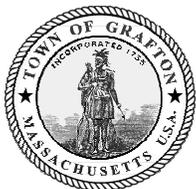


GRAFTON SENIOR GAZETTE



Grafton Council on Aging / Senior Center

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

“Linking Needs with Resources”

January 2015
Vol. 13 Issue 1

BINGO & LUNCH

Wednesday, January 28th

Bingo—10:30 am, Lunch—11:45 am



Grafton seniors join us for BINGO and then a hot lunch of soup or chili.

Suggested donation of \$2.50 is for lunch. Please call 508-839-9242 to make a reservation by Friday, January 23rd.

“THANK YOU” HOLIDAY GIVING TREE



The Grafton Senior Center thanks UniBank and everyone who helped make the annual HOLIDAY GIVING TREE a huge success. The generosity of many made the holidays brighter for some Grafton seniors. The response as always was amazing. All the tags were taken from the tree within the first few days! Grafton is truly a wonderful community in which to live and be a part of! Thank you.

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.



FLOWER ARRANGING CLASS

Wednesday, January 28th

9:00 am - 10:30 am

Denise from Sweetbriar Florist will be at the Senior Center for a flower arranging class. The cost is \$15/pp. Come and learn how to make a beautiful Valentine arrangement. Please call 508-839-9242 to reserve your seat as the class size will be limited to 15.

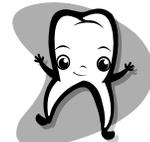
“SENIORS FOR SENIORS”

Senior dental assisting students from Blackstone Valley Tech will be at the Senior Center on:

Wednesday, January 21st at 10:30 am

The students will be doing a presentation on the following, but not limited to:

- Medication Effects on the Oral Cavity
- The Importance of Good Oral Hygiene
- Proper Denture Care
- Oral Cancer
- Nutrition and It's Effect



Please call the Senior Center at 508-839-9242 if you wish to attend.

****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@grafton-ma.gov. Reminder: There is **NO** cost or dues to receive the newsletter.

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, Jan. 1st..... Center Closed**
- Friday, Jan. 2nd..... Chicken Mornay
- Monday, Jan. 5th..... Beef Mediterranean
- Tuesday, Jan. 6th Salmon Boat w/Dill
- Wednesday, Jan. 7th . Pasta Primavera w/ Chicken
- Thursday, Jan. 8th..... Lasagna
- Friday, Jan. 9th Baked Ham
- Monday, Jan. 12th..... Roast Pork w/Gravy
- Tuesday, Jan. 13th Shepherd's Pie
- Wednesday, Jan. 14th Bacon Omelet
- Thursday, Jan. 15th..... Chicken Cacciatore
- Friday, Jan. 16th Potato Crunch Fish
- **Monday, Jan. 19th Center Closed**
- Tuesday, Jan. 20th Pot Roast Stew
- Wednesday, Jan. 21st..... Turkey a La King
- Thursday, Jan. 22nd..... Meatloaf & Gravy
- Friday, Jan. 23rd Macaroni & Cheese
- Monday, Jan. 26th..... Swedish Meatballs
- Tuesday, Jan. 27th Buttermilk Chicken
- Wednesday, Jan. 28th Beef & Bean Chili
- Thursday, Jan. 29th..... Pork Rib-i-que
- Friday, Jan. 30th Cracker Crumb 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
- 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 5:30 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
O'Connor's Restaurant & Bar
Tuesday, January 13th
 Grafton senior residents, we're headed to O'Connors in Worcester. The Grafton Senior Center Shuttle is taking a group of up to 14 seniors to O'Connors 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.

FREE JAN. & FEB. VAN RIDES FOR MEDICAL APPTS.

Through an anonymous 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!!!

January

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., Jan. 6th—Target**
- Tues., Jan. 20th—Walmart**
- Tues., Jan. 27th—Market Basket**
- Fri., Jan. 30th—Ocean State Job Lot Northbridge**



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

CRAFTERS SAY "THANK YOU"

The Senior Center Craft Class would like to thank all those who attended the craft class, those who donated materials, and those who used their talents to create beautiful items for our "Little Store". It is because of your generosity, the Craft Class was able to donate \$1,032 to the Senior Center for the year 2014. Come join us in 2015. We all work on our own project and share our love of needlework. We will be hosting some more classes in 2015, starting with a flower arranging class on January 28th.

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. We are looking for donations of any type of jewelry.

FULLY CLOTHED

TABLE MASSAGE WITH LIZ

Friday, January 9th—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.

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., January 15th 10:00 am**

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.

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 also looking for suggestions for future trips. Please call or stop by and see Nancy at the Senior Center with your exciting ideas.

<p>19</p> <p><i>Martin Luther King Jr. Day</i> <i>Center Closed</i></p> 	<p>10:00 am Organ Social</p> <p>10:30 am Senior Exercise</p> <p>11:45 am Lunch</p> <p>1:00 pm Pitch</p> <p>1:00 pm Ceramics</p>	<p>5:00 pm Five Crown</p> <p>5:30 pm Senior Yoga</p>	<p>11:00 am Blood Pressure Clinic</p> <p>11:45 am Lunch</p> <p>1:00 pm Yahtzee</p> <p>6:30 pm Pitch</p> <p>6:30 pm Stitch N Bitch</p>	<p>11:30 am Adv. Tai Chi</p> <p>11:45 am Lunch</p> <p>1:00 pm Whist</p> <p>1:30 pm Writer's Group</p>
<p>20</p> <p>SHOPPING TRIP—Walmart</p> <p>9:00 am Dup. Bridge</p> <p>9:00 am Nails</p> <p>9:30 am Scrabble</p> <p>10:00 am Organ Social</p> <p>10:30 am Senior Exercise</p> <p>11:45 am Lunch</p> <p>1:00 pm Pitch</p> <p>1:00 pm Ceramics</p>	<p>21</p> <p>9:00 am Crafts</p> <p>10:30 am "Seniors for Seniors"</p> <p>10:45 am Jog Your Noggin</p> <p>11:10 am ZUMBA</p> <p>11:45 am Lunch</p> <p>1:00 pm Rummikub</p> <p>3:00 pm Five Crown</p> <p>5:30 pm Senior Yoga</p>	<p>22</p> <p>9:00 am Dup. Bridge</p> <p>10:30 am Senior Exercise</p> <p>11:00 am Blood Pressure Clinic</p> <p>11:45 am Lunch</p> <p>1:00 pm Yahtzee</p> <p>6:30 pm Pitch</p> <p>6:30 pm Stitch N Bitch</p>	<p>23</p> <p>9:00 am Chair Yoga</p> <p>10:00 am Singing Group</p> <p>10:00 am Independent Painting</p> <p>10:30 am Tai Chi</p> <p>11:30 am Adv. Tai Chi</p> <p>11:45 am Lunch</p> <p>1:00 pm Whist</p>	<p>29</p> <p>9:00 am Dup. Bridge</p> <p>10:30 am Senior Exercise</p> <p>11:00 am Blood Pressure Clinic</p> <p>11:45 am Lunch</p> <p>1:00 pm Yahtzee</p> <p>6:30 pm Pitch</p> <p>6:30 pm Stitch N Bitch</p>
<p>26</p> <p>9:30 am Mat Yoga</p> <p>11:45 am Lunch</p> <p>1:00 pm Pitch</p>	<p>27</p> <p>SHOPPING TRIP—Market</p> <p>Basket</p> <p>9:00 am Dup. Bridge</p> <p>9:00 am Nails</p> <p>9:30 am Scrabble</p> <p>10:00 am Organ Social</p> <p>10:30 am Senior Exercise</p> <p>11:00 am Book Wagon</p> <p>11:45 am Lunch</p> <p>1:00 pm Pitch</p> <p>1:00 pm Ceramics</p>	<p>28</p> <p>9:00 am Flower Arranging</p> <p>10:30 am BINGO</p> <p>11:10 am ZUMBA</p> <p>11:45 am Lunch</p> <p>1:00 pm Rummikub</p> <p>3:00 pm Five Crown</p> <p>5:30 pm Senior Yoga</p>	<p>30</p> <p>SHOPPING—Ocean State Job Lot</p> <p>9:00 am Chair Yoga</p> <p>10:00 am Singing Group</p> <p>10:00 am Independent Painting</p> <p>10:30 am Tai Chi</p> <p>11:30 am Adv. Tai Chi</p> <p>11:45 am Lunch</p> <p>1:00 pm Whist</p> <p>1:00 pm Movie of the Month "The Hundred Foot Journey"</p>	<p>30</p> <p>SHOPPING—Ocean State Job Lot</p> <p>9:00 am Chair Yoga</p> <p>10:00 am Singing Group</p> <p>10:00 am Independent Painting</p> <p>10:30 am Tai Chi</p> <p>11:30 am Adv. Tai Chi</p> <p>11:45 am Lunch</p> <p>1:00 pm Whist</p> <p>1:00 pm Movie of the Month "The Hundred Foot Journey"</p>

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

Grafton Celebrates the Holidays which was on Dec. 7th was a huge success with most of the local businesses participating including the Senior Center crafters and staff who all volunteered their time selling homemade crafts and food with all the proceeds going directly to the Senior Center. Also, Dec. 7th was Pearl Harbor Day. A day most folks will never forget. Ceremonial services were held at Pearl Harbor with remaining survivors attending.

Christmas is over and bills are coming in, but if you have a little extra cash on hand, please consider making a donation to the Senior Center Renovation Gift Account. The account is growing and hopefully soon, the Center will have new handicap accessible restrooms.

There are still openings for the Senior Tax Work-Off program. A qualified senior taxpayer can volunteer their services to the Town in exchange for up to a \$1,000 reduction in their tax bills for the tax year. If interested, please call the office for more information.

Just because winter is gloomy, it doesn't mean that you have to be. There is so much going on at the Center that you really have no excuse to be reclusive. You can come for exercise and then have warm lunch for a suggested donation of \$2.50. Call at least two days prior if interested in lunch and be sure to make a van reservation so you don't have to warm your car up.

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 **January 27th**.

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

FOR ALL THOSE BORN BEFORE 1945

WE ARE SURVIVORS!!!! Consider the changes we have witnessed:

We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic, contact lenses, Frisbees, pizzas, instant coffee, and the PILL.

We were born before radar, credit cards, split atoms, laser beams and ballpoint pens, before pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes...and before man walked on the moon.

We got married first and then lived together. How quaint can you be?

In our day, cigarette smoking was fashionable, GRASS was mowed, COKE was a cold drink and POT was something you cooked in. ROCK MUSIC was a Grandma's lullaby, and AIDS were helpers in the Principal's office.

We made due with what we had. And we were the last generation that was so dumb as to think you needed a husband to have a baby!

No wonder we are so confused and there is such a generation gap today. BUT WE SURVIVED!! What better reason to celebrate!!!

Courtesy of June Merrick



MOVIE OF THE MONTH

The movie selection for January will be "The Hundred Foot Journey" starring Helen Mirren. Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. Show begins at 1:00 pm on Friday, January 30th 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!

Beginner Bridge Lessons

Sponsored by the Grafton Duplicate Bridge Club
Come and learn the world's most popular Card Game!!
Starting Tuesday's in January 20th 1:00 pm-3:00 pm Cost is \$100 for 10 week course and material. Call Vicki Angus at 508-886-4553 (home) or 508-254-8247 (cell) to register or if you have any questions.

WE'RE GETTING THERE!

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!

\$5,000 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>COUNCIL ON AGING MEMBERS</p> <p>William Drago, Chair • William Cutler, Vice Chair Marcella Benoit, Secretary Rev. Phil Goff Annette McCarthy Barbara LaPoint Peter Shay</p> <p>STAFF</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**