

# 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 2016  
Vol. 14 Issue 5

**The Worcester County Sheriff’s Office  
Presents:  
The Heroin Epidemic and Pain Medication—  
The Local Impact and How to Protect Your  
Pills**

**Wednesday, May 18th @ 10:30 am  
Grafton Senior Center**

The Worcester County Sheriff’s Office will provide much needed information on the current heroin/opioid epidemic on a local level.

Learn how to properly dispose of unused medication and protect your current medication. How to identify potential drug users and the law enforcement strategic response will be discussed.

The Grafton Community is invited to attend this important presentation. Please call the Senior Center at (508) 839-9242 to reserve your seat.



**PRESENTS:**

**“AAA Roadwise Driver: Safe Driving for  
Mature Operators”**

Do you know the Top 5 Most Dangerous Driving Situations for Seniors? How can you maintain your driving skills and remain driving as safely as possible, for as long as possible? Join AAA for this workshop with practical advice on how individuals can compensate for changes that occur as we age! Aging is inevitable, but growing older doesn’t have to mean giving up an active lifestyle. AAA has created this important program based on statistical data from the National Highway Safety Administration to raise awareness on how Senior drivers can be proactive about their own driving safety.

**Wednesday, June 15th 10:30 am—3:00 pm  
(Catered lunch will be provided)**

**Cost: \$2.00/pp**

Please call the Senior Center at 508-839-9242 by June 10th to reserve your spot at this important event.



## **BINGO & PIZZA**

**Wednesday, May 25th @ 10:30 am  
Cost \$1.00/pp**



Grafton Seniors come and celebrate “Older Americans Month” with BINGO & PIZZA at the Senior Center.

There will be many great prizes, lots of laughs, and a Grand Prize basket of goodies graciously donated by Elderwood Home Care.

Please make your reservation by Friday, May 20th by calling 508-839-9242.

## **SENIOR CENTER’S CHORUS PERFORMANCE**

**Friday, May 20th @ 10:00 am**

Come and enjoy the Senior Center’s Chorus’ last performance before they go on hiatus for the Summer. A light breakfast of bagels, various pastries, coffee, and juice will also be provided.

Please notify the Senior Center at 508-839-9242 if you are planning on attending.



## 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, May 2nd.....Jambalaya
- Tuesday, May 3rd .....Meatballs w/Onion Gravy
- Wednesday, May 4th ..... Pork Chow Mein
- Thursday, May 5th.....Stuffed Chicken
- Friday, May 6th .....Fish with Crumb Topping
- Monday, May 9th.....Beef Mediterranean
- Tuesday, May 10th ..... Hot Dog
- Wednesday, May 11th .....Chicken Primavera
- Thursday, May 12th..... Salmon Boat w/Dill Sauce
- Friday, May 13th .....Lasagna
- Monday, May 16th.....Roast Pork w/Gravy
- Tuesday, May 17th .....Shepherd's Pie
- Wednesday, May 18th .....Bacon Omelet
- Thursday, May 19th..... BBQ Chicken
- Friday, May 20th .....Potato Crunch Fish
- Monday, May 23rd .....Chicken Mornay
- Tuesday, May 24th ..... Pot Roast Stew
- Wednesday, May 25th ..... Turkey a La King
- Thursday, May 26th..... Meatloaf & Gravy
- Friday, May 27th .....Macaroni & Cheese
- **Monday, May 30th..... Center Closed**
- Tuesday, May 31st..... Buttermilk Chicken

## 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
- FALL PREVENTION EXERCISE**—Mondays 10:15 am, Wednesdays 10:30 am
- 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 9:00 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!
- 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.
- SINGING GROUP**—Fridays at 10:00 am
- 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**—Meets 2nd and 4th Friday at 1:00 pm
- YAHTZEE**—Thursdays at 1:00 pm
- ZUMBA GOLD**—Wednesdays at 11:30 am

**FLOWER ARRANGING CLASS**



Wednesday, May 11th  
9:00 am—10:30 am



Denise from Sweetbriar Florist will be at the Senior Center for a flower arranging class. The cost is \$15.00/pp. Come and learn how to make a beautiful Spring arrangement. Please call 508-839-9242 to reserve your seat as class size will be limited to 15.



**Out to Lunch  
Tuesday, May 17th**

*O'Connor's Restaurant & Bar*

Grafton seniors come join us for lunch at O'Connor's Restaurant & Bar located in Worcester. The Grafton Senior Shuttle is taking a group of up to 14 seniors to O'Connor'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.

**FREE**

**MEDICAL VAN RIDES MAY THRU JULY**

*Courtesy of St. James' Outreach*

Through the generosity of St. James' Outreach we are able to offer free medical van rides for the month of May thru July 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.

**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 3rd—Target
- Tues., May 10th—Market Basket
- Fri., May 20th—Ocean State Northbridge
- Tues., May 24th—Walmart



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

**FULLY CLOTHED**

**TABLE MASSAGE WITH JAMIE DUDLEY**

Friday, May 13th—9:30 am-12:30 pm  
Friday, May 27th—9:30 am-12:30 pm  
**\$20.00/30 min.**

By appointment and payment paid to Jamie when services are rendered. Come give it a try!!!

**TRIPS! TRIPS! TRIPS!**

Saturday & Sunday, June 18-19, 2016—New York City Spring Overnight & 911 Memorial. Trip includes deluxe motorcoach, one night at Doubletree by Hilton, one breakfast, and admission to the 911 Memorial. Cost is \$189/pp double or triple, \$270 single. Final payment due no later than May 18th, 2016.

June 21, 2016—Long Island Sound Lighthouse Cruise aboard a high-speed Sea Jet Catamaran and view 8 lighthouses, 2 forts and more. Enjoy dinner at Go Fish and spend some free-time in Mystic Village. \$98/pp.

Saturday, July 9th, 2016—Gloucester Whale Watch. Come explore the many shops and cafes Gloucester has to offer with lunch on your own. After lunch it's off to Cape Anne Whale Watch. Incl. transportation and whale watch. \$59/pp. Final payment due by June 9, 2016.

Tuesday, July 12, 2016—Block Island Sightseeing Tour. Includes tour, full course luncheon at the National Hotel, roundtrip Block Island Ferry, Luxury Silver Fox Motor Coach. \$109/pp.

Wednesday, July 27, 2016—The Lobsterbake at the Clambake Seafood Restaurant on Pine Point in Scarborough, ME. Includes transportation, guided tour of Kennebunkport, and lunch. \$89/pp.

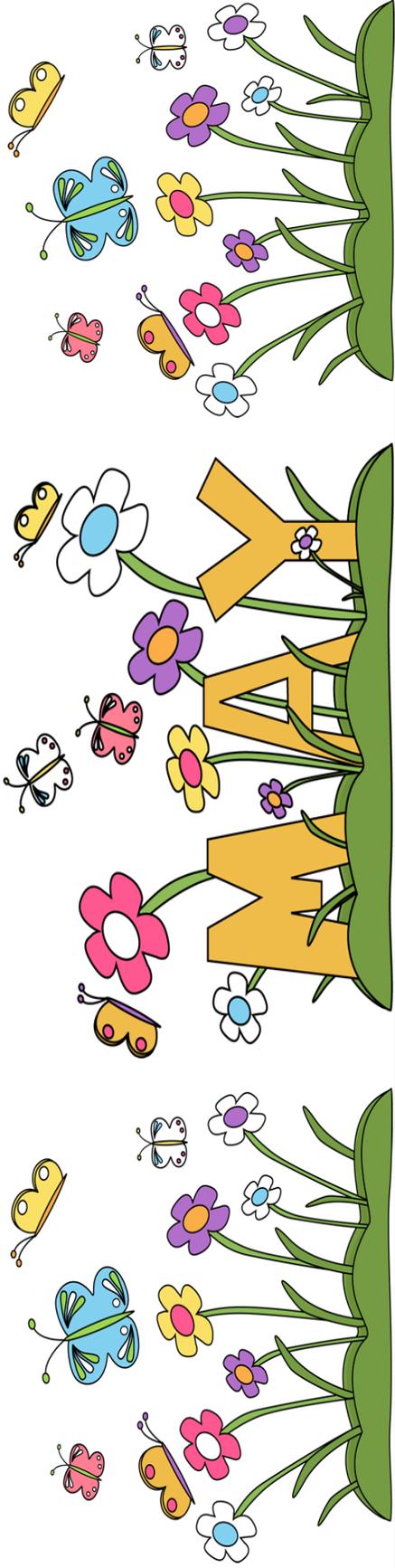
Tuesday, Oct. 18th, 2016—The perfect combo trip "New England Goes Country" & New Hampshire's Turkey Train featuring today's hottest upcoming star Jimmy Lehoux Band at the Flying Monkey in Plymouth, NH Foliage Train Ride, Harts Turkey Farm Lunch & Sightseeing. \$99/pp.

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

**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.

# 2016



## Monday

2  
9:00 am Mat Yoga  
10:15 am Fall Prevention Exercise  
11:45 am Lunch  
1:00 pm Pitch

## Tuesday

3  
**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

## Wednesday

4  
9:00 am Crafts  
10:30 am Book Club  
10:30 am Fall Prevention Exercise  
11:30 am ZUMBA Gold  
11:45 am Lunch  
12:30 pm Mat Yoga  
1:00 pm Rummikub  
3:00 pm Five Crown

## Thursday

5  
9:00 am Dup. Bridge  
10:00 am Piano Lessons  
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

## Friday

6  
9:00 am Chair Yoga  
10:00 am Singing  
10:00 am Independent Painting  
10:00 am Tai Chi  
11:00 am Adv. Tai Chi  
11:45 am Lunch  
1:00 pm Whist

9

9:00 am Mat Yoga  
10:15 am Fall Prevention Exercise  
11:45 am Lunch  
1:00 pm Pitch  
**7:00 pm Town Meeting**

11

**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  
11:45 am Lunch  
1:00 pm Pitch  
1:00 pm Ceramics

12

9:00 am Dup. Bridge  
10:00 am Piano Lessons  
**10:30 am Wright's Chicken Farm**  
10:30 am Senior Exercise  
11:00 am Blood Pressure Clinic  
1:00 pm Yahtzee  
2:00 pm COA Meeting  
6:30 pm Pitch  
6:30 pm Stitch N Bitch

13

9:00 am Chair Yoga  
9:30 am Massage  
10:00 am Singing  
10:00 am Independent Painting  
10:00 am Tai Chi  
11:00 am Adv. Tai Chi  
11:45 am Lunch  
1:00 pm Whist  
1:00 pm Writer's Group

16

9:00 am Mat Yoga  
10:15 am Fall Prevention Exercise  
11:45 am Lunch  
1:00 pm Pitch

18

9:00 am Crafts  
10:30 am Fall Prevention Exercise  
**10:30 am Worcester County**  
Ceramics, Rummikub, W...

19

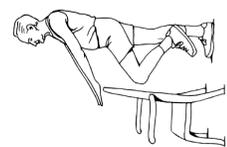
9:00 am Dup. Bridge  
10:00 am Piano Lessons  
10:00 am Lisa Casillo, Edward Jones  
**10:30 am Senior Exercise**

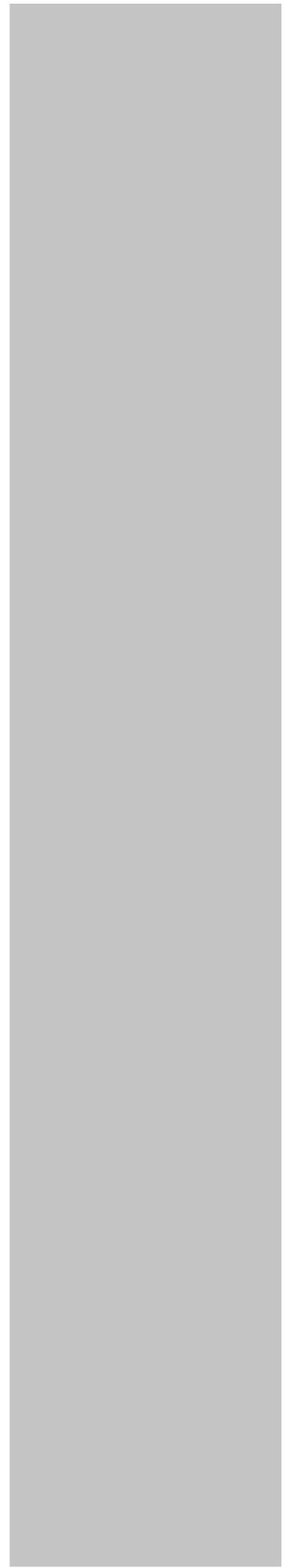
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**SHOPPING—Ocean State Job Lot**  
9:00 am Chair Yoga  
**10:00 am Chorus Performance**  
10:00 am Independent Painting

<p>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><b>Town Elections</b></p>	<p><b>in Epidemic</b> 11:30 am ZUMBA Gold 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>10:50 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>10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist</p>
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<p>23 9:00 am Mat Yoga <b>10:30 am Senator Moore's Office Hours</b> 10:15 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>24 <b>SHOPPING—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 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>25 9:00 am Crafts 10:30 am Fall Prevention Exercise <b>10:30 am BINGO</b> 10:45 am Jog Your Noggin 11:30 am ZUMBA Gold 11:45 am Pizza Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>26 9:00 am Dup. Bridge 10:00 am Piano Lessons 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>27 9:00 am Chair Yoga 9:30 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 1:00 pm Writer's Group</p>
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<p>30 <i>Center Closed</i> <i>Memorial Day</i></p> 	<p>31 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>	 <div data-bbox="974 735 1169 1260" style="border: 1px solid black; padding: 5px;"> <p>Come try the free fall prevention exercise classes on Mondays and Wednesdays courtesy of a grant from Massachusetts Councils on Aging!</p> </div>	
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## AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

The Thursday blood pressure clinic at the Senior Center is very popular. Many seniors have developed a friendship with the Center's volunteer blood pressure nurse Mary Ellen. She has quite a following. While waiting to get your blood pressure taken, be sure to check out the tables in the back by the windows. There is quite an array of pastries, rolls, breads and now produce. The delicious varieties are courtesy of Grafton's Stop & Shop, and we thank them.

Once again we are asking for Meals on Wheels drivers to deliver meals to homebound elders. If you have a few hours during the week from 10:30 am-12:00 pm, please see Karen the Meal Site Manager for more information. You can find her in the Senior Center kitchen during the day.

If you are looking to take a fun trip, please be sure to check out what the Senior Center is offering. Many trips are listed in the Gazette and flyers are available by the Center's office.

Those of you who do their shopping at Market Basket, have you noticed that some of their prices have had small increases? However, their prices are still less than most markets. Their pre-cooked meal counter is always busy. There are four servers filling the requests of customers. I do however try to avoid the pastry counter most of the time.

On April 14th, 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.

Town Meeting is May 9th, 7:00 pm at the Grafton High School. Also, the Town Election is May 17th. Remember you have a voice, so use it.

Stay healthy, safe, and enjoy Spring!!

### SENATOR MOORE'S OFFICE HOURS

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

### BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thursday of the month at 11:00 am in the Bolack Room of the Senior Center, unless otherwise posted. We thank our wonderful volunteer nurse Mary Ellen!

### PODIATRY

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

Dr. B. will be offering podiatry services on:

**Wednesday, June 29th—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 medications you currently take.

### GIGGLES Great News!!!



I just figured it out: I am a Seenager (Senior teenager). I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance (Social Security and a pension). I have my own pad. I don't have a curfew. I have a driver's license (so far) and my own car. I have ID that gets me into bars and the Beer Store. The people I hang around with are not scared of getting pregnant and I don't have acne.

Life is great!!

*Courtesy of Judy McKenzie*

A cop pulls a man over for speeding. He walks up to the car and says, "Do you know how fast you were going?"

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 **Thursday, May 19th at 10:00 am.**

### Grafton Code Red

#### Register for Grafton's Emergency & General Information

- \* Go to the Grafton website [www.grafton-ma.gov](http://www.grafton-ma.gov).
- \* Click on Help Center at the top right of your screen.
- \* On the drop down menu under Apply click on Code Red.
- \* Fill out the registration and submit it.



### COLUMBIA JACKET DRAWING SIZE WOMAN'S LARGE RETAILS FOR \$100.00

**\$.50 per ticket or \$1.00 for 3 tickets**  
A beautiful Columbia woman's jacket has been anonymously donated and a drawing is being held for it to help support the Senior Center.

Please stop by the Senior Center office to see the jacket and purchase your tickets. The drawing will take place on Tuesday, June 14th at 10:00 am. Winner need not be present.

Are you interested in playing **Mahjong** on Thursday afternoons around 1:00 or 2:00 pm? If so, please let the Senior Center office know (508) 839-9242.



Courtesy or Marcie Benoit

### MEMORIAL DAY



### REMINDER

The Grafton Senior Center is closed Monday, May 30th for Memorial Day.

### COUNCIL ON AGING MEMBERS

- William Drago, Chair • William Cutler, Vice Chair  
 Marcella Benoit, Secretary  
 Rev. Phil Goff  
 Annette McCarthy  
 Peter Shay  
 Nina Whiting
- STAFF**
- Barbara Connelly, Director  
 Nancy Malone, Office Manager  
 Lisa Kelley, Outreach Worker  
 Martha Charter, Van Driver  
 Bryan Dudley, Van Driver  
 Karen Kosiba, Meal Site Manager

TOWN OF GRAFTON  
 GRAFTON SENIOR CENTER  
 30 PROVIDENCE ROAD