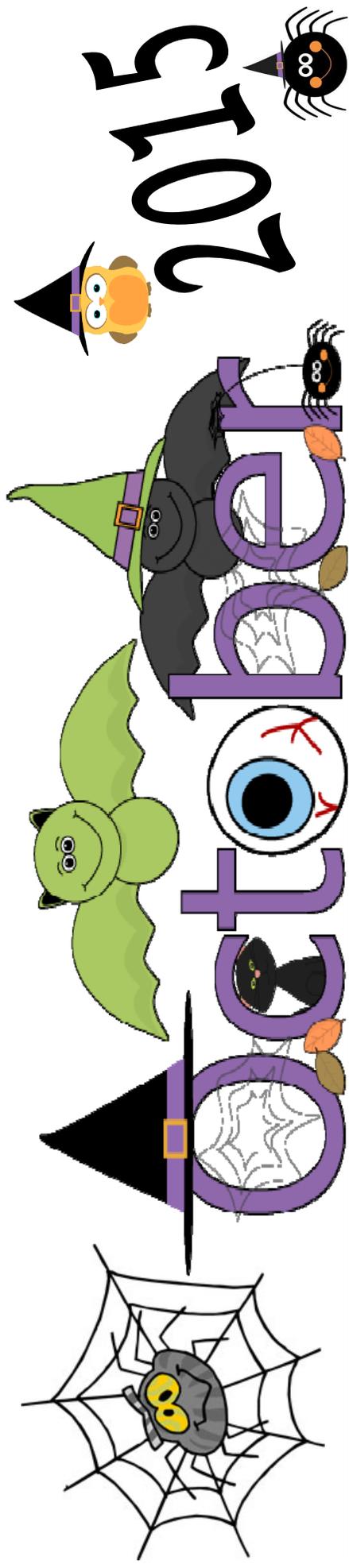
Tuesday, December 1st, 2015—Charles Dickens’ A Christmas Carol at the Norwood Theatre located in Norwood, MA. Lunch at the Sheraton 4 Points in Norwood. Price includes transportation, lunch and show. \$89/pp.

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.

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.

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.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**PROPERTY TAX WORK-OFF APPLICATION WILL BE AVAILABLE AT THE SENIOR CENTER FOR FY2017**

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.

5  
9:00 am Mat Yoga  
**10:30 am Senator Moore's Office Hours**  
11:45 am Lunch  
1:00 pm Pitch

6  
**SHOPPING TRIP—Target FOPPEMA'S FARM**  
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

7  
9:00 am Crafts  
10:45 am Jog Your Noggin  
11:10 am ZUMBA  
**11:45 am All American Lunch**  
12:30 pm Mat Yoga  
1:00 pm Rummikub  
3:00 pm Five Crowns

8  
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

9  
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

12  
*Center Closed*  
**COLUMBUS DAY**

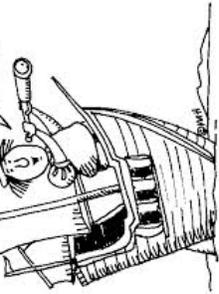
13  
**FOPPEMA'S FARM**  
9:00 am Dup. Bridge  
9:00 am Nails  
9:30 am Scrabble  
10:00 am Organ Social  
10:30 am Senior Exercise

14  
**9:00 am Building a Terrarium**  
10:45 am Jog Your Noggin  
11:10 am ZUMBA  
11:45 am Lunch  
12:30 pm Mat Yoga  
1:00 pm Rummikub

15  
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

16  
9:00 am Chair Yoga  
10:00 am Independent Painting  
11:45 am Lunch  
10:00 am Tai Chi  
11:00 am Adv. Tai Chi  
11:45 am Lunch





<p>11:45 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics <b>5:00 pm Rep. Dave Muradian's Pasta Dinner</b></p>	<p>3:00 pm Five Crown</p>	<p>6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>1:00 pm Whist 1:00 pm Writer's Group</p>
<p>19 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch <b>7:30 pm Town Meeting</b></p>	<p>20 <b>OUT TO LUNCH—Salem Cross Inn</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>21 9:00 am Crafts 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>22 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>26 9:00 am Mat Yoga <b>10:00 am Legal—Carolyn Spring</b> 11:45 am Lunch 1:00 pm Pitch</p>	<p>27 <b>SHOPPING TRIP—Walmart FOPPEMA'S FARM</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>28 9:00 am Crafts 11:10 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Rummikub <b>1:00 pm Podiatrist Dr. B.</b> 3:00 pm Five Crowns</p>	<p>29 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>30 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi <b>10:30 am Crazy Hat Bingo</b> 11:00 am Adv. Tai Chi <b>11:45 am Boo BQ Lunch</b> 1:00 pm Whist <b>Nov. 1st Daylight Savings Time ends. Remember to set your clock back one hour.</b></p>			

## AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

At our last COA meeting, Barbara presented to the board a spreadsheet showing program gains by numbers and percentages made at the Center for the past fiscal year. Everyone was fascinated by seeing the growth in all areas. There were over 4400 phone calls received from August 2014 thru June 2015.

I cannot believe how many phone calls I receive that are scams. One said how I could save money on insurance or receive cash from the State. All I would need to do is answer a few questions. Really??? Be very careful who you give you personal information to. Personal information should not be given over the phone. Remember, if it sounds to good to be true, well you know the rest.

The October Town Meeting is just around the corner. The Grafton News has articles which keep us informed on upcoming projects that will require your vote at Town Meeting. For example, I read that the Library is seeking approx. \$16 million to expand and improve. That is a rather large sum of cash to spend at a time when so many other projects are in the works. According to Beth Gallaway, Library Director, "It is not unusual for the town to vote three times to pass a warrant." Is that a hint? Be sure to keep informed. Watch the Selectmen's meetings, attend meetings, and ask questions. It's your money, so know where it is going to be spent.

Remember school is in session and the buses are on the road. The large stop sign that extends outwards from the bus means STOP and do not pass as students are exiting the bus.

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, October 5th from 10:30-11:30 am. Please feel free to stop by with your questions, compliments or concerns.

## GIGGLES



This 89 year old woman was arrested for shoplifting.

When she went before the judge in Cincinnati he asked her, "What did you steal?" She replied, "A can of peaches."

The judge asked her why she had stolen the can of peaches and she replied that she was hungry. Then the judge asked her how many peaches were in the can. She replied 6.

The judge said, "Then I will give you 6 days in jail."

Before the judge could actually pronounce the punishment, the woman's husband spoke up and asked the judge if he could say something on his wife's behalf. The judge said, "What is it?"

The husband said, "She also stole a can of peas."



### National Chocolate Day Wednesday, October 28th

In honor of this special day, we will be handing out special chocolate treats which are being provided by Brookdale Eddy Pond. Please stop by the Senior Center office after 11:00 am for chocolate while supplies last.

### 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.

### 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.

**“VERY IMPORTANT”  
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!!

***Play by Chords Piano Lessons***

Dennis Deyo who teaches piano classes at the Senior Center on Thursdays at 10:00 am is adding another class on for those who already play piano and who would like to play by chords. This course lets you be able to read and play chord symbols with the left hand, and play the melody with the right hand. The cost is \$5.00/lesson and an initial cost of \$38.00 for books.

If interested in taking the class, please contact the Senior Center at 508-839-9242. Class size is limited.



**CENTER CLOSED  
COLUMBUS DAY  
MONDAY, OCT. 12th**

- 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, Secretary/Bookkeeper
  - 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