

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”

July 2015
Vol. 13 Issue 7

3rd ANNUAL SUMMER PICNIC

For Grafton Seniors



Join us for our 3rd annual summer picnic and entertainment by professional magician Jack Ryan on:

Friday, July 31st
11:00 am—Magic

11:45 am—Special Summer BBQ Lunch
Cost—\$1.00/pp

Please call 508-839-9242 and make a reservation by Monday, July 27th as space will be limited.

BINGO & Senator Mike Moore's Senior Ice Cream Social



Come play BINGO and then enjoy a lunch of Salisbury Steak from Elder Nutrition, followed by ice cream sundaes courtesy of Senator Mike Moore.

Monday, July 20th

Bingo—10:30 am

Lunch—11:45 am

Sundaes—12:00 pm

\$2.50 lunch donation for those over 60

\$5.00 lunch donation for those under 60

Please call 508-839-9242 by July 15th to reserve your spot.

REST & REJUVENATION

Monday, July 13th @ 10:30 am



What are manifestations of stress? How can we have relief from stress? What is relaxation response? If you are wondering about the answers to these questions, the Grafton Senior Center and Compassionate Care Hospice are hosting a Rest and Rejuvenation session. We will be using guided relaxation, tips on stress relief and discussing strategies for assisting in stress reduction.

Please reserve a spot by calling the Senior Center at 508-839-9242.

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:

- Wednesday, July 1st American Chop Suey
- Thursday, July 2nd..... Chicken w/Asparagus
- **Friday, July 3rd Center Closed**
- Monday, July 6thLemon Thyme Chicken
- Tuesday, July 7thBeef w/Jardinere Sauce
- Wednesday, July 8th Herb Roasted Pork
- Thursday, July 9thSpaghetti & Meatballs
- Friday, July 10th Cheese & Spinach Omelet
- Monday, July 13thMacaroni & Cheese
- Tuesday, July 14thGreek Chicken
- Wednesday, July 15th Turkey Stew
- Thursday, July 16th Meatloaf & Gravy
- Friday, July 17thBreaded Fish
- Monday, July 20thSalisbury Steak
- Tuesday, July 21stVegetable Cheese Bake
- Wednesday, July 22nd Chicken Murphy
- Thursday, July 23rd . Wild Alaskan Salmon w/Dill
- Friday, July 24th Egg Salad
- Monday, July 27thJambalaya
- Tuesday, July 28thMeatballs w/Onion Gravy
- Wednesday, July 29th Pork Chow Mein
- Thursday, July 30th BBQ Chicken
- Friday, July 31st..... Fish w/Crumb Topping

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

SEN. MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, July 27th from 10:30-11:30 am. Please feel free to stop by with your questions, compliments or concerns.

State Representative **David Muridian** will be holding office hours at the Senior Center on Friday, July 24th from 9:00 am—10:00 am. Please stop by with your questions, compliments, or concerns.

FULLY CLOTHED

TABLE MASSAGE WITH LIZ

Friday, July 10th—10:00 am-3:00 pm

\$20.00/30 min.

By appointment

Paid to Liz when services rendered

Come give it a try!

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, July 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.

July

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., July 7th—Target

Tues., July 21st—Market Basket

Tues., July 28th—Walmart



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



FOPPEMA'S FARM

STARTING JULY 14TH WE WILL BE 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.

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.

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.



TRIPS! TRIPS! TRIPS!

Wednesday, July 29th, 2015—Martha Vineyard trip featuring scenic sights, ferry cruise and a delicious dinner buffet. The cost of \$79/pp.

Sunday & Monday, August 2nd & 3rd, 2015—Lake George and Saratoga Springs. Killington, VT, Lake George Cruise, and Saratoga Springs Raceway. Includes transportation, one night lodging, 4 meals, evening entertainment, Lake George paddle wheel cruise, and Saratoga race course. \$299/pp double, \$319/pp single occupancy.

Wednesday, August 5th, 2015—"La Cage Aux Folles" at the Arundel Barn Playhouse in Arundel, Maine. Lunch will be at the Clay Hill Farm. Includes transportation, lunch, and reserved show seats. \$95/pp.

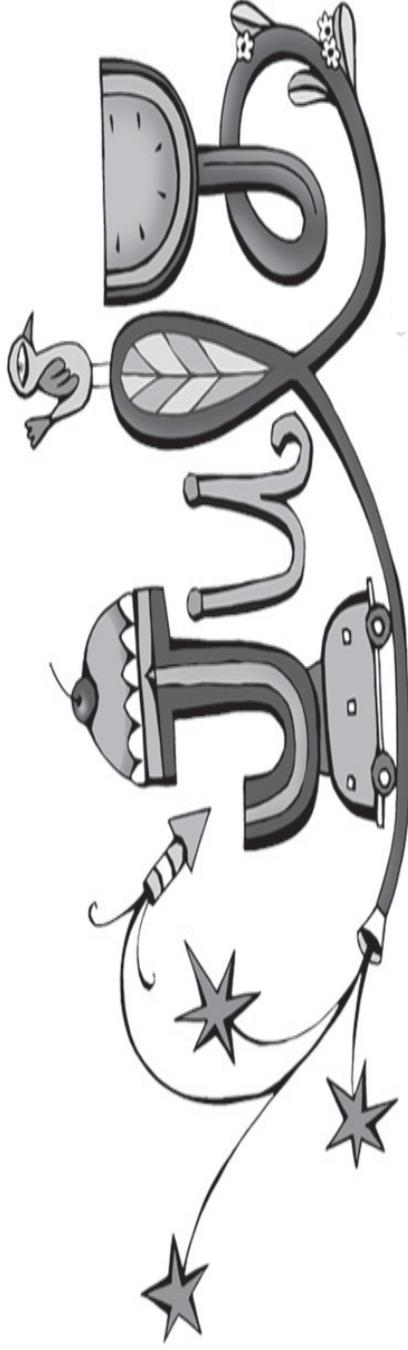
Thursday-Saturday, Sept. 17th thru 19th—Toronto, Canada, Niagara Falls, Niagara On The Lake, Winery Tour w/ Tasting, Red Sox Ballgame & Baseball Hall of Fame. \$499/pp double, \$449/pp triple, \$429/pp quad, \$659 single.

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

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

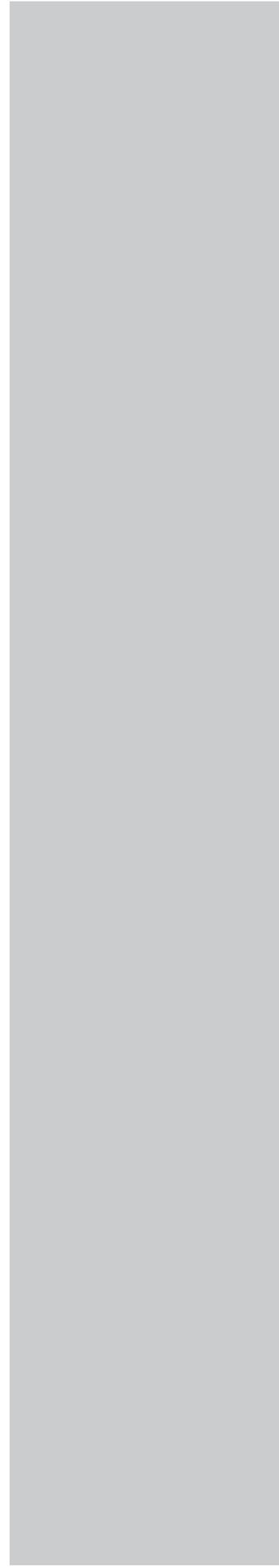
We are always looking for suggestions for future trips.



2015

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>***** THANKS TO FOGE FOR EXERCISE CLASSES!!! ***** The Friends of the Grafton Elders has provided funds to continue all exercise classes here at the Senior Center at no cost to Grafton senior resident participants. This includes Senior Exercise, Tai Chi, Mat and Chair Yoga, and ZUMBA. We are very thankful to FOGE for their continued generosity, as we know that exercise and socialization are key to independence and good health!! *****</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 11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p> | <p>3 Center Closed IN HONOR OF 4TH OF JULY </p> | |
| <p>6 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p> | <p>7 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>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>9 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>10 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</p> |
| <p>13 9:00 am Mat Yoga 10:00 am Legal—Carolyn Spring 10:30 am Rest & Rejuvenation 11:45 am Lunch 1:00 pm Pitch</p> | <p>14 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</p> | <p>15 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>16 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>17 10:00 am Independent Painting 11:45 am Lunch 1:00 pm Whist 1:30 pm Writer's Group</p> |

| | | | |
|---|---|---|--|
| <p>10:30 am Bingo 11:45 am Lunch 12:00 Senator Moore's Ice Cream Social 1:00 pm Pitch</p> <p>No Yoga</p> | <p>20</p> <p>SHOPPING TRIP—Market Basket 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>3:00 pm Five Crown 6:30 pm Stitch N Bitch</p> | <p>No Yoga or Tai Chi</p> |
| <p>21</p> <p>SHOPPING TRIP—Market Basket 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>22</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>23</p> <p>9:00 am Dup. Bridge 10:00 am Coffee with Lisa Casillo, Edward Jones 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>24</p> <p>9:00 am Chair Yoga 9:00 am Rep. Dave Muridian's Office Hours 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>27</p> <p>9:00 am Mat Yoga 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch</p> | <p>28</p> <p>FOPPEMA'S FARM SHOPPING TRIP-Walmart 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>29</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>31</p> <p>9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Magic Show 11:00 am Adv. Tai Chi 11:45 am 3rd Annual Barbecue 1:00 pm Whist</p> |
| <p>30</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>31</p> <p>9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Magic Show 11:00 am Adv. Tai Chi 11:45 am 3rd Annual Barbecue 1:00 pm Whist</p> | | |



AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

When the calendar hits July 4th, most people say that summer is over. However, summer is in full bloom, and we still have August and September which usually are two of the best months for cookouts and just relaxing. The huge flower pots and the vegetable garden at the Senior Center are all planted. Soon we will be harvesting the tomatoes and green peppers. There is nothing like fresh homegrown vegetables.

Barbs, as I call her, in addition to her regular duties, has been busy decorating the main hall of the Senior Center. She added photos of the gazebo on the Common during each season. The photos were taken by Don Clark. She received three antique chairs donated by Ann Morgan, Asst. Town Planner, and purchased an antique sideboard cabinet from Found Things in South Grafton. All the items add a warm welcome as you enter the front doors or just walk by the office.

I got a nice surprise today while standing in line at Walmart. I had my green Grafton Senior Center jacket on and an older couple in line asked me if I lived in Grafton and was a member of the Grafton Senior Center. I replied, "Yes." They went on to say that they had stopped by the Senior Center to use the restrooms. They left casually so they wouldn't be noticed. They live in Springfield MA. The comment they made to me was, "We wished our Senior Center was warm and half as nice."

Beware of calls from strangers who claim to be with an insurance company or represent one. They offer lower prescription and Medicare payments. Ask them to call you later or ask for a telephone number to return their call. **DO NOT** give out any personal information. Do your homework to make sure they are actually legit.

I read this, "It's not how much you have that makes people look up to you, it is what you are."

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



A senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he floored it to 80 mph, enjoying the wind blowing through what little gray hair he had left. "Amazing," he thought as he flew down I-94, pushing the pedal even more. Looking in his rear view mirror, he saw a State Trooper behind him, lights flashing and siren blaring. He floored it to 100 mph, then 120. Suddenly he thought, "What am I doing? I'm too old for this," and pulled over to await the trooper's arrival. Pulling in behind him, the trooper walked up to the Corvette looked at his watch, and said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I've never heard before, I'll let you go." The old gentleman paused. Then he said, "Years ago, my wife ran off with a State Trooper. I thought you were bringing her back." "Have a good day, sir," replied the Trooper.

Anonymous

You say he left no money? Yes, he lost his health getting wealthy and lost his wealth trying to get healthy.

Courtesy of June Merrick



Do you need help paying for everyday expenses?

You may qualify for benefits that can help. It's easy. It's free. And it's completely confidential.

Visit today to find out!!

www.benefitscheckup.org/mcoa

Since 2001, more than 3.8 million people have used BenefitsCheckUp to find benefits valued at over \$14 billion.

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.



NOTICE TO MEDICARE SUBSCRIBERS

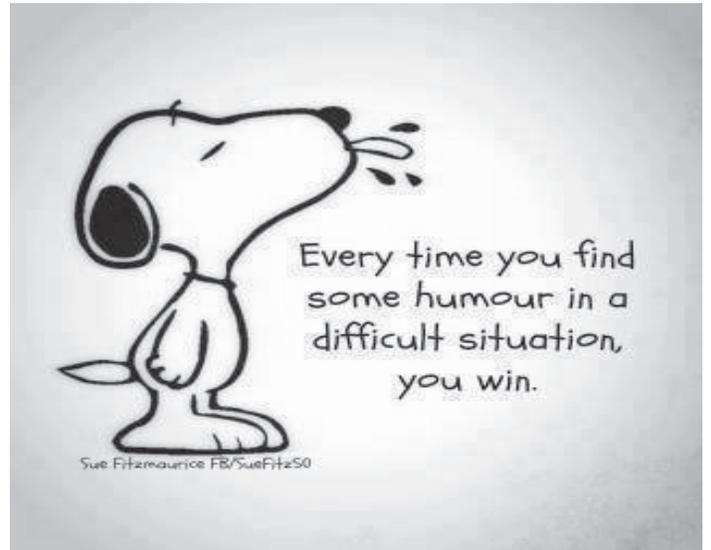
Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. *You must pay close attention to the time limits for appeals!*

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription.
- Medicare denies payment for health care you have already received.
- Medicare stops covering services that you are receiving.
- Medicare pays a different amount than you believe it should.
- Medicare drug plan denies coverage of your medication.

The Medicare Advocacy Project (MAP) provides **free** advice, assistance with appeals and legal representation. **MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call the Senior Center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor at **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. Once you get the SHINE answering machine, leave your name and number; a volunteer counselor will return your call as soon as possible.



Many thanks to Ann Morgan, Asst Town Planner, for donating three beautiful antique chairs to the Senior Center. The chairs are in the Senior Center hallway right next to sideboard table recently purchased from Found Things in South Grafton. The hallway is now so welcoming and inviting.



REMINDER...
GRAFTON SENIOR CENTER IS CLOSED FRIDAY, JULY 3RD

- 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