

# GRAFTON SENIOR GAZETTE

## *Grafton Council on Aging / Senior Center*



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

September 2016  
Vol. 14 Issue 9

### *“Linking Needs with Resources”*

#### **ATTENTION GRAFTON SENIORS WHO LOVE PIZZA**



Unibank is sponsoring a pizza luncheon for Grafton seniors on:

**Friday, September 2nd at 11:45 am**

Come socialize, enjoy pizza, and sherbet for dessert. Please make a reservation at 508-839-9242 by Wednesday, August 31st so enough pizza can be provided.

#### *Tour of Grafton Historical Society Museum*

**Wednesday, September 14th - 9:30 am-10:30 am**

The Grafton Historical Society Museum is full of artifacts, documents, and displays from Grafton’s manufacturing and farming days. There are also numerous personal items preserved, ranging from elegant ladies dresses and china, to civil war diaries and uniforms. There are brand new shoe samples from Grafton’s shoe factories, historically accurate dioramas of the mills and town center and even furniture manufactured in Grafton.

We will gather at the Senior Center at 9:20 am and travel to the museum for a one hour tour. Space is limited, so reserve your spot on the Shuttle by calling 508-839-9242.



#### **BINGO & LUNCH**

**Wednesday, September 21st  
Bingo-10:30 am, Lunch-11:45 am**

Grafton seniors join us for BINGO and then lunch provided by Chef Lori. Prizes are courtesy of FOGÉ.

Lunch price is \$3.00 paid in advance. Please call 508-839-9242 to make a reservation by Friday, September 16th.

#### **LION’S CLUB BINGO & BARBEQUE**

at Lion’s Club Pavilion located at 68 Brigham Hill Road, Grafton



**Wednesday, September 7th**

**Rain Date: Thursday, September 8th**

**Bingo 4:00 pm—Barbeque 5:00 pm**

Grafton Seniors come and enjoy BINGO and a barbeque with hamburgers, hot dogs, coleslaw, and dessert. Sorry no walk-ins. Reservations must be made by Friday, September 2nd by calling 508-839-9242.

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

#### **“Ask the Pharmacist”**

**Wednesday, Sept. 28th—10:30 am**



A registered pharmacist from the MCPHS University Pharmacy Outreach Program will be at the Senior Center to give a presentation on medication safety. Following the presentation, you will have an opportunity to ask questions and meet one-on-one with a pharmacist for your own medication review. This and all services provided by the Pharmacy Outreach Program are free-of-charge to all residents.

Please call 508-839-9242 if you plan on attending the program.

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, September 15th 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 \$5.00 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:

- Thursday, September 1st ..... BBQ Chicken
- Friday, September 2nd..... Cheese/Spinach Omelet
- Monday, September 5th..... Center Closed
- Tuesday, September 6th .....Greek Chicken
- Wednesday, September 7th ..... Meatloaf & Gravy
- Thursday, September 8th.....Turkey Pot Pie
- Friday, September 9th.....Breaded Fish
- Monday, September 12th..... Beef Stew
- Tuesday, September 13th .... Veggie Cheese Bake
- Wednesday, September 14th ..... Chicken Murphy
- Thursday, September 15th.....Salisbury Steak
- Friday, September 16th.....Spaghetti & Meatballs
- Monday, September 19th.. Chick/Saus. Jambalaya
- Tuesday, September 20th Meatballs w/Onion Gravy
- Wednesday, September 21st..... Pork Chow Mein
- Thursday, September 22nd.....Macaroni & Cheese
- Friday, September 23rd .... Fish w/Crumb Topping
- Monday, September 26th..... Hot Dog on Bun
- Tuesday, September 27th Salmon Boat/Dill Sauce
- Wednesday, September 28th ...Chicken Primavera
- Thursday, September 29th.....Beef Mediterranean
- Friday, September 30th.....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 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**—Thurs. 9:00 am-upstairs
- 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

**FALL PREVENTION EXERCISE CLASSES**

Good News!!! Thanks to funding from EOE, Fall Prevention exercise classes will begin starting Mon., Sept. 12th at 10:30 am and Wed., Sept. 14th at 9:30 am. They will continue every Monday and Wednesday thereafter.

Jessica Melo will be the instructor. Some of you will remember her when she was the fill-in instructor while Wendy was out. Come check out the classes for yourself!

**OUT TO LUNCH**  
**For Grafton Senior Residents**  
*Guiseppes Grill*  
**Tuesday, September 20th**

Grafton Senior residents, we're headed to Guiseppes Grill in Northborough. 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 \$3.00/pp.

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

**SENATOR MOORE'S OFFICE HOURS**

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, September 12th from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

**FREE MEDICAL VAN RIDES FOR THE MONTH OF SEPTEMBER**

**Courtesy of Dawn Geoffroy & Friends**

Free medical van rides will be available for the month of September for residents age sixty and older or disabled of any age courtesy of Dawn Geoffroy & Friends.

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

**September 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., September 6th—Target
- Tues., September 13th—Market Basket
- Fri., September 23rd—Christmas Tree Shop
- Tues., September 27th—Walmart



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



**Welcome Chef Lori Galvin**



The Senior Center has a new PT cook and her name is Lori Galvin. Lori has worked in the restaurant business for 30 years. She is a graduate of Salter College with a degree in Culinary Arts. She also has certificates in Management and Nutrition. She believes that nothing connects people like food does.

Lori will be preparing lunch meals twice a month at the Senior Center. For the month of Sept. she will be cooking on the 15th and 21st. The price will be \$3.00/senior and \$6.00/non senior. Reservations must be placed and paid for at least 2 days in advance. Starting in Oct. the dates and meal menu will be published in each month's newsletter.

**ZUMBA RETURNS**

ZUMBA is back starting Wednesday, September 7th at 11:30 am. Martha Convers will be ready to go so come join the fun. The class is free for Grafton seniors courtesy of FOG.

**FULLY CLOTHED**

**TABLE MASSAGE WITH JAMIE DUDLEY**

**Friday, September 9th—9:30 am-12:30 pm**  
**Friday, September 23rd—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!**

Wednesday, Nov. 16th, 2016—A "Silver Sizzle" Review featuring a splendid mix of dynamic song, thrilling dance performances and gut-busting comedy all performed by an 8 person cast who are age 50 and better. Trip includes a Holiday roast turkey dinner at Luciano's Lake Pearl in Wrentham, transportation, and show. \$89/pp.

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.

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

# 2016

# SEPTEMBER

**Monday**

**Tuesday**

**Wednesday**

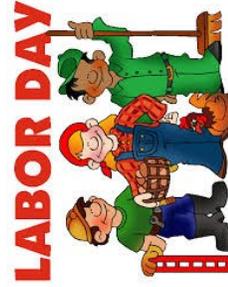
**Thursday**

**Friday**

**DON'T IGNORE YOUR MEDICARE MAIL!** It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15—December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call 508-839-9242 early to get a SHINE appointment during OPEN ENROLLMENT.

5

*Center Closed  
Labor Day*



6

**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

7

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  
**4:00 pm Lion's Club BINGO**  
**5:00 pm Lion's Club BBQ**

8

9:00 am Dup. Bridge  
10:30 am Senior Exercise  
11:00 am Blood Pressure Clinic  
11:45 am Lunch  
1:00 pm Yahtzee  
2:00 pm COA Meeting  
6:30 pm Pitch  
6:30 pm Stitch N Bitch

9

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

12

9:00 am Mat Yoga  
10:00 am Social Knitting  
10:30 am Fall Prevention Exercise  
**10:30 am Senator Moore's Of-**

13

**SHOPPING—Market Basket**  
9:00 am Nails  
9:30 am Scrabble  
10:00 am Organ Social

14

9:00 am Crafts  
**9:30 am Tour of Grafton Historical Society Museum**  
9:30 am Fall Prevention Exercise  
10:45 am Fall Prevention Exercise

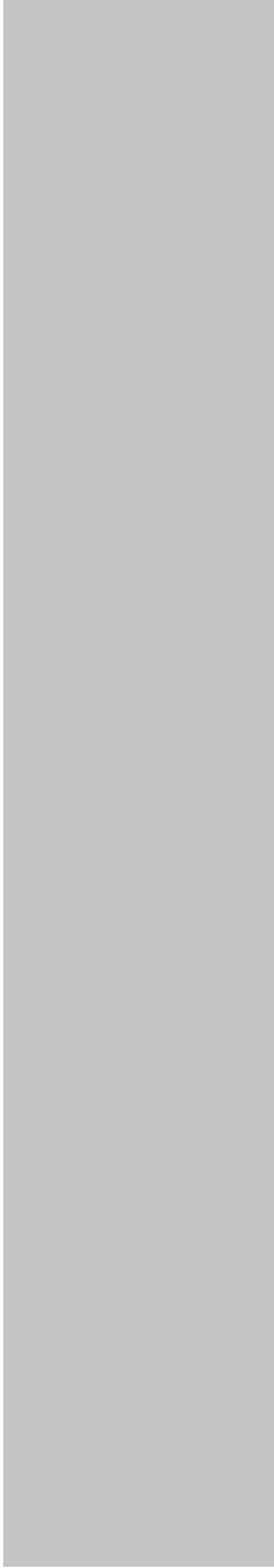
15

9:00 am Dup. Bridge  
**10:00 am Lisa Casillo, Edward Jones**  
10:30 am Senior Exercise  
11:00 am Blood Pressure Clinic

16

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

<p><b>Office Hours</b> 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>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>11:00 am Blood Pressure Clinic 11:45 am Lunch by Chef Lori 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch</p>	<p>1:00 pm Whist</p>
<p>19 9:00 am Mat Yoga 10:00 am Social Knitting <b>10:00 am Legal Clinic Carolyn Spring</b> 10:30 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch</p>	<p>20 <b>OUT TO LUNCH—Guiseppe's Grill</b> 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>21 9:00 am Crafts 9:30 am Fall Prevention Exercise <b>10:30 am BINGO &amp; Jacket Drawing</b> 10:45 am Jog Your Noggin 11:30 am ZUMBA 11:45 am Lunch by Chef Lori 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>22 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>23 <b>SHOPPING—Christmas Tree Shop</b> 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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### AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

“Furious” is my new name. I was having so many problems with my computer, and nothing was working. I was so furious and wanted to toss the computer out the window and then run over it with the car. Now if I had done that, I would have had to purchase a new one. Who’s to say that the problem wouldn’t occur with the new one? Now that my blood pressure is lower, perhaps I will make another attempt to get it to work.

I hear good things are happening with FOGÉ. Members are receiving new cards, and Marsha is busy spreading the work to sign up new members. FOGÉ sponsored the recent BINGO and pizza at the Senior Center which was a huge success. The Senior Center was packed with many happy faces. Prizes included gift cards to CVS, Dunkin Donuts, Bradishe’s, and lottery tickets to name a few. In fact, one lucky winner won \$200 on her lottery ticket. Congratulations! Thank you to FOGÉ for sponsoring the BINGO event and continuing to sponsor other events and the exercise programs at the Senior Center.

If you enjoy comedy, turn on your TV and watch the politicians in action. It is cheaper than paying for a movie and interesting.

Thank you to Stop & Shop for continuing to supply our Senior Center with the “day olds”. Remember to take one item and leave something for someone else. Filling up a shopping bag is not being very considerate.

Stay healthy and safe!!

#### 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.



#### BOOK REVIEW

This month’s review is for the book “The Girl on the Train” by Paula Hawkins. Check out Bev’s review which will be posted on the Senior Center bulletin board and outside the office.

### WANTED

#### SMALL HANDMADE HOLIDAY ORNAMENTS



Donations of small handmade Holiday ornaments are wanted for the Senior Center’s Craft Group Holiday sale tables in November and December. All proceeds from the Craft Group’s sales goes to the Grafton Senior Center.

Ornaments may be dropped off at the Senior Center office from Sept. 26th thru Oct. 26th.

Ornament donor’s names will be entered in special prize drawings to be held at the Senior Center’s Crazy Hat Halloween Party. Winners need not be present.

### SOCIAL KNITTING & CROCHETING

Mondays, September 12th, 19th & 26th

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.

### PODIATRY

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

Dr. B. will be offering podiatry services on:

Wednesday, October 26th—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



I called the Patent office about my solar powered clothes dryer. I said, “It doesn’t use any energy, none.” They said, “How did you make it?” I said with a rope and two trees.

They said, “Sounds like a clothesline.” I said, “What a great name. Do you mind if I use it?”

*Courtesy of June Merrick*

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An older man not in the best physical condition asked a trainer at a gym, “I want to impress a beautiful girl so which machine do I use?” The trainer replied, “The ATM outside.”

*Courtesy of Bill Drago*

**From the Friends of Grafton Elders:**

FOGE has had another active month at the Senior Center, and we appreciate all the new members. We have been busy collecting BINGO prizes and raffle items for the October 16th luncheon.

FOGE wishes to thank all the Grafton businesses who have supported our requests for BINGO prizes. Please visit our "gift givers" and thank them: Stop & Shop, Donut Star, Simple Church Zach and the Bread, Swirls & Scoops, Brandish's, Dunkin Donuts, Grafton Pizza, and King Jade.

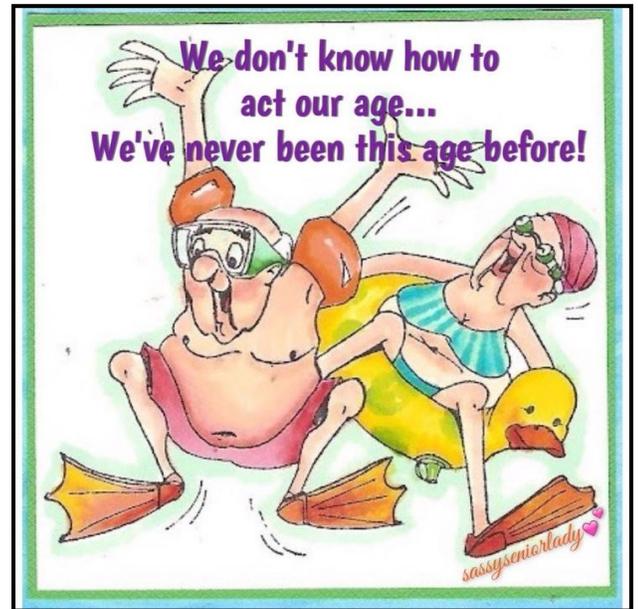
For our luncheon on October 16th we will be having a raffle. Here is a list of some of our donors: Perreault Nursery, Floral Elegance, Wong's Chinese Restaurant, Grafton Liquors, Valley Liquors, Post Office Pub, Red Rock Café, Mike's Mobil, Super Cuts, and 5 Star Liquors.

FOGE has enrolled in Amazon's Smile Program. If you buy books or other items on Amazon, FOGE will get a percentage of your purchase. Instead of logging onto Amazon.com, go to <https://smile.amazon.com/ch/04-2777020>. You can then make a purchase the way you always have done, but FOGE will get a donation. Every penny helps and with the Holidays coming up, you can help FOGE further. Thank you.

FOGE is planning to send out invitations for the Sunday, October 16th luncheon the first week in September. Please watch for it. The luncheon will take place at noon at the Grafton Inn.

FOGE's next Board Meeting is Wed., Sept. 14th at 6:30 pm in the Craft Room at the Senior Center. Everyone is welcome to attend. If you would like to add an item to the agenda, please let me know immediately.

Marsha Platt  
President, Friends of Grafton Elders



**CENTER CLOSED  
LABOR DAY  
MONDAY, SEPT. 5TH**

**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!

**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

**COUNCIL ON AGING MEMBERS**

- William Drago, Chair • William Cutler, Vice Chair
- Marcella Benoit, Secretary
- Annette McCarthy, Peter Shay
- Nina Whiting, Ann Allia

**TOWN OF GRAFTON  
GRAFTON SENIOR CENTER  
30 PROVIDENCE ROAD**