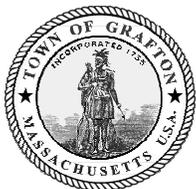


GRAFTON SENIOR GAZETTE



Grafton Council on Aging / Senior Center

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

"Linking Needs with Resources"

August 2015
Vol. 13 Issue 8



SANDWICHES & CHIPS

Grafton seniors join us for BINGO and then sandwiches, chips, and a drink.

Wednesday, August 26th

Bingo—10:30 am, Lunch—11:30 am

Please call 508-839-9242 to make a reservation by Friday, August 21st.

EMERGENCY KIT & THE FILE OF LIFE PRESENTATION



- Should ice cream be in your emergency kit?
- Is the Podiatrist the first doctor listed on your File of Life?
- How many File of Life's should you have?

To find out the answers to these questions and more join RSVP (the Retired and Senior Volunteer program) at the Senior Center on:

Wednesday, August 12th at 10:30 am

Please contact the Senior Center at 508-839-9242 to reserve your spot.

OUT TO LUNCH



Tuesday, August 11th

Join us for lunch at the Crow's Nest Restaurant located in Warwick, RI. The Grafton Senior Shuttle is taking a group of up to 14 to enjoy a fabulous lunch in Rhode Island. Each person is responsible for his/her meal and the cost of transportation \$6.00/pp.

The Crow's Nest offers those clam shack staples, red and white chowder, clam cakes, and stuffies, as well as a full menu for the entire family.

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

Are You Interested in Taking Beginner Piano Lessons??



Dennis Deyo will be teaching classes on Thursdays at the Senior Center starting September 10th. There will be an initial cost of \$30.00 for the books and each lesson will be \$5.00/pp. Class size is limited.

If interested in taking lessons or refreshing your piano skills, please contact the Senior Center at 508-839-9242.

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, August 3rd Hot Dog on Bun
- Tuesday, August 4th Salmon Boat w/Dill Sauce
- Wednesday, August 5th Pasta Primavera w/Chicken
- Thursday, August 6thBeef Mediterranean
- Friday, August 7th Lasagna
- Monday, August 10thSalisbury Steak w/Gravy
- Tuesday, August 11th Chicken Cacciatore
- Wednesday, August 12thBacon Omelet
- Thursday, August 13thShepherd's Pie
- Friday, August 14thPotato Crunch Fish
- Monday, August 17thChicken Mornay
- Tuesday, August 18th Cracker Crumb Fish
- Wednesday, August 19th Meatloaf & Gravy
- Thursday, August 20th Chicken ALA King
- Friday, August 21st Hamburger & Roll
- Monday, August 24th Swedish Meatballs
- Tuesday, August 25thPork Rib-i-que
- Wednesday, August 26thBeef & Bean Chili
- Thursday, August 27th Buttermilk Chicken
- Friday, August 28thMacaroni & Cheese
- Monday, August 31st Breaded Fish

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!
- 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

**National Root Beer Float Day
Thursday, August 6th—12:00 pm**



In honor of National Root Beer Float Day we will be serving floats after lunch. Lunch is Beef Mediterranean and Brown Rice provided by Elder Nutrition.

Suggested donation for lunch is \$2.50 for those over 60; \$5.00 for those under 60. Please make a reservation by calling 508-839-9242 by Monday, August 3rd.

FULLY CLOTHED

TABLE MASSAGE WITH LIZ

Friday, August 7th—10:00 am-3:00 pm

\$20.00/30 min.

By appointment

Paid to Liz when services rendered.

Come give it a try!

August

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., August 4th—Target

Tues., August 18th—Market Basket

Fri., August 21st—Christmas Tree Shop

Tues., August 25th—Walmart



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



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.

SEN. MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative, will hold office hours at the Grafton Senior Center on Monday, August 3rd and Monday, August 31st from 10:30-11:30 am. Please feel free to stop by with your questions, compliments or concerns.



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, August 26th—1:00 pm

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all of your insurance cards and a list of the medications you currently take.

TRIPS! TRIPS! TRIPS!

Wednesday, Sept. 23rd, 2015—The Beach Boys Ultimate Tribute Show at Venus DeMilo in Swansea, MA. Includes transportation, lunch, and show. \$85/pp.

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, 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.

August 2015

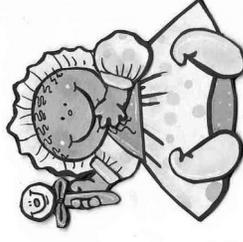
Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:00 am Mat Yoga 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch</p>	<p>4 SHOPPING TRIP—Target 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>5 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>6 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 12:00 pm Root Beer Floats 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>7 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 10:00 am Massage 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group</p>
<p>10 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>11 OUT TO LUNCH—The Crow's Nest 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 No Exercise</p>	<p>12 9:00 am Crafts 10:30 am RSVP Presents File of Life & Emergency Kit 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>13 9:00 am Dup. Bridge 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 No Exercise</p>	<p>14 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>17 9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 11:45 am Lunch 1:00 pm Pitch</p>	<p>18 SHOPPING TRIP—Market Basket FOPPEMA'S FARM 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble</p>	<p>19 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</p>	<p>20 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</p>	<p>21 SHOPPING TRIP—Christmas Tree Shop 10:00 am Independent Painting 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group</p>

<p>9:50 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>3:00 pm Five Crown 6:30 pm Stitch N Bitch</p>	<p>1:50 pm Whist 3 Group</p>
<p>24 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>25 SHOPPING TRIP— Walmart 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 11:45 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>26 9:00 am Crafts 10:30 am BINGO 11:10 am ZUMBA 11:30 am Lunch Sandwiches 12:30 pm Mat Yoga 1:00 pm Rummikub 1:00 pm Podiatrist Dr. B. 3:00 pm Five Crowns</p>
<p>27 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>28 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>	

31
9:00 am Mat Yoga
10:30 am Senator Moore's Office Hours
11:45 am Lunch
1:00 pm Pitch



*The Grafton Senior Center Congratulates
Bryan & Jamie Dudley
On the birth of their daughter
"Sydney Carolyn Dudley"
Born July 2nd, 2015*



AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

The fourth of July has come and gone. For most, the weather allowed the grills to be fired up and pools enjoyed by many. Local surrounding towns displayed some of the best fireworks. The loud booms could be heard here in Grafton. Patriotism was displayed everywhere by all. Sadly, most forget after the holiday.

I received my copy of the recently redesigned Grafton News. The appearance is a little different and there are more pages. I have heard from some people that the change may take time getting use to.

I am already hearing people discuss the Presidential candidates and much of it is not good. There is a lot of political rambling taking place. Every candidate shares what they believe the problem to be and if elected, how they will change it. It's too bad that they cannot even communicate civilly with each other. Anyway, it's way too soon to decide who is the best candidate for President. As time goes on, the number of candidates will dwindle, and you will start to hear more positive information to help you make your decision when it's time to vote.

I'm still hearing great things about the appearance of the Senior Center. Many thanks to Barbara. If you haven't stopped by in awhile, be sure to do so and check out the many improvements. Also, stop in and say "hi" to Nancy who has returned from vacation.

Bryan, one of our van drivers, and his wife Jamie are now the proud parents of a new baby girl named Sydney Carolyn Dudley. She was born July 2nd and everyone is doing well.

Have you heard about the young man taking a grandfather clock to the shop for repairs? On a crowded street he accidentally bumped into an older man causing the man to drop the packages he was carrying. "Darn hipsters" the older man yelled? "Why can't you be like other people and wear a watch?"

Stay healthy, stay cool and stay safe!!

Did you know that the Grafton Senior Center now has it's own Facebook page? Check us out on Facebook and be sure to "Like" our page. If you wish not to ever have your picture posted on our page, please let us know.



GIGGLES



Bob was in a lot of trouble. He forgot his wedding anniversary. His wife was NOT HAPPY, and started to give him the business.

She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!!"

The next morning he got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway.

Confused, the wife put on her robe and ran out to the driveway, brought the box back into the house.

She opened it and found a brand new bathroom scale.

BOB HAS BEEN MISSING SINCE FRIDAY...

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!

CLOTHING AND SHOES DONATION BIN

The Grafton Senior Center is hosting a Planet Aid donation bin as a solution to help lighten the population's unwanted clothing and shoe load. The Senior Center will receive a small contribution for each pound of merchandise collected. The bin is conveniently located in front of the old police station on Providence Road. Donations to Planet Aid are tax deductible and you can request a receipt on their website www.planetaid.org.



THE POWER OF HYDRATION

While enjoying the great outdoors this summer, it's critical to keep yourself hydrated. Did you know that as we age, our sense of thirst begins to diminish? Between that and reduced kidney function, this puts the elderly at much greater risk for developing dehydration illnesses. These illnesses include heat stroke, kidney failure, seizures, and more. Recognizing the signs of dehydration is a key component to make sure that you are properly hydrated.

Symptoms and signs attributed to dehydration:

Dry mouth, hunger, fatigue, muscle cramps, joint stiffness, brain fog, rapid heartbeat, sleepiness, thirst, confusion or irritability, dark yellow urine color, constipation, pain, muscle weakness, and headache.

Why hydration matters:

Water is essential to human life. It forms the basis for all body fluids, including blood and digestive juices. It aids in transportation and absorption of nutrients and helps eliminate waste. An average adult loses 10 cups of water daily simply by breathing, sweating, and eliminating waste. You also lose important minerals, electrolytes, sodium, potassium and calcium, to name a few.

Prevent dehydration:

- Aim to consume 1 cup of water per 20 pounds of body weight each day. Fill a water bottle you can take with you throughout the day. Set reminders to drink throughout the day, thirsty or not.
- Start each day with a glass of water before you have coffee, juice or tea.
- Eat plenty of high water content fruits and vegetables-Celery, cucumbers, green peppers, carrots, watermelon, cantaloupe, grapes and strawberries are nutritious and full of water.
- Keep coffee, alcohol and high-protein drinks to a minimum. In large quantities, they have a diuretic effect.



DID YOU KNOW??
Sister's Day is August 2nd &
Middle Child Day is August 8th

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 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