

GRAFTON SENIOR GAZETTE

Grafton Council on Aging / Senior Center



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

November 2016
Vol. 14 Issue 11

“Linking Needs with Resources”



SENATOR MOORE'S & BLACKSTONE VALLEY CHAMBER OF COMMERCE TURKEY LUNCHEON



Senator Michael Moore and Blackstone Valley Chamber of Commerce will host a turkey lunch for Grafton seniors.

Monday, November 7th @ 11:45 am

Please make your reservation at 508-839-9242 by Tuesday, November 1st.

The Senior Center Crafters will also have a table setup selling crafts that make wonderful Holiday gifts.



FALLON SENIOR PLAN MEDICARE ADVANTAGE

Thursday, November 3rd—10:30 am

A representative from Fallon will be here at the Senior Center to answer questions regarding Fallon's Senior Plan. Please stop by for questions and answers.



ELDERWOOD HOME CARE PRESENTS:

Diabetes: Myths & Facts

Find out more ways to prevent, treat, and live with Diabetes with presenters: Patti Toupin, RN and Claudia Dexter, Community Liaison.

Thursday, December 1st—10:30 am

Join us for an educational presentation or some “Food for Thought”, as we learn about the myths and facts surrounding Diabetes 1 & 2. Learn about the different types of Diabetes and who gets it. What is Pre-Diabetes and how to find out if you are at risk. Signs and symptoms that tell if you need to be tested, and much more. Take home some healthy diet tips and dessert recipes that are beneficial to everyone!

Raffle prizes too!!

Please sign-up by calling 508-839-9242.

LION'S CLUB HAM & BEAN DINNER



Thursday, November 10th—5:00 pm

Municipal Building Gym

Grafton Seniors come and enjoy a fantastic ham & baked bean dinner which also includes coleslaw and apple pie for dessert courtesy of the Grafton Lion's Club.

Sorry no walk-ins. Reservations must be made by Monday, November 7th. Please call the Senior Center office at 508-839-9242 to reserve your seat.

Many thanks to the Lion's Club who always treat the seniors extra special.

SUMMIT ELDERCARE PRESENTS:

MIND MAGIC: How to Reduce Stress, Lower Anxiety, Chronic Pain & Relax using the Power of your Mind

Wednesday, November 16th—10:30 am

Bob Martel who is a Certified Consulting Hypnotist and personal performance coach who works with people to help them overcome obstacles in their way. He has a practice in Marlborough, MA that is focused on helping people use the power of their mind to improve their self image and overall confidence, solve ordinary everyday issues and maximize the power of their mind.

Please reserve your spot by calling 508-839-9242.

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, November 17th at 10:00 am.**

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 \$5.50 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:

- Tuesday, November 1st Chicken w/Asparagus
- Wednesday, November 2nd. American Chop Suey
- Thursday, November 3rd Hot Dog
- Friday, November 4th Catch of the Day
- Monday, November 7thLemon Thyme Chicken
- Tuesday, November 8thMOW Beef Patty
- Tuesday, November 8th Chef Lori Beef Tacos
- Wednesday, November 9th Herb Roasted Pork
- Thursday, November 10th ..Spaghetti & Meatballs
- **Friday, November 11th Center Closed**
- Monday, November 14th Turkey Pot Pie w/Biscuit
- Tuesday, November 15thGreek Chicken
- Wednesday, November 16th Meatloaf & Gravy
- Thursday, November 17thMacaroni & Cheese
- Friday, November 18thBreaded Fish
- Monday, November 21st ..Vegetable Cheese Bake
- Tuesday, November 22nd..Roast Turkey w/Gravy
- Wednesday, November 23rd Chicken Murphy
- **Thursday, November 24th Center Closed**
- **Friday, November 25th Center Closed**
- Monday, November 28th ..Chicken Sausage Jambalaya
- Tuesday, November 29th...MOW Meatballs Onion Gravy
- Tuesday, November 29th Chef Lori Lasagna
- Wednesday, November 30thSalisbury Steak

CENTER PROGRAMS

- BILLIARDS**—Most anytime – except Tuesday mornings
- BLOOD PRESSURE CLINIC**—Every Thurs. 11:30 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**—Thurs. 9:00 am
- FALL PREVENTION EXERCISE**—Mondays 10:30 am, Wednesdays 9:30 am—Free for Grafton seniors
- 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 (off for Summer)
- 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 11:30 am

FREE MEDICAL VAN RIDES FOR THE MONTH OF NOVEMBER

Courtesy of the Grafton Chronical Project
Jane Wilson and Joseph Kuras, authors

Free medical van rides will be available for the month of November for residents age sixty and older or disabled of any age courtesy of the **Grafton Chronical Project**.

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

OUT TO LUNCH
For Grafton Senior Residents



Tuesday, November 15th

Grafton Senior residents, we're headed to the Willow Brook Restaurant in Mendon, MA. 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 \$4.00/pp.

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

SOCIAL KNITTING & CROCHETING



Mondays
10:00 am—11:30 am

Senior Center Bolack Room



Bring your knitting or crocheting project to work on while you enjoy a cup of coffee, snack, and great conversation in the Senior Center Bolack Room.

SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, November 14th from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

November

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., November 1st—Target**
- Fri., November 18th—Christmas Tree Shop**
- Tues., November 22nd—Market Basket**
- Tues., November 29th—Walmart**



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



Chef Lori Galvin



Chef Lori's menu for November is as follows:

Tuesday, November 8th—Two Beef Tacos, Chicken Tortilla Soup, Cinnamon Roll Dessert w/Ice Cream, Coffee and Milk

Tuesday, November 29th—Lasagna, Tossed Salad, Rolls & Butter, Pumpkin Muffins, Coffee and Milk

The price is \$3.00/senior and Senior Center volunteer, \$5.00/non-senior. Reservations must be placed and paid for at least 2 days in advance.

FULLY CLOTHED

TABLE MASSAGE WITH JAMIE DUDLEY

Friday, November 4th—9:30 am-12:30 pm

Friday, November 18th—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!!!

Call 508-839-9242 for an appointment.

TRIPS! TRIPS! TRIPS!

Friday, Dec. 9th, 2016—Holiday Pops Christmas Show at Symphony Hall. Trip includes meal at Venezia Waterfront Restaurant, transportation, and reserved seating at Symphony Hall. \$129/pp.

Saturday, Dec. 31st, 2016—New Year's Eve Day Trip at Sheraton 4 Points in Norwood, MA featuring Award-Winning Singer Valerie Sneade and dancing to the Tom LaMark Orchestra. Trip includes transportation, luncheon, show, orchestra, party favors and champagne toast. \$95/pp.

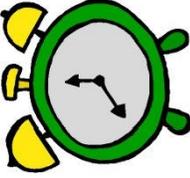
Friday-Sunday, May 19-21, 2017—New York City trip and hotel accommodations at the Luxurious Roosevelt Hotel. Trip includes transportation, lodging, buffet breakfast each morning at hotel, visit to September 11th Museum & Memorial, Ferry Ride to Liberty & Ellis Island w/ admission to Statue of Liberty. \$879/single; \$599/double.

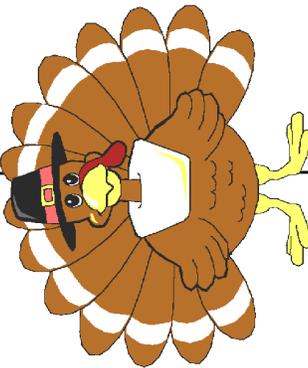
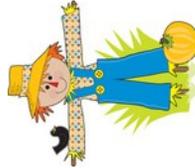
Wednesday, June 21, 2017—The Tall Ships. Start your day with a lunch in Boston at Maggiano's while enjoying the live entertainment of a sea shanty direct from Mystic Seaport. After lunch you will board one of Boston Harbor Cruise's boats for a narrated cruise of The Tall Ships. \$127/pp.

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



NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daylight Savings Time End November 6th. Don't forget to set your clocks back one hour.</p>  <p>7 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Mahjong 10:30 am Fall Prevention Exercise 11:45 am Senator Moore's Tur- key Luncheon 1:00 pm Pitch</p>	<p>1 SHOPPING—Target 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>2 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:00 am Book Club 10:45 am Jog Your Noggin 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>3 9:00 am Dup. Bridge 10:30 am Senior Exercise 10:30 am Fallon Senior Plan Questions & Answers 11:30 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>4 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</p>
<p>7 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Mahjong 10:30 am Fall Prevention Exercise 11:45 am Senator Moore's Tur- key Luncheon 1:00 pm Pitch</p>	<p>8 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Chef Lori Lunch 1:00 pm Pitch 1:00 pm Ceramics <i>Election Day</i></p> 	<p>9 9:00 am Crafts 9:30 am Fall Prevention Exercise 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>10 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:30 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 2:00 pm COA Meeting 5:00 pm Lion's Club Ham & Bean Dinner 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>11 <i>Center Closed</i> <i>Veteran's Day</i></p> 
<p>14 9:00 am Mat Yoga 10:00 am Social Knitting 10:00 am Legal Clinic Carolyn Spring</p>	<p>15 OUT TO LUNCH—Willow Brook Restaurant 9:00 am Nails 9:30 am Scrabble</p>	<p>16 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:30 am Mind Magic Presenta- tion</p>	<p>17 9:00 am Dup. Bridge 10:00 am Lisa Casillo, Edward Jones 10:30 am Senior Exercise</p>	<p>18 SHOPPING—Christmas Tree Shop 9:00 am Chair Yoga 9:30 am Massage</p>

<p>10:30 am Mahjong 10:30 am Fall Prevention Exercise 10:30 am Senator Moore's Office Hours 11:45 am Lunch 1:00 pm Pitch</p>	<p>10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>11:30 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>21 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Mahjong 10:30 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch <i>Holiday Giving Tree Up</i></p>	<p>22 SHOPPING—Market Basket 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>23 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>24 Center Closed <i>Thanksgiving Day</i></p>	<p>28 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Mahjong 10:30 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>29 SHOPPING—Walmart 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Chef Lori Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>30 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>25 Center Closed</p>
											
				<p>IT'S A TURKEY SHOOT BINGO for meat, BINGO for holiday treats, BINGO for prizes, 50/50 raffle and much more....</p> <p>Where: American Legion Post 92, Delisle Goulet 60 Worcester Street, Grafton When: November 13th, 2016 Time: 1-4 pm</p> <p>Hosted by the Ladies Auxiliary, Post 92</p>							

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

I recently noticed that the Vintage Collection jewelry window outside of the Assessor's office had several viewers debating on what piece of jewelry was going to look best on who. I didn't stay long enough to see who actually won. The jewelry window is a popular place for conversations and gawking. Get ahead start on your Holiday shopping by visiting the Vintage Collection. Note that all funds from the purchases made go directly to the Senior Center.

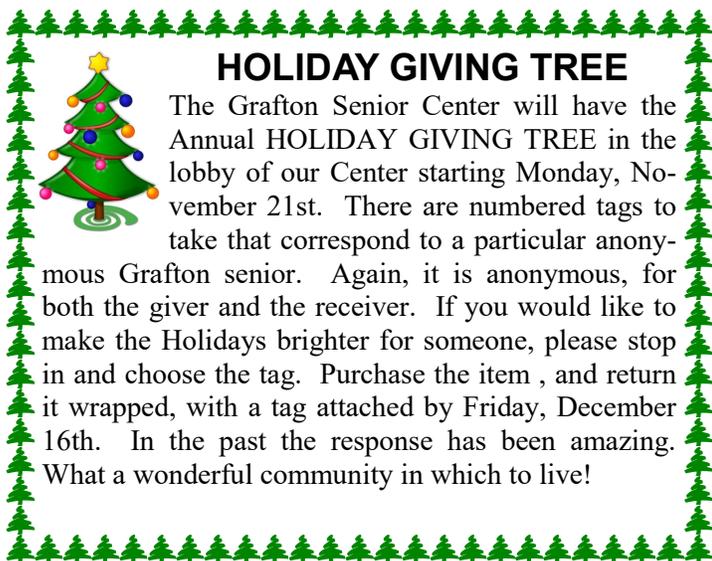
I was not happy the past few nights waking up to the sound of my oil burner running and pumping hot water through the baseboard. The sounds of dollars burning destroyed my sleep. Not much we can do about the weather at this time of year, except be prepared. Make sure your oil tank is full and your furnace has been serviced. Check for drafts from doors and windows. Remember if you need help with fuel assistance, contact Lisa Kelley at the Senior Center.

FOGE President Marsha Platt has been very active since taking charge, as well as all of the board members. They have been actively seeking funds to help seniors in need. The FOGE October luncheon was a huge success and is going to be an annual event. Please support the Friends of Grafton Elders.

The lunch crowd for Chef Lori is growing and everyone is sharing the news about the great food. I have been hearing nothing but rave reviews. Check out her menu and make a reservation. See what all the fuss is about.

Someone said, "The bad news is that time flies. The good news is you're the pilot!"

Stay healthy and safe!!



HOLIDAY GIVING TREE

The Grafton Senior Center will have the Annual HOLIDAY GIVING TREE in the lobby of our Center starting Monday, November 21st. There are numbered tags to take that correspond to a particular anonymous Grafton senior. Again, it is anonymous, for both the giver and the receiver. If you would like to make the Holidays brighter for someone, please stop in and choose the tag. Purchase the item, and return it wrapped, with a tag attached by Friday, December 16th. In the past the response has been amazing. What a wonderful community in which to live!



HOLIDAY PARTY
Thursday, December 8th
 Entertainment by singer Bill McCarthy (sponsored by Elderwood Home Care) - 10:30 am
 Chef Lori's catered lunch of smoked turkey, mashed potatoes, gravy, green beans almondine, rolls & butter, and a special dessert—11:45 am
 Cost—\$5.00/pp
MUST SIGN UP IN ADVANCE
SEATING IS LIMITED!!
 Please call 508-839-9242 to reserve your spot for this very popular event.

BLOOD PRESSURE CLINICS
 The blood pressure clinic will be offered every Thursday of the month at 11:30 am in the Bolack Room of the Senior Center, unless otherwise posted. **Volunteers are needed to check blood pressure.** Please check with the office for details.

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.

GIGGLES



A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup. As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then he poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap.

The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs. The old gentleman said, "Oh, no. We've been married for 50 years, and everything has always been and will always be shared, 50/50." The young man then asked the wife if she was going to eat, and she replied, "Not yet. It's his turn with the teeth."

From the Friends of Grafton Elders:

The Board of the Friends of Grafton Elders thanks everyone who supported our October luncheon. We were pleased to have the extended Paul family in attendance and are grateful for their friendship and support.

We again thank all of our sponsors: Washington Mills, Unibank, Gaudette Insurance, Homefield Credit Union, and Millbury National Bank. We also thank our raffle prize donors: Grafton Liquors, 5 Star Liquors, Mike's Mobil, Floral Elegance, Hunter's Tap and Grille, Red Rock Café, Perrault Nursery, Trader Joe's, Regal Movie Theater, Wong's Chinese Restaurant, Post Office Pub, Super Cuts, Valley Plaza Liquors, and Breakfast at Stephanie's. When you visit these businesses, please thank them for their support of programs for the seniors in Grafton.

As you may know, FOG E has initiated several new fundraisers. We have started a button battery collection box. For those who wear hearing aids, you know how quickly the spent batteries accumulate. This is a way to safely recycle them. Please save your batteries and put them in the boxes in the hallway at the Senior Center or in the Bolack Room. Also, please remember the SMILE program at Amazon.com when making purchases.

We are rolling out a calendar raffle with the drawings to be held in the month of February 2017. The calendars sell for \$10/ea. The purchasers will be entered to win a prize for each day in February. The amounts of the prizes are printed on the calendars so you will know what to expect when you win. The calendars can be purchased in the Senior Center office or from a FOG E board member. They are a good choice for Holiday presents or birthday gifts.

FOGE's next Board Meeting is Wed., Nov. 9th at 6:30 pm in the Craft Room at the Senior Center. We welcome visitors and suggestions.

Marsha Platt—President, Friends of Grafton Elders



CENTER CLOSED
VETERAN'S DAY FRI., NOV. 11TH & THANKSGIVING THURS., NOV. 24TH & FRI., NOV. 25TH
MONDAY, OCT. 10TH

PROPERTY TAX WORK-OFF APPLICATIONS WILL BE AVAILABLE AT THE SENIOR CENTER FOR FY18

This program allows qualified applicants to work-off up to 125 hours in property taxes a year. The new program begins November 1st, 2016 and runs through October 31st.

- COUNCIL ON AGING MEMBERS**
- William Drago, Chair • William Cutler, Vice Chair
 Marcella Benoit, Secretary
 Annette McCarthy, Peter Shay
 Nina Whiting, Ann Allia
- STAFF**
- Barbara Connolly, Director
 Nancy Malone, Office Manager
 Lisa Kelley, Outreach Worker
 Martha Charter, Van Driver
 Bryan Dudley, Van Driver
 Michele Malkasian, PT Activities Coordinator
 Lori Galvin, PT Cook
 Karen Kosiba, Meal Site Manager

TOWN OF GRAFTON
GRAFTON SENIOR CENTER
30 PROVIDENCE ROAD
GRAFTON, MA 01519