

# 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”*

April 2015  
Vol. 13 Issue 4

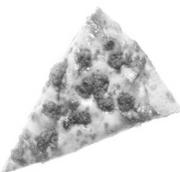
### **BINGO AND PIZZA**



For Grafton Seniors

Wednesday, April 22nd  
10:15 am

Cost: \$1.00/pp



As part of a National Honor Society Independent Service Project, a brass trio will be performing at 10:15 am. We will then have BINGO followed by a pizza lunch. Please call 508-839-9242 and make a reservation by Friday, April 17th.

### **ANNOUNCEMENT**



Starting April 1st, the Senior Center will be offering van service to Auburn on Mondays. You will need to call 508-839-9242 at least 48 hours in advance to schedule your ride.

### *Visit the Senior Center's Vintage Collections*



Beautiful donated jewelry is on display and for sale in the showcase next to the Assessor's office in the Municipal building. All proceeds go directly to the Senior Center. If you have jewelry that you would like to donate, please drop it off at the Senior Center. Thank you to those who have already donated many items.

Are you at risk for osteoporosis?  
Find out at a **FREE** bone density screening at the Senior Center.

**Tuesday, May 5th  
9:30 am—12:00 pm**

The Grafton Senior Center is partnering with the VNA Care Network for FREE bone density screening to seniors age 60 and over. Osteoporosis is sometimes called a “silent disease” because people may not be aware they have a problem until a bone breaks.

Appointments are necessary. Please call the Senior Center at 508-839-9242 to schedule your appointment.

### **VNA Care Network & Hospice presents PRE-DIABETES SCREENING**

Get Checked for Signs That Put You at Risk  
Get the Facts—Take Charge of You!!

Protect yourself so you can remain healthy...

Wednesday, May 27th  
9:30 am to 12:00 pm



Screening appointments are required. Please call the Senior Center at 508-839-9242 to schedule your appointment.

**Come Join the Senior Center Chorus!!**  
The Senior Center Chorus is looking for more songbirds. Stop by on Fridays at 10:00 am.

## 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:

- Wednesday, Apr. 1st.....Baked Ham
- Thursday, Apr. 2nd..... Meatloaf & Gravy
- Friday, Apr. 3rd.....Macaroni & Cheese
- Monday, Apr. 6th..... Swedish Meatballs
- Tuesday, Apr. 7th ..... Buttermilk Chicken
- Wednesday, Apr. 8th .....Beef & Bean Chili
- Thursday, Apr. 9th..... Cracker Crumb Fish
- Friday, Apr. 10th.....Pork Rib-i-que
- Monday, Apr. 13th.....Roast Turkey w/Gravy
- Tuesday, Apr. 14th .....Pork Stroganoff
- Wednesday, Apr. 15th ..... Garlic Herbed Chicken
- Thursday, Apr. 16th.....Eggplant Parmesan
- Friday, Apr. 17th.....Potato Crunch Fish
- **Monday, Apr. 20th..... Center Closed**
- Tuesday, Apr. 21st..... Hot Dog on Bun
- Wednesday, Apr. 22nd ..... American Chop Suey
- Thursday, Apr. 23rd..... Chicken w/Asparagus
- Friday, Apr. 24th.....Alaskan Salmon w/Dill
- Monday, Apr. 27th.....Lemon Thyme Chicken
- Tuesday, Apr. 28th .....Beef w/Jardinere Sauce
- Wednesday, Apr. 29th ..... Herb Roasted Pork
- Thursday, Apr. 30th.....Spaghetti & Meatballs

## 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 9:30 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. 10:30 am and Adv. 11:30 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**  
**For Grafton Senior Residents**  
*Ye Old English Restaurant*  
**Tuesday, April 14th**

Situated in beautiful downtown Woonsocket, RI, Ye Old English restaurant has been in business for 90 years. Their specialty is fish and chips! After lunch we'll go to Wright's Dairy Farm. The Grafton Senior Center Shuttle is taking a group of up to 14 seniors to Woonsocket for a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$6.00/pp round trip. Please call the Senior Center at 508-839-9242 to reserve your seat. Please do not tip the driver. 😊

**FULLY CLOTHED**  
**TABLE MASSAGE WITH LIZ**  
**Friday, April 10th—10:00 am-3:00 pm**  
**\$20.00/30 min.**  
 By appointment and paid in advance  
 Come give it a try!  
 Call 508-839-9242 for an appointment.

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 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: **Thurs., April 16th 10:00 am**  
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**April 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., Apr. 7th—Target**
- Fri., Apr. 17th—Westmeadow Plaza, Westborough (Ocean State Job Lot, Dollar Store, Ann & Hope)**
- Tues., Apr. 21st—Walmart**
- Tues., Apr. 28th—Market Basket**



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

**PODIATRY**

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

Dr. B. will be offering podiatry services the fourth Wednesday afternoon of every month starting:

**Wednesday, April 22nd - 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, May 19th, 2015—Comedy "Late Nite Catechism". Includes transportation, lunch and show. Cost is \$89/pp.

Tuesday, June 23rd, 2015—The Drifters at Luciano's Lake Pearl in Wrentham. Includes transportation, either a boneless chicken breast or fresh baked scrod luncheon and show. Cost is \$65/pp.

Tuesday, July 21st, 2015—"The Best of the Golden Oldies" at Lantana's in Randolph, MA. It is a "Rockin' Salute to Bandstand & Motown". Includes transportation, lunch, and the show. \$65/pp.

Thursday, July 23rd, 2015—Lighthouse Lovers Harbor Cruise. Trip includes transportation, a lobsterbake in Scarborough, Maine, and a 90 minute scenic harbor cruise. \$99/pp.

Look for an upcoming Martha Vineyard trip sometime in July. The cost of \$79/pp will include a Martha's Vineyard Island Tour, shopping time in Edgartown, Island Queen Ferry, dinner at Old Country Buffet and transportation on the luxury silver Fox CD/DVD coach.

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

We are always looking for suggestions for future trips.

**Free Medical Van Rides**  
**April thru May**  
**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 April and May 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.

**WANTED MEALS ON WHEELS DRIVERS**

Are you free once a month to volunteer from 10:30 am—12:00 pm? Drivers are needed to drop off meals to homebound elders. It's quite a rewarding experience. You can deliver once a week or once a month. Routes and meals are picked up at the Grafton Senior Center. Mileage reimbursement is available. Please see Karen Kosiba, Meal Site Manager, for a volunteer application and a CORI form.

# April 2015

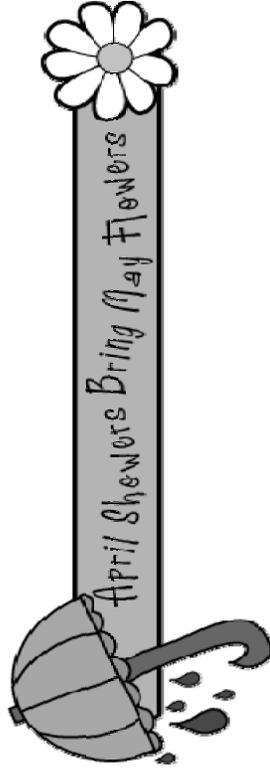
## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



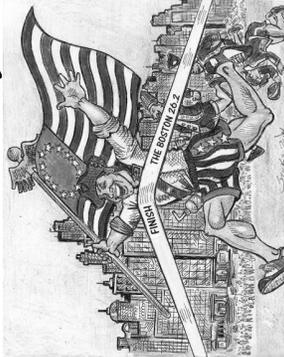
<p>6 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>7 <b>SHOPPING TRIP—Target</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>8 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>1 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>2 9:00 am Dup. Bridge 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</p>	<p>3 9:00 am AARP Tax Service 9:00 am Chair Yoga 10:00 am Singing Group 10:00 am Independent Painting 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group</p>
<p>6 9:30 am Mat Yoga 10:00 am Legal Clinic w/Carolyn Spring 11:45 am Lunch 1:00 pm Pitch</p>	<p>14 <b>OUT TO LUNCH—Ye Old English Restaurant</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble</p>	<p>15 9:00 am Volunteer Breakfast 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch</p>	<p>16 9:00 am Dup. Bridge <b>10:00 am Coffee with Lisa Casillo, Edward Jones</b> 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic</p>	<p>9 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 1:00 pm Yahtzee <b>2:00 pm COA Meeting</b> 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>10 9:00 am Chair Yoga <b>10:00 am Massage</b> 10:00 am Singing Group 10:00 am Independent Painting 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>
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<p>10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>11:45 am Lunch 1:00 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group</p>	<p>10:00 am Dup. Bridge 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>10:00 am Dup. Bridge 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>9:00 am Crafts 10:15 am Entertainment &amp; Bingo 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Pizza Lunch 12:30 pm Mat Yoga 1:00 pm Podiatry 1:00 pm Rummikub 3:00 pm Five Crown</p> 	<p>9:00 am Crafts 10:15 am Entertainment &amp; Bingo 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Pizza Lunch 12:30 pm Mat Yoga 1:00 pm Podiatry 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>9:00 am Dup. Bridge 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>9:00 am Dup. Bridge 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>9:00 am Dup. Bridge 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>
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20  
*Center Closed*

*Patriot's Day*



27  
9:30 am Mat Yoga  
11:45 am Lunch  
1:00 pm Pitch

28  
**SHOPPING TRIP—Market**  
Basket  
9:00 am Dup. Bridge  
9:00 am Nails  
9:30 am Scrabble  
10:00 am Organ Social  
10:30 am Senior Exercise  
**11:00 am Book Wagon**  
11:45 am Lunch  
1:00 pm Pitch  
1:00 pm Ceramics

29  
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 Crown

30  
9:00 am Dup. Bridge  
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

22  
9:00 am Crafts  
**10:15 am Entertainment & Bingo**  
10:45 am Jog Your Noggin  
11:10 am ZUMBA  
11:45 am Pizza Lunch  
12:30 pm Mat Yoga  
**1:00 pm Podiatry**  
1:00 pm Rummikub  
3:00 pm Five Crown

23  
9:00 am Dup. Bridge  
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

24  
9:00 am Chair Yoga  
10:00 am Singing Group  
10:00 am Independent Painting  
10:30 am Tai Chi  
11:30 am Adv. Tai Chi  
11:45 am Lunch  
1:00 pm Whist  
1:00 pm Movie "Romeo & Juliet"

### AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Good news, the sun is getting higher and the days are longer. Warmer weather is on its way. However, I'm still adjusting to the time change. It's great that it is still light out at 7:00 pm.

I have to comment on the Vintage Jewelry Collection once again. Some folks visiting friends in Grafton heard of the huge display of jewelry and the pricing and made it a point to view the display. Seeing is believing and they made a purchase or two.

Looks like the transfer of excess school building funds will be transferred to pay for the safety accessibility issues at the Town House. It seems awkward since the seniors had to appeal for donations to renovate the outdated Senior Center restrooms. By the time you read this article the restroom renovations will have been completed. Thank you to the many who have made donations.

Town elections are just around the corner. Remember that it is okay to ask questions and get out and vote.

Do you receive the Grafton Senior Gazette? If not, contact the Senior Center office to get on the mailing list. The Gazette is loaded with information such as lunch menus, shopping trips, movies, special programs, and a calendar of events.

Stay healthy and safe!!

**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.



### BOOK WAGON

Grafton Public Library and the Friends of the Grafton Public Library will be at the Senior Center every fourth Tuesday of every month at **11:00 am**. The next visit is **April 28th**.

The Book Wagon will be filled with a variety of materials including books, movies, magazines and music. Staff will also be available to issue library cards.

### GIGGLES Late Night Lecture



An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."



### MOVIE OF THE MONTH

The movie selection for April will be "Romeo & Juliet". Oscar-winning writer and "Downton Abbey" creator Julian Fellowes provides the screenplay for this version of Shakespeare's classic tale. The action unfolds in Renaissance Verona with Douglas Booth and Hailee Steinfeld playing the star-crossed lovers. Show begins at 1:00 pm on Friday, April 24th in the TV Room of the Grafton Senior Center. Be sure to sign up in advance as seating is limited. Popcorn is provided!!

**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!

### SENIOR CENTER GARAGE SALE

Friday, May 1st

9:00 am—1:00 pm



Stop by the Senior Center's Bolack Room and look at the many treasures for sale. Some items include knick-knacks, fabric, jewelry, homemade craft, and much more. All proceeds go to the Senior Center.

**HAVE YOU SEEN THE PROGRESS OF THE GRAFTON SENIOR CENTER'S RESTROOM RENOVATIONS???**

**Our 64 year old bathrooms are getting a much needed makeover!**

As everyone is aware of, the Grafton Senior Center restrooms have not been updated since 1950 when the building was built! **Well, that's not the case anymore.** Renovations are currently underway and will be completed very soon!! Our Senior Center is also going to get a little makeover with a fresh coat of paint throughout. Please stop by and see our progress!!!



The Senior Center is extremely grateful to everyone who has contributed to the Renovation Gift Account. Thank you for the generous donations and for realizing that **Our Seniors** deserve better!! A complete list of those who have made donations will be published in the May newsletter.

If anyone is still interested in making a contribution, please write a check to the Grafton Senior Center Renovation Gift Fund. Donations can be either mailed to or dropped off at the Grafton Senior Center, 30 Providence Road, Grafton, MA 01519.

**Questions? Please contact Barbara Connelly, Director, Grafton Council on Aging  
Thank you again for your support!!**

<p><b>COUNCIL ON AGING MEMBERS</b></p> <p>William Drago, Chair • William Cutler, Vice Chair          Marcella Benoit, Secretary          Rev. Phil Goff          Annette McCarthy          Barbara LaPoint          Peter Shay</p> <p><b>STAFF</b></p> <p>Barbara Connelly, Director          Nancy Malone, Secretary/Bookkeeper          Lisa Kelley, Outreach Worker          Martha Charter, Van Driver          Bryan Dudley, Van Driver          Kerry McDougall Lewis, Activities Coordinator          Karen Kosiba - Meal Site Manager</p>
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**TOWN OF GRAFTON  
GRAFTON SENIOR CENTER  
30 PROVIDENCE ROAD  
GRAFTON, MA 01519**