

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”

May 2015
Vol. 13 Issue 5

SENIOR CENTER GARAGE SALE

Friday, May 1st

9:00 am—1:00 pm



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

Lion's Club Swedish Meatballs Dinner



Grafton Seniors join us in the Municipal Center gymnasium for a wonderful Swedish meatballs dinner courtesy of the Grafton Lion's Club.

Thursday, May 7th, 2015 @ 5:00 pm

Please call 508-839-9242 and make a reservation by Friday, May 1st.

Many thanks to our fine Lions!!!

CARE SOLUTIONS, INC. PRESENTS

Ageless Grace Anti-Aging Exercises

Wednesday, May 13th @ 10:30 am

Municipal Center Gym

Come and learn the 21 simple tools for lifelong comfort and ease. Each of the 21 tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. The easy-to-learn Tools of Ageless Grace promote the “Three Rs” of lifelong comfort and ease—not reading, ‘riting and ‘rithmetic—but the ability to respond, recover and react efficiently and safely. Please call the Senior Center at 508-839-9242 if you plan on attending.

Are you at risk for osteoporosis?
Find out at a **FREE** bone density screening at the Senior Center.

Tuesday, May 5th

9:30 am—12:00 pm

The Grafton Senior Center is partnering with the VNA Care Network for FREE bone density screening to seniors age 60 and over. Osteoporosis is sometimes called a “silent disease” because people may not be aware they have a problem until a bone breaks.

Appointments are necessary. Please call the Senior Center at 508-839-9242 to schedule your appointment.

VNA Care Network & Hospice presents PRE-DIABETES SCREENING

Get Checked for Signs That Put You at Risk
Get the Facts—Take Charge of You!!

Protect yourself so you can remain healthy...

Wednesday, May 27th
9:30 am to 12:00 pm



Screening appointments are required. Please call the Senior Center at 508-839-9242 to schedule your appointment.

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:

- Friday, May 1st..... Cheese/Spinach Omelet
- Monday, May 4th.....Macaroni & Cheese
- Tuesday, May 5thGreek Chicken
- Wednesday, May 6th Meatloaf & Gravy
- Thursday, May 7th..... Stuffed Chicken w/gravy
- Friday, May 8thPotato Crunch Fish
- Monday, May 11th Chicken Murphy
- Tuesday, May 12thSalisbury Steak
- Wednesday, May 13th Hot Dog on Bun
- Thursday, May 14th..... Fish w/Crumb Topping
- Friday, May 15thVegetable Cheese Bake
- Monday, May 18thJambalaya
- Tuesday, May 19thMeatballs w/onion gravy
- Wednesday, May 20th Pork Chow Mein
- Thursday, May 21st..... BBQ Chicken
- Friday, May 22nd.....Tuna Salad
- Monday, May 25th Center Closed
- Tuesday, May 26thSalmon Boat w/Dill
- Wednesday, May 27th Pasta Primavera w/Chicken
- Thursday, May 28th.....Beef Mediterranean
- Friday, May 29th Lasagna

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 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
For Grafton Senior Residents
Three Seasons Restaurant
at Blackstone Valley Tech H.S.

Tuesday, May 12th

Located in the Blackstone Valley Tech High School, the Three Seasons Restaurant will be serving either Broiled Salmon, Roast Beef A Jus, or Chicken Cordon Bleu. The Grafton Senior Center Shuttle is taking a group of up to 14 seniors to BVT in Upton for a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$3.00/pp round trip. Please call the Senior Center at 508-839-9242 to reserve your seat. Please do not tip the driver. 😊

May

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., May 5th—Target

**Fri., May 8th—Ocean State Job Lot,
Dollar Store, Shaws (Northbridge)**

Tues., May 19th—Walmart

Tues., May 26th—Market Basket

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



Visit the Senior Center's Vintage Collections

Beautiful donated jewelry is on display and for sale in the showcase next to the Assessor's office in the Municipal building. All proceeds go directly to the Senior Center. If you have jewelry that you would like to donate, please drop it off at the Senior Center. Thank you to those who have already donated many items.

Free Medical Van Rides
For the month of May

Courtesy of Tufts Neighborhood Service Fund

Through the generosity of the Tufts Neighborhood Service Fund we are able to offer free medical van rides for the months of April and May for Grafton residents age sixty and older and those disabled of any age.

Please call 508-839-9242 at least 48 hours in advance to schedule a ride.



PODIATRY



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

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

Wednesday, May 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.

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., May 21st 10:00 am**

FULLY CLOTHED

TABLE MASSAGE WITH LIZ

Friday, May 8th—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.

SEN. MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, May 4th from 10:30-11:30 am. Please feel free to stop by with your questions, compliments or concerns.

TRIPS! TRIPS! TRIPS!

Tuesday, June 23rd, 2015—The Drifters at Luciano's Lake Pearl in Wrentham. Includes transportation, either a boneless chicken breast or fresh baked scrod luncheon and show. Cost is \$65/pp.

Friday, June 26th, 2015—IMAX Theater located in Boston at the New England Aquarium, lunch at the Venezia Waterfront Restaurant, and then wine tasting and tour at the Boston Winery. Please be advised that there is walking involved on this tour. Cost is \$80.00/pp.

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. 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.

<p>18 9:30 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>1:00 pm Whist 1:30 pm Writer's Group</p>
<p>19 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 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>20 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Pizza Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>21 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>22 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</p>	<p>29 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 "The Best of Me"</p>
<p>25 <i>Center Closed</i> <i>Memorial Day</i> MEMORIAL DAY </p>	<p>26 SHOPPING TRIP—Market Basket 9:00 am Dup. Bridge 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:00 am Book Wagon 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>27 9:00 am Crafts 9:30 am Pre-Diabetes Screening 10:45 am Jog Your Noggin 11:10 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Podiatry 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>28 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>29 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 "The Best of Me"</p>

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

They say when Robins are seen, Spring is here. Well, where is our Spring? At least you can now see the grass.

Good news, the Senior Center restrooms are now complete. What a difference they are. The Senior Center hallway, kitchen and Bolack Room are also getting updated with a fresh coat of paint. Thank you to the many who contributed to make the renovations possible. Remember Charlie Bolack, he always said, "The People of Grafton are extremely generous in supporting their town." How true, especially since donations are still coming in for renovations.

More good news—Medical appointments are now free for the month of May courtesy of a grant from Tufts which our Director applied for. Remember, donations are always welcome to offset transportation costs.

I attended a great breakfast for volunteers on April 15th. Barbara and the Senior Center staff had a catered breakfast to thank all volunteers for their support and efforts this past year. The COA board also thanks this group of wonderful men and women who give so much of their time helping others. Thank you to the many who have made donations.

Are you receiving the Grafton Senior Gazette? If not, contact the Senior Center office to get on the mailing list. The Gazette is loaded with information such as lunch menus, shopping trips, movies, special programs, and a calendar of events.

Someone once said, "The only thing that comes to us without effort is old age." Keep smiling!!

Stay healthy and 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 Old Wisdom



After working his farm every day, an old farmer rarely had time to enjoy the large pond in the back that he had fixed up years earlier with picnic tables, horseshoe courts, and benches. So one evening he decided to go down and see how things were holding up. Much to his surprise, he heard voices shouting and laughing with glee. As he came closer, he saw it was a group of women skinny dipping in his pond.

He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave."

The old farmer replied, "I didn't come down here to watch you ladies swim or make you get out of the pond naked. I only came down to feed the alligator."

Moral: Old age and treachery will always triumph over youth and skill.



MOVIE OF THE MONTH

The movie selection for May will be "The Best of Me". In this wistful drama, sparks reignite between former high school flames when they return to their hometown decades later for a funeral. But painful memories of the past may prevent them from having fun together. Show begins at 1:00 pm on Friday, May 29th in the TV Room of the Grafton Senior Center. Be sure to sign up in advance as seating is limited. Popcorn is provided!!



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 **May 26th**.
- 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.

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	Marj Gallagher	June Enos

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
 GRAFTON SENIOR CENTER
 30 PROVIDENCE ROAD
 GRAFTON, MA 01519**