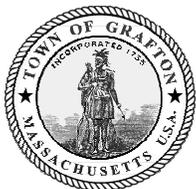


# GRAFTON SENIOR GAZETTE



## *Grafton Council on Aging / Senior Center*

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

*"Linking Needs with Resources"*

September 2015  
Vol. 13 Issue 9

### **BINGO & CATERED LUNCH In Memory of Judi Fossbender**



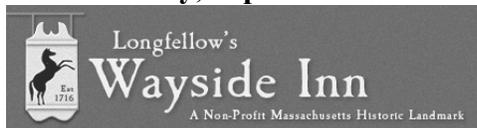
**Wed., September 16th**

**Bingo 10:30 am—Lunch 11:30 am**

Come play BINGO and enjoy a lunch of pasta with chicken with broccoli, which has been made possible by the generous memorial donations received by family and friends of Judi Fossbender.

Please call 508-839-9242 to make a reservation by Friday, September 11th.

### **OUT TO LUNCH Tuesday, September 8th**



Grafton seniors come join us for lunch at the Wayside Inn located in Sudbury. 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 \$5.00/pp.

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

### **TWIN RIVER CASINO**



**Wednesday, September 30th**

Grafton Seniors, take the Senior Center Shuttle to Twin River Casino for the day. The van will leave the Senior Center at 10:00 am and return to the Center at approx. 3:45 pm.

The cost of the van ride is \$7.00 to and from Casino. The cost is for transportation only. Space is limited, so reserve your seat early by calling 508-839-9242.



### **HEARING PRESENTATION**



Do you or a family member have concerns about the loss of hearing? Have you considered whether hearing aids may be right for you?

Darcy Repucci, MS, CCC-A and Sandy Goldstein, LIHS from BJ's Hearing will be at the Senior Center presenting a talk on hearing loss, how to read an audiogram, and the benefits of hearing aids on:

**Wednesday, September 30th—1:00 pm**

All are invited to attend. Come prepared with questions for them.

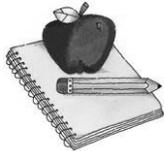
Please call 508-839-9242 to reserve a spot.

State Representative **David Muridian** will be holding office hours at the Senior Center on Friday, September 4th from 9:00 am—10:00 am. Please stop by with your questions, compliments, or concerns.

## 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, Sept. 1st ..... Hot Dog on Bun
- Wednesday, Sept. 2nd ..... Garlic Herbed Chicken
- Thursday, Sept. 3rd ..... Philly Cheese Steak
- Friday, Sept. 4th ..... Eggplant Parmesan
- **Monday, Sept. 7th ..... Center Closed**
- Tuesday, Sept. 8th ..... Alaskan Salmon w/Dill
- Wednesday, Sept. 9th ..... American Chop Suey
- Thursday, Sept. 10th ..... Chicken w/Asparagus
- Friday, Sept. 11th ..... Pasta Fagirole
- Monday, Sept. 14th ..... Lemon Thyme Chicken
- Tuesday, Sept. 15th ..... Beef w/Jardiniere Sauce
- Wednesday, Sept. 16th ..... Herb Roasted Pork
- Thursday, Sept. 17th ..... Cheese/Spinach Omelet
- Friday, Sept. 18th ..... Spaghetti & Meatballs
- Monday, Sept. 21st ..... Macaroni & Cheese
- Tuesday, Sept. 22nd ..... Greek Chicken
- Wednesday, Sept. 23rd ..... Meatloaf & Gravy
- Thursday, Sept. 24th ..... Chicken Pot Pie
- Friday, Sept. 25th ..... Breaded Fish
- Monday, Sept. 28th ..... Beef Stew
- Tuesday, Sept. 29th ..... Vegetable Cheese Bake
- Wednesday, Sept. 30th ..... Chicken Murphy

## 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

**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!

**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



**STATE HOUSE TOUR**  
**Monday, September 28th**

This is a unique opportunity to go to Boston and tour the State House. Representative David Muradian's office has arranged a special tour and lunch. Be sure to wear your walking shoes. The cost of the trip is \$10.00, which includes transportation, a tour, and lunch. We will be leaving the Senior Center at approx. 9:00 am and returning at approx. 3:30 pm. Seating is limited, so please sign-up at 508-839-9242 as soon as possible.

**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.



**September SHOPPING TRIPS**

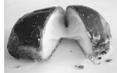
Here is a wonderful opportunity to get out and about to do your shopping? This month we will be traveling by our van to the following locations:



- Tues., September 1st—Target**
- Tues., September 22nd—Market Basket**
- Tues., September 29th—Walmart**

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

**National Cream Filled Donut Day**  
**Monday, September 14th—10:00 am**



In honor of National Cream Filled Donut Day please stop by the Senior Center and enjoy a cup of coffee and a cream filled donut while supplies last.



**National Ice Cream Cone Day**  
**Tuesday, September 22nd—12:00 pm**



In honor of this special day, we will be serving a special treat of ice cream cones following lunch. Please make your lunch reservation by Friday, Sept. 18th calling 508-839-9242.



**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, September 23rd—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!**

Wednesday, Sept. 30th, 2015—The Big E in West Springfield, MA. Trip includes transportation on a deluxe motorcoach, a Fox Tour escort, and admission to the Big E. Price is \$45/pp.

Tuesday, October 6th, 2015—Fall Foliage Day Trip which consists of a guided tour and visit to the Cathedral of the Pines in Rindge, NH, luncheon at JP Stephens, a visit to Smith's Country Cheese, and a visit to Red Apple Farm in Phillipston, MA where everyone will receive a gift of the Red Apple's delicious Apple Dumplings to take home. \$79.95/pp.

Tuesday, October 13th, 2015—The Beatles at The Log Cabin in Holyoke, MA. Enjoy a wonderful tribute to the Beatles and a delicious meal. Trip includes transportation, show, and dinner. \$79/pp.

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.

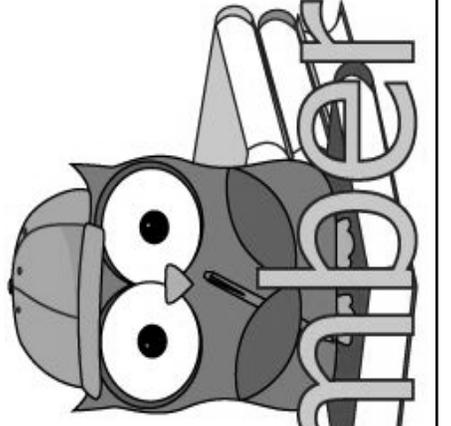
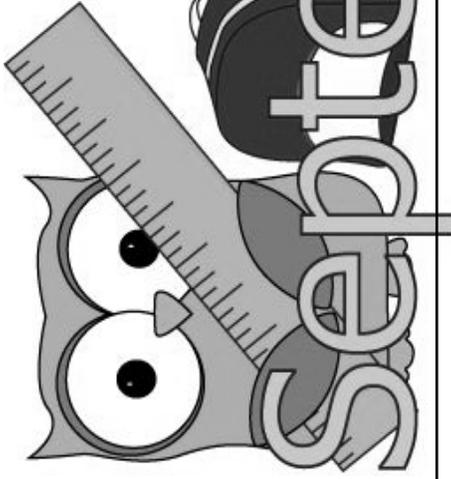
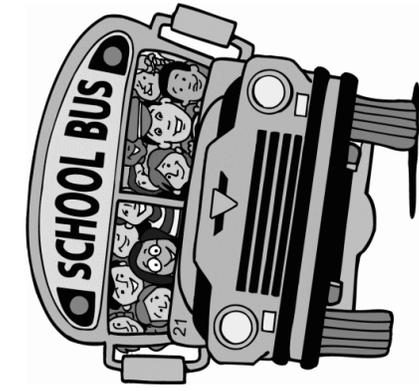
Tuesday, December 1st, 2015—Charles Dickens' A Christmas Carol at the Norwood Theatre located in Norwood, MA. Lunch at the Sheraton 4 Points in Norwood. Price includes transportation, lunch and show. \$89/pp.

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.

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

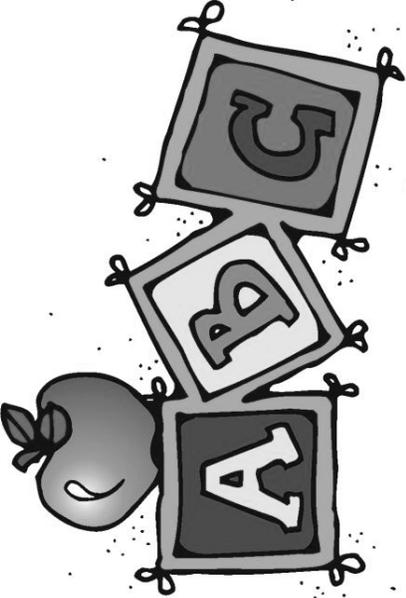
**ONE ON ONE LEGAL CONSULTS**

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.



# 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grandparent's Day is Sunday, September 13th</p> 	<p>1 <b>FOPPEMA'S FARM SHOPPING TRIP—Target</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>2 9:00 am Crafts 10:30 am Book Club 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 Crowns</p>	<p>3 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>4 9:00 am Rep. David Murdian <b>Office Hours</b> 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 1:30 pm Writer's Group</p>
<p>7 <i>Center Closed Labor Day</i></p> <p><b>LABOR DAY</b> </p>	<p>8 <b>OUT TO LUNCH—Wayside Inn</b> 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>9 9:00 am Crafts 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 Crowns</p>	<p>10 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 <b>2:00 pm COA Meeting</b> 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>11 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>14 9:00 am Mat Yoga <b>10:00 am National Cream Filled Donut Day</b> <b>10:00 am Legal—Carolyn Spring</b> 11:45 am Lunch 1:00 pm Pitch</p>	<p>15 <b>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</p>	<p>16 9:00 am Crafts <b>10:30 am BINGO</b> 11:10 am ZUMBA <b>11:30 am Judi Fossbender Lunch</b> 12:30 pm Mat Yoga</p>	<p>17 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</p>	<p>18 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>

<p>21 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>11:45 pm Lunch 1:00 pm Pitch 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>22 <b>SHOPPING TRIP—Market Basket</b> <b>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 <b>12:00 pm National Ice Cream Cone Day</b> 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>23 9:00 am Crafts 10:45 am Jog Your Noggin 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>24 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 Yahzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>25 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>28 <b>9:00 am State House Tour</b> 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>29 <b>SHOPPING TRIP—Walmart</b> <b>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>30 9:00 am Crafts <b>10:00 am Trip to Twin River</b> 11:10 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Rummikub <b>1:00 pm Hearing Presentation</b> 3:00 pm Five Crowns</p>					

## AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

I know politics and advise caution when making political predictions because they are never close to your thinking. I find it amusing just trying to understand their language. Everyone's views are so different, and we never really know who can actually make things happen. Watch it all, shake your head, roll your eyes around and laugh. Don't panic because there still is plenty of time to make a decision.

We have a new program being offered at the Center. Piano lessons are going to be given by Dennis Deyo on Thursdays at 10:00 am. The cost is \$30 for the books and \$5.00 per lesson. Call the office for more information. Remember that there also is the Organ Social on Tuesday mornings at 10:00 am. Glad to see that Marcie is feeling much better and is out and about.

For the seniors in town who haven't yet taken part in the many activities at the Center, you really don't have an excuse not to. There are no membership dues or fees, the coffee and pastries are free, staff is friendly, and it is warm in the winter and cool in the summer. This is your Senior Center and everyone is welcome.

Sorry to say that I missed the 3rd Annual Senior Center Picnic. Chefs Bryan Dudley and Dan Connelly worked the grill preparing chicken and steak. Everyone also feasted on several salads, watermelon and lemonade. A magician even wowed the crowd. The cost was \$1.00. Now where can you find an event like this taking place right in your own backyard? Not often and only at the Senior Center.

Stay healthy, stay cool and stay safe!!

### BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thursday of the month at 11:00 am. First come, first served, in the Bolack Room of the Senior Center, unless otherwise posted. We thank our wonderful volunteer nurse Mary Ellen!

## GIGGLES



The owner of a drugstore arrives at work to find a man leaning heavily against a wall. The owner goes inside and asks his clerk "what's up"?

"He wanted something for his cough, but I couldn't find the cough syrup," the clerk explains. "So I gave him a laxative and told him to take it all at once."

"Laxatives won't cure a cough, you idiot," the owner shouts angrily.

"Sure it will," the clerk says, pointing at the man leaning on the wall. "Look at him. He's afraid to cough."

*Anonymous*

\*\*\*\*\*

Seize the moment!! Remember all the women on the Titanic who waved off the dessert cart.

*Erma Bombeck*

## THE VIRTUAL GIVING TREE

The Virtual Giving Tree (VGT) is a local 501c3 non-profit organization working in our area to aid and raise awareness for our elder community. They've created programs to help fill some of the areas lacking for our seniors. The Virtual Giving Tree has some fun upcoming events you should know about:

- VGT is collecting family recipes from our seniors to be published in their upcoming cookbook to be sold during the holidays. Feel free to add any personal stories or pictures to go along with them. Deadline for submission is September 30th. Please submit to [PR@virtualgivingtree.org](mailto:PR@virtualgivingtree.org) or drop off at your local Senior Center.
- VGT is hosting its' 2nd Annual Selling For Seniors Fall Festival October 3rd at Riverbend Farm in Uxbridge 9 am—3 pm. (Rain date Oct. 4th). They are looking for handmade crafts to be donated and added to their Raffle Table. If you would like to help, please contact Donna, Senior Support Coordinator at (774)-276-8482 or the Senior Center.

**DON'T IGNORE YOUR MEDICARE MAIL!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **review, understand** and **save** this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (**October 15-December 7**), you will have a chance to **CHANGE** your plan for next year. Our trained SHINE Counselor, Tim Brady, can help you understand your plan changes, as well as other options you may have. There will also be Medicare Update Meeting in November. Please call (508-839-9242) early to get a SHINE appointment during open enrollment.

**CRAFT CLASS NEWS**

During the month of September, the Senior Center Craft Class will be featuring all new handmade baby items in the Showcase in the Bolack Room. Items included will be hats, sweaters and baby blankets. They will also be featuring some special tooth fairy pillows.



**FOPPEMA'S FARM**

WE ARE MAKING A TRIP TO FOPPEMA'S FARM IN NORTHBRIDGE ONCE A WEEK ON TUESDAYS. PLEASE CALL THE SENIOR CENTER TO RESERVE A SEAT ON THE VAN.



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**CENTER CLOSED  
LABOR DAY  
MONDAY, SEPT. 7th**

- 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, Secretary/Bookkeeper
  - Lisa Kelley, Outreach Worker
  - Martha Charter, Van Driver
  - Kerry McDougall Lewis, Activities Coordinator
  - Bryan Dudley, Van Driver
  - Karen Kosiba - Meal Site Manager

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