

# 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”*

February 2015  
Vol. 13 Issue 2

### *Valentine's Day Senior Spelling Bee*



Teams of four will compete in a Spelling Bee for prizes and bragging rights on:

**Friday, February 13th @10:30 am**

If you don't have a team, we will be happy to put you with a team.

Elder Nutrition is serving Roast Beef Au Jus, mashed potatoes, carrots, and you can be certain there will be a delicious treat afterwards. Suggested donation is \$2.50.

Please make your reservation by Monday, February 9th by calling 508-839-9242.



### **PODIATRY**



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

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

**Wednesday, February 25th - 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.

## **AARP**

**SIMPLE TAX PREPARATION  
FOR SENIORS 60 AND OVER  
BY APPOINTMENT—FRIDAYS  
STARTING JAN. 30TH**

This year, AARP Foundation TX-Aid is again providing free tax assistance, preparation, and e-filing for taxpayers with low to moderate income. AARP Foundation Tax-Aid, in its 45th year, is the nation's largest free tax assistance and preparation service, giving special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.

This tax season will be the first to require compliance with the Affordable Care Act (ACA) as documented on a federal tax return. Taxpayers are encouraged to have the following documents when they arrive at the Senior Center to get their returns completed:

- Health insurance coverage information for taxpayer, spouse and all dependents;
- Seniors with full-year enrollment in Medicare need only to bring their SSA-1099 with them;
- All other income related documents.

Please call the Senior Center at 508-839-9242 to schedule an appointment.

## **SENIOR CENTER GARAGE SALE**



**Friday, February 20th  
9:00 am—2:00 pm**

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

## 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, Feb. 2nd ..... Roast Turkey
- Tuesday, Feb. 3rd ..... Pork Stroganoff
- Wednesday, Feb. 4th ..... Garlic Herbed Chicken
- Thursday, Feb. 5th ..... Beef and Broccoli
- Friday, Feb. 6th ..... Eggplant Parmesan
- Monday, Feb. 9th ..... Beef Burgundy
- Tuesday, Feb. 10th ..... Hot Dog on Bun
- Wednesday, Feb. 11th Baked Fish w/Tartar Sauce
- Thursday, Feb. 12th .....Lemon Thyme Chicken
- Friday, Feb. 13th ..... Roast Beef Au Jus
- **Monday, Feb. 16th ..... Center Closed**
- Tuesday, Feb. 17th.... Chicken Sausage Jambalaya
- Wednesday, Feb. 18th .....Macaroni & Cheese
- Thursday, Feb. 19th ..... American Chop Suey
- Friday, Feb. 20th ..... Cheese/Spinach Omelet
- Monday, Feb. 23rd ..... Herb Roasted Pork
- Tuesday, Feb. 24th ..... Turkey Stew
- Wednesday, Feb. 25th .....Greek Chicken
- Thursday, Feb. 26th ..... Swedish Meatballs
- Friday, Feb. 27th ..... Wild Alaskan Salmon

## 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 9:30 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**

*Leo's Restorante*

Tuesday, February 13th

Grafton senior residents, we're headed to Leo's Restorante in Worcester. The Grafton Senior Center Shuttle is taking a group of up to 14 seniors to Leo's for a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$3.50/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, February 13th—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.

**FREE FEB. VAN RIDES  
FOR MEDICAL APPTS.**

Through an anonymous and generous Thanksgiving donation, we will be offering free van rides for only medical appointments for the months of January and February. Please call the Senior Center 508-839-9242 at least 48 hours in advance to book your ride.

**Thank you to the anonymous donor!!!**

**February**

**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., Feb. 3rd—Target
- Tues., Feb. 17th—Walmart
- Tues., Feb. 24th—Market Basket
- Fri., Feb. 27th—Auburn Mall



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

**SENATOR MOORE'S OFFICE HOURS**

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on **Monday, February 23rd from 10:30—11:30 am.** Please feel free to stop by with your questions, compliments or concerns.

**\*\*ATTENTION\*\***

**UPDATING NEWSLETTER MAILING LIST**

The Senior Center is in the process of updating our newsletter mailing list. If you are still interested in receiving the monthly Grafton Senior Gazette, please either call 508-839-9242 or email the office at [coa@graffton-ma.gov](mailto:coa@graffton-ma.gov). Reminder: There is **NO** cost or dues to receive the newsletter.

**WANTED—COSTUME JEWELRY**

The Senior Center is planning on having a jewelry showcase where jewelry will be for sale. Please keep us in mind when cleaning out your closets and drawers. We are looking for donations of any type of jewelry.

**TRIPS! TRIPS! TRIPS!**

Wednesday, March 18th, 2015—St. Patrick's Day Celebration featuring The Maclean Avenue Bank and the Emerald Fire Dancers at Aqua Turf in Plantsville, CT. Lunch is a choice of traditional corned beef and cabbage or Baked Scrod and includes salad, pasta, vegetable, potato, and dessert, as well as a glass of beer or wine. All travelers will receive a complimentary door prize ticket. Cost is \$74/pp.

Thursday, Apr. 16th, 2015—Bingo Bonanza at Wright's Chicken Farm in Harrisville, RI. Lunch begins with a delicious family style chicken meal, salad, pasta, fries, and dessert. Once you've eaten, test your luck at BINGO with prizes galore. Motorcoach departs at 10:30 am and returns at 5:30 pm. Cost is \$51/pp.

Tuesday, April 21st, 2015—Neil Sedaka Live in Concert at Mohegan Sun Casino. Includes transportation, show ticket and \$30 Casino Gaming Package (Bet(s) & Meal Voucher). Cost is \$99 pp premium seats, \$89 pp general admission.

July 18th-26th, 2015—8-day/7-night cruise Paris and the Heart of Normandy. Includes airfare, all meals, unlimited wines with dinner, and Old World highlights. Prices according to cabin selection.

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.

# February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>3</p> <p><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>4</p> <p>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>5</p> <p>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>6</p> <p>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>9</p> <p>9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>10</p> <p><b>OUT TO LUNCH—Leo's Restorante</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>11</p> <p>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>12</p> <p>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>13</p> <p>9:00 am AARP Tax Service 9:00 am Chair Yoga <b>10:00 am Massage</b> 10:00 am Singing Group 10:00 am Independent Painting <b>10:30 am SPELLING BEE</b> 10:30 am Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>
<p>16</p> <p><i>President's Day Center Closed</i></p>	<p>17</p> <p><b>SHOPPING TRIP—Walmart</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>18</p> <p>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>19</p> <p>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 11:45 am Lunch</p>	<p>20</p> <p>9:00 am AARP Tax Service <b>9:00 am Senior Center Garage Sale</b> 9:00 am Chair Yoga 10:00 am Singing Group 10:00 am Independent Painting</p>



<p>23 9:30 am Mat Yoga <b>10:30 am Senator Moore's Office Hours</b> 11:45 am Lunch 1:00 pm Pitch</p>	<p>24 <b>SHOPPING TRIP—Market Basket</b> 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise <b>11:00 am Book Wagon</b> 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>25 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga <b>1:00 pm Podiatry</b> 1:00 pm Rummikub 3:00 pm Five Crown 5:30 pm Senior Yoga</p>	<p>26 9:00 am Dup. Bridge 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>27 <b>SHOPPING TRIP—Auburn Mall</b> 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 1:00 pm Movie "Frozen"</p>	<p>1:00 pm Yahzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>3:00 pm Five Crown 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>1:00 pm Tai Chi 11:30 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group</p>
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**STARTING FEBRUARY 4TH EVENING MAT YOGA IS MOVING TO WEDNESDAYS AT 12:30 PM. THERE WILL NO LONGER BE AN EVENING YOGA CLASS. THE WEDNESDAY CLASS WILL BE TAKING ITS PLACE.**

**REMINDER**  
 When there is no school in Grafton, there is **NO** van service provided by the Senior Center.  
 If school is delayed, van service is delayed the same amount of time.  
 For example: If there is a 2 hour school delay, van service will be delayed 2 hours from 8:30 am, the start time of the Senior Center.  
 If in doubt about service availability, please call the Senior Center office.

### AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Most people remember Charlie Bolack, better know as just "Charlie". He has passed on, but will always be remembered for his famous quotes. One of them was, "Grafton is a great place to live and what makes it so is the people." You can believe that this is true. When it comes to giving for whatever reason, Thanksgiving, Christmas, or for the food bank, citizens come forward willingly. We have seen it with the Senior Center Renovation Gift Fund. Donations in all amounts to improve the senior's restrooms are coming in from many different citizens from our community, and we are very grateful.

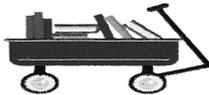
The organ social is held on Tuesday mornings at 10:00 am and are open to anyone. There is no charge to pull up a chair, grab a cup of coffee and pastry, and listen.

The real cold weather is here. Remember there are potential dangers associated with using "alternative" methods to heat your home, especially if you lose your primary heating source due to a power outage or lack of fuel. Even though funds are limited, give Lisa Kelley a call if you need help with fuel assistance.

Are you interested in grant writing? Blackstone Heritage Corridor is offering a two hour free course for those who want to learn how to write a grant. Call 401-762-0250, ext. 5503.

Days are getting longer, Spring may not be far away!! Stay healthy and warm!!

### 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 **February 24th**.

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

#### READ THIS!!!!



Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it doesn't mtttaer in what order the lttters in a word are, the only iprmoetnt thing is that the frist and lsat lttters be at the rghit plcae. The rset can be total mses and you can still raed it wouthit a porbelm. This is bcuseae the human mind deos not raed ervey lteter by istlef, but the word as wlohe.

#### LAWYER'S BMW

A lawyer returns to his parked BMW to find the headlights broken and considerable damage. There's no sign of the offending vehicle, but he's relieved to see that there's a note stuck under the windshield wiper.

"Sorry. I just backed into your Beemer. The witnesses who saw the accident are nodding and smiling at me because they think I'm leaving my name, address and other particulars. But I'm Not!!!



### MOVIE OF THE MONTH

The movie selection for February will be "Frozen". After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven." Show begins at 1:00 pm on Friday, February 27th in the TV Room of the Grafton Senior Center. Be sure to sign up in advance as seating is limited. Popcorn 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!

### 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.

**WE'RE GETTING THERE!! WE REALLY ARE!**

**HAVE YOU SEEN THE GRAFTON SENIOR CENTER'S "ANTIQUE" & DECREPIT RESTROOMS???**

Our 64 year old bathrooms are moldy, rusted, stained and dangerous. They are narrow and lack handicap access!

**\$6,100 RAISED ALREADY!**

**\*\*PLEASE CONTRIBUTE TO OUR RENOVATION GIFT FUND\*\*\***

The Grafton Senior Center restrooms have not been updated since 1950 when the building was built! They are desperately in need of upgrades and renovation.

Fixtures are permanently stained, pitted, rusted, and broken.

The doors are extremely heavy with protruding sharp latches, which have already injured two senior ladies.

Mold has been developing on the tile grout.

Not surprising given the age of the restrooms, they are also in violation of the current accessibility code. Stall openings are only 22" wide [a standard walker is 24" wide] making them **unusable by people using wheelchairs or walkers!**

According to current minimal standards, a stall opening should be at least 32" wide and 36" wide once you pass through the opening. **This is especially crucial in a building serving our seniors. And the Senior Center is THE designated emergency shelter.** In an emergency situation – or day to day – our Senior Center needs working restrooms.

**Our Seniors deserve better! Luckily, the Town of Grafton recognizes that this dire and worsening situation must be remedied.** The Town hired an architect to create plans which went out to bid. The renovation is estimated to cost \$86,000. The Town has allocated \$61,000 and the Senior Center has raised \$10,000 from a grant. At this time \$15,000 is still needed to lock in the budget and begin the construction. **We need your support!**

**Please help make our Senior Center restrooms safe for our current and future seniors and guests. Please contribute by writing 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.

Names of donors to our Renovation Gift Fund will be acknowledged on our website, in our Senior newsletter, and local media. (Of course, you may choose to remain anonymous – just let us know.) **Questions? Please contact Barbara Connelly, Director, Grafton Council on Aging Thank you 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          Karen Kosiba - Meal Site Manager</p>
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**TOWN OF GRAFTON  
GRAFTON SENIOR CENTER  
30 PROVIDENCE ROAD  
GRAFTON, MA 01519**