

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”

June 2015
Vol. 13 Issue 6

Power of Hydration

Presented by Senior Comfort Services

Wednesday, June 10th @ 10:30 am



The presentation will be an in-depth look at the power of water on our brains, organ functions, health, and importance of avoiding dehydration, etc.

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

THE VITUAL DEMENTIA TOUR

**Thursday, June 18th
9:30 am—11:30 am**



Compassionate Care Hospice invites you to join them on an emotional journey to experience the realities of life for persons living with Alzheimer's disease and dementia.

After experiencing this sensory training, you will understand the overwhelming effects of the aging process when combined with Alzheimer's disease or dementia. This life-changing workshop can also help you make better care giving and health care decisions by knowing what your loved one may be coping with on a daily basis. Please come and experience the challenges for yourself.

The tour is limited to only 20 participants. Please call the Senior Center at 508-839-9242 to reserve your spot.

STATE POLICE MUSEUM TOUR Followed by a trip to Scoops and Swirls



Thursday, June 11th @ 12:30 pm

The senior van is taking a group of seniors to the State Police Museum for a tour and then an ice cream stop at Scoops & Swirls. Transportation will be free and everyone is responsible for his/her ice cream.

Space is limited, so reserve your seat on the van early by calling the Senior Center 508-839-9242.

STRAWBERRY SHORTCAKE



**Tuesday, June 30th, 2015
Lunch @ 11:45 am
Dessert @ 12:00 pm**



Elder Nutrition is serving hot dogs, coleslaw, and baked beans. After lunch, enjoy some fresh strawberry shortcake.

There is a suggested donation of \$2.50 for lunch for seniors. Please call 508-839-9242 by Thursday, June 25th to make a reservation.

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.

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, June 1st..... Roast Pork with Gravy
- Tuesday, June 2ndShepherd's Pie
- Wednesday, June 3rd.....Bacon Omelet
- Thursday, June 4th..... Chicken Cacciatore
- Friday, June 5th Sweet Potato Crunch Fish
- Monday, June 8th..... Chicken Mornay
- Tuesday, June 9th Alaskan Salmon w/Dill
- Wednesday, June 10th Turkey a La King
- Thursday, June 11th.....Pork Rib-i-que
- Friday, June 12th Swedish Meatballs
- Monday, June 15th.....Macaroni & Cheese
- Tuesday, June 16th Buttermilk Chicken
- Wednesday, June 17th Beef & Bean Chili
- Thursday, June 18th..... Meatloaf
- Friday, June 19th Cracker Crumb Fish
- Monday, June 22nd..... Garlic Herbed Chicken
- Tuesday, June 23rd Pork Stroganoff
- Wednesday, June 24th Roast Turkey
- Thursday, June 25th.....Salmon Boat w/Dill
- Friday, June 26thEggplant Parmesan
- Monday, June 29th..... Beef & Broccoli
- Tuesday, June 30th Hot Dog on Bun

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 9:30 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. 10:00 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

ZUMBA GOLD—Wednesdays at 11:10 am

OUT TO LUNCH
 For Grafton Senior Residents
The Wharf Tavern

Tuesday, June 9th

Grafton Senior residents, we're headed to the Wharf Tavern in Warren, RI. The Grafton Senior Shuttle is taking a group of up to 14 seniors to enjoy a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$7.00/pp.

Please call the Senior Center at 508-839-9242 to reserve your seat. Please do not tip the driver. 😊



PODIATRY



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

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

Wednesday, June 27th - 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.

SEN. MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, June 1st from 10:30-11:30 am. Please feel free to stop by with your questions, compliments or concerns.

June

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., June 2nd—Target

Tues., June 23rd—Walmart

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



FREE MEDICAL VAN RIDES FOR THE MONTH OF JUNE

In honor of

Lena Cornacchioli

In honor of Lena Cornacchioli and through the generous donations made in her name, free medical van rides will be available beginning June 1st thru June 30th for residents age sixty and older or disabled of any age. Please call 508-839-9242 at least 48 hours in advance to schedule a ride. Booking of medical appointments will be on a first come, first serve basis, as we can only accommodate so many rides.

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., June 18th, 10:00 am.**

A SPECIAL THANK YOU!!!

Thank you to Annette McCarthy, Nina Whiting, Pauline St. Amand, Jeannine Bellarosa, June Merrick, Marge Ericson, and the Senior Center staff for working so hard at the Senior Center Garage Sale. A total of approx. \$535 was raised for the Senior Center.

Thank you all for your hard work!



FULLY CLOTHED

TABLE MASSAGE WITH LIZ

Friday, June 12th—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.

TRIPS! TRIPS! TRIPS!

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.

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

June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30 am Mat Yoga 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch</p>	<p>2 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>3 9:00 am Crafts 10:30 am Hooked on Books 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>4 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>5 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 1:30 pm Writer's Group</p>
<p>8 9:30 am Mat Yoga 10:00 am Legal Clinic w/ Carolyn Spring 11:45 am Lunch 1:00 pm Pitch</p>	<p>9 OUT OF LUNCH—The Wharf Tavern 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>10 9:00 am Crafts 10:30 am Power of Hydration 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>11 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 12:30 pm State Police Museum Tour 1:00 pm Yahtzee 2:00 pm COA Meeting 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>12 9:00 am Chair Yoga 10:00 am Massage 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>15 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>16 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>17 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</p>	<p>18 9:00 am Dup. Bridge 9:30 am Virtual Dementia Tour 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>19 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 1:30 pm Writer's Group</p>
<p>22 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>23 SHOPPING TRIP—Walmart 9:00 am Dup. Bridge 9:00 am Nails</p>	<p>24 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA</p>	<p>25 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic</p>	<p>26 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi</p>

11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Yahrzee 6:30 pm Pitch 6:30 pm Stich N Bitch	11:45 am Lunch 1:00 pm Yahrzee 6:30 pm Pitch 6:30 pm Stich N Bitch
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11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown	11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown
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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	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
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HAPPY FATHER'S DAY!

29 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	30 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 12:00 pm Strawberry Shortcake 1:00 pm Pitch 1:00 pm Ceramics
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29 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch	30 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 12:00 pm Strawberry Shortcake 1:00 pm Pitch 1:00 pm Ceramics
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IMPORTANT DATES

June 14th is Flag Day and the first day

June 21st is Father's Day and the first day

of Summer

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

It is no surprise that when the Lion's Club puts on a fabulous dinner for Grafton Seniors that it always draws a huge crowd. I heard the Swedish meatballs and potatoes were a big hit, as well as the strawberry shortcake for dessert. We can always depend on the Lion's members to sponsor two dinners for seniors at the Senior Center. This year the Senior Center chorus performed beforehand and the entertainment ended with Al Sanborn singing "God Bless America". Thank you Lions and the Senior Center chorus.

I was unable to attend Town Meeting on Monday, May 11th. However, I did view it on TV. It is really sad that the voters who did not attend find fault with the outcome of the voting that evening. Why complain? You could have been there and voted for or against. Someone said, "They always say time changes everything, but you actually have to change them yourself."

Some things do change and for the better. Look at the Senior Center restrooms which are now bright and clean with automatic soap and hand towel dispensers. More importantly, they are handicap accessible. Thank you to everyone who had a part in making the renovations possible.

Do you have some free time? The Senior Center is always looking for volunteers. Stop by and see Nancy. She will be happy to explain the procedure. A little bit of time goes a long way.

The trees, grass and shrubs are now in full bloom which means Summer is here. The sun sure feels good after the long Winter we had. Enjoy the warm weather.

Stay healthy and have a great Summer!!



BOOK WAGON

The Library Book Wagon is taking a break for the Summer. In the meantime, the Senior Center has a small library available in the Bolack Room so please feel free to stop by and browse. You may borrow a book for as long as needed.

GIGGLES "Out for a Ride"



Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light." After a few more minutes, they came to another intersection, and the light was red again. They went right through it. This time, the woman in the passenger seat was almost sure that the light had been red and was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, the light was definitely red, and sure enough, they went right through again. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row? You could have killed us!" Mildred turned to her and said, "Oh my, am I driving?"

MOVIE OF THE MONTH



The Movie of the Month will be on hiatus until September. The movie selection for September will appear in the August newsletter.

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!



DO YOU KNIT OR CROCHET???



The craft group has received a lot of donated yarn. Stop by the Craft Room on Wednesday mornings from 9:00 am—10:30 am and bring a project you are working on or start a new one. Enjoy the socialization, learn something new, or share an idea or pattern.

THE SENIOR CENTER IS ***EXTREMELY*** GRATEFUL TO EVERYONE WHO CONTRIBUTED TO THE RENOVATION GIFT ACCOUNT. A SPECIAL "THANK YOU" TO THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS WHO REALIZE THAT OUR SENIORS DESERVE BETTER!!! IT IS BECAUSE OF THEIR GENEROSITY THAT THE SENIOR CENTER'S 64 YEAR OLD RESTROOMS GOT A MUCH NEEDED MAKEOVER. WE WERE ALSO ABLE TO FRESHEN UP THE SENIOR CENTER WITH A COAT OF PAINT THROUGHOUT. PLEASE STOP BY AND SEE WHAT WE'VE DONE WITH THE PLACE!!

Shakir & Roswitha Shukri	Shirley Russo	Gary Hibyan (Cummings Properties)
Mark & Donna Sears	Muriel Bohaboy	Sandra Allen
St. Mary's Church	Anonymous	Judy McKenzie
Marjorie Featherstone	Tom & Judy Feeny	June Merrick
Ed & Ellie Richard	Richard & Carol Mahassel	Robert & Mary Cournoyer
Marge Ericson	Carole Raskett	Jackie Scovil
Joseph Carbonneau	Susan Contois	Joseph & Charlotte Pelligrino
Philip & Marsha Platt	Barbara Lapoint	Operation Friendship
Barbara Noble	Karen Miner	Pauline Morin
Dolly Hersom	Mary Costa	June Hanam
Curtis Robie	Vincent Abdella	The Urban Family
Peter & Marilyn Shay	The McGriff Family	Tommaso Garigiulo
Sallie Archambault	Phyllis Bath	Shaun & Debra Craig
Marcie Benoit	Elizabeth Thorpe	Al & Elaine Sanborn
Michael Makowiechi	Stop & Shop	Gisele Tarentino
Robert Richard	Frank & Jean Parella	Senior Center Crafters
Dan & Barbara Connelly	Nancy Malone	Lisa Kelley
Bryan Dudley	Martha Chartier	Natasha Paintal
Patty Lucey	Maureen Mahoney	Marien Chartier
Barbara Padgett	Anonymous	Dup. Bridge Group
Elizabeth Serra	Marshall & Marilyn Atchue	Grafton Suburban Credit Union
Harvard Pilgrim Health	Daryl & Kerry Lewis	Joseph & Eileen Flynn
Charles & Jacqueline Walsh	Annette McCarthy	Nina Whiting
Gary Beauchamp	Ed & Marilyn Scott	Anonymous
Wayne & Clare Garabedian		

Thank you again for your support!! Barbara Connelly, Director

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 Chartier, Van Driver
 Bryan Dudley, Van Driver
 Kerry McDougall Lewis, Activities Coordinator
 Karen Kosiba - Meal Site Manager

TOWN OF GRAFTON
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