

GRAFTON SENIOR GAZETTE



Grafton Council on Aging / Senior Center

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

December 2015
Vol. 13 Issue 12

“Linking Needs with Resources”

HOLIDAY PARTY

Thursday, December 10th
Entertainment by singer Brad Ackland at
10:30 am

Catered Stuffed Roast Pork Lunch at 11:45 am
Cost—\$6.00/pp

 **MUST SIGN UP IN ADVANCE**
SEATING IS LIMITED!! 

Please call 508-839-9242 to reserve your spot at
this popular event.


**Please bring a non-perishable food item for the
Grafton Food Bank.**

SENIOR CENTER CHORUS AND MIDDLE SCHOOL CHORUS HOLIDAY PERFORM- ANCE

 **Friday, December 18th at 10:00 am** 

Come relax and enjoy the combined singing of the
Senior Center and Middle School Choruses.

Light refreshments will be served and there will be a
hot chocolate bar.

If you would like to attend this fun event, please call
the Senior Center at 508-839-9242. 

BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thurs-
day 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!

HOLIDAY GIVING TREE



The Grafton Senior Center will have the Annual
HOLIDAY GIVING TREE in the lobby of our
Center starting Monday, November 23rd. Unibank
is also having a Giving Tree for Grafton seniors
setup in their Grafton branch lobby, so be sure to
visit either location.

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. Pur-
chase the item, and return it wrapped, with a tag
attached by Tuesday, December 15th. In the past
the response has been amazing.

What a wonderful community in which to live!

FLOWER ARRANGING



Wed., December 9th @ 9:00 am

Denise Worden, owner of Sweetbriar Florist will be at
the Senior Center to help create a beautiful Holiday
arrangement using Boxwood.

The cost is \$15.00/pp. The Senior Center will be pay-
ing the additional \$5.00/pp. Space will be limited, so
be sure to sign-up early at 508-839-9242.

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:

- Tuesday, Dec. 1st..... Turkey a la King
- Wednesday, Dec. 2nd Meatloaf & Gravy
- Thursday, Dec. 3rdGreek Chicken
- Friday, Dec. 4th Breaded Fish
- Monday, Dec. 7thBeef w/Peppers & Onions
- Tuesday, Dec. 8thVegetable Cheese Bake
- Wednesday, Dec. 9th.....Chicken Mornay
- Thursday, Dec. 10th.....Meatballs w/Onion Gravy
- Friday, Dec. 11th Salmon w/Teriyaki Glaze
- Monday, Dec. 14th ... Chicken Sausage Jambalaya
- Tuesday, Dec. 15thSalisbury Steak
- Wednesday, Dec. 16th.....Pork Stir Fry
- Thursday, Dec. 17th.....Chicken Piccata
- Friday, Dec. 18th Lemon Pepper Trout
- Monday, Dec. 21st..... Hot Dog
- Tuesday, Dec. 22ndBaked Ham
- Wednesday, Dec. 23rd..... Chicken Cacciatore
- **Thursday, Dec. 24th..... Center Closed**
- **Friday, Dec. 25th..... Center Closed**
- Monday, Dec. 28th Roast Pork w/Gravy
- Tuesday, Dec. 29thChicken Fajitas
- Wednesday, Dec. 30thShepherd's Pie
- Thursday, Dec. 31st.....Bacon Omelet

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 9:00 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**—First & third Friday of every month at 1:30 pm
- YAHTZEE**—Thursdays at 1:00 pm
- ZUMBA GOLD**—Wednesdays at 11:10 am

Summit ElderCare presents:
**“Introduction to Depression and Some Tips
 for Handling It”**

Wednesday, December 2nd @ 10:30 am

The holidays and the winter season are just around the corner. This time of year can be a depressing time for many so come and learn strategies to alleviate depression.

The speaker is Paula Chauvin, Director of Outreach and Enrollment for Summit ElderCare, a PACE program sponsored by Fallon Health. She is a nurse and health educator who has been with the program for ten years and is often seen in the community presenting topics on disease prevention. Paula has a Bachelor’s degree in Nursing and a Masters in Education and Business Administration.

Please call 508-839-9242 to reserve a spot.

COOKIE BAKING & SWAPPING RECIPES



The Grafton High School Student Council would like to make cookies and swap recipes with a group of seniors on **Wednesday, Dec. 16th 12:20 pm-1:20 pm** in the Grafton High School kitchen. Recipes need to be submitted to the Senior Center office by Dec. 11th. All supplies will be provided by the students.

There are only a few spots available, so don't miss out. Contact 508-839-9242 if you are interested in helping make great cookies.

FREE

MEDICAL VAN RIDES

DECEMBER

Courtesy of the Friends of Grafton Elders

Through the generosity of the Friends of Grafton Elders we are able to offer free medical van rides for the month of December for Grafton residents age sixty and older and those disabled of any age.

Thank you Friends of Grafton Elders!!

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

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.

December

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., December 1st—Walmart**
- Tues., December 8th—Target**
- Tues., December 15th—The New Market 32**
- Fri., December 18th—Christmas Tree Shop**
- Tues., December 29th—Walmart**



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

TRIPS! TRIPS! TRIPS!

Thursday, December 31st, 2015—New Year’s Eve Day Trip to DoubleTree by Hilton in Leominster, MA. Jan Peters, cabaret performer, will provide a wonderful show that will make you smile & laugh in the New Year. You can also dance to the Tom LaMark Orchestra. Price includes transportation, lunch, show, orchestra, party favors, and Champagne Toast. \$89/pp.

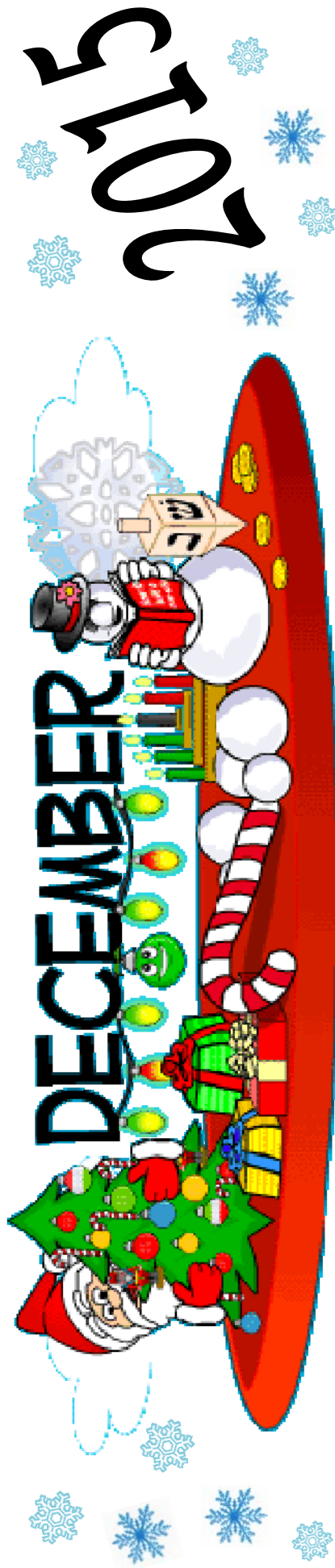
Thursday, February 11th, 2016—”From Bourbon Street to Boston” A Mardi Gras Celebration featuring Bobby Floyd & the Mardi Gras Band “Tarbone” at the Historic Bull Run Restaurant in Shirley, MA featured on Chronicle and The Phantom Gourmet. Price includes transportation, lunch and show. \$79/pp.

Thursday, March 10th, 2016—”The Young Irishers” perform at Venus De Milo in Swansea, MA. Trip includes transportation, show and luncheon. \$89/pp.

Tuesday, March 15, 2016—”The Making Of A President” JFK’s Presidential Library and Maggiano’s Little Italy. Your day starts at 8:30 am when you depart the Grafton Senior Center. You will then arrive at the JFK Museum for a tour and travel over to Maggiano’s Little Italy for a five course meal. You’ll return home at 5:00 pm. Cost is \$79/pp.

Tuesday, May 17, 2016—The Ultimate Tribute Show to Elton John and Billy Joel featuring Joey Riedel and Michael John at the Danversport Yacht Club in Danvers, MA. Includes transportation, luncheon and show. \$89/pp.

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



Monday

Tuesday

Wednesday

Thursday

Friday

1
****Don't forget Grafton Celebrates the Holidays on Sunday, Dec. 6th. The Craft Fair in the Grafton Municipal Gym is from 10:00 am—3:00 pm. The Senior Center crafters and ceramic group will have tables featuring many homemade items. For a small donation you can have a snack or lunch in the Senior Center Bolack Room courtesy of the Council on Aging staff.****

2
SHOPPING TRIP—Walmart
 9:00 am Dup. Bridge
 9:00 am Nails
 9:30 am Scrabble
 10:00 am Organ Social
 11:45 am Lunch
 1:00 pm Pitch
 1:00 pm Ceramics

3
 9:00 am Crafts
10:30 am Depression Presentation
 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

4
 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

5
 9:00 am Chair Yoga
 10:00 am Independent Painting
 10:00 am Singing
 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

7
 9:00 am Mat Yoga
 11:45 am Lunch
 1:00 pm Pitch

8
SHOPPING TRIP—Target
 9:00 am Dup. Bridge
 9:00 am Nails
 9:30 am Scrabble
 10:00 am Organ Social
 11:45 am Lunch
 1:00 pm Pitch
 1:00 pm Ceramics

9
9:00 am Flower Arranging
 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

10
 9:00 am Dup. Bridge
 10:00 am Piano Lessons
 10:30 am Senior Exercise
10:30 am HOLIDAY PARTY
 11:00 am Blood Pressure Clinic
 1:00 pm Yahtzee
 6:30 pm Pitch
 6:30 pm Stitch N Bitch

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

14
 9:00 am Mat Yoga
10:00 am Legal—Carolyn Spring
 11:45 am Lunch
 1:00 pm Pitch

15
SHOPPING TRIP—Market 32
 9:00 am Dup. Bridge
 9:00 am Nails
 9:30 am Scrabble
 10:00 am Organ Social

16
 9:00 am Crafts
 10:45 am Jog Your Noggin
 11:10 am ZUMBA
 11:45 am Lunch
12:20 pm Cookie Baking at

17
 9:00 am Dup. Bridge
 10:00 am Piano Lessons
10:00 am Lisa Casillo, Edward Jones
 10:30 am Senior Exercise

18
SHOPPING—Christmas Tree Shop
 9:00 am Chair Yoga
 10:00 am Independent Painting
10:00 am Chorus Performance

<p>10:30 am Senior Exercise 11:45 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>21 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>High School 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crown</p>	<p>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>11:45 am Lunch 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>
<p>22 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 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>23 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>30 9:00 am Crafts 10:45 am Jog Your Noggin 11:10 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns</p>	<p>24 <i>Center Closed Christmas Eve</i></p> 	<p>25 <i>Center Closed Christmas Day</i></p> 
<p>28 9:00 am Mat Yoga 11:45 am Lunch 1:00 pm Pitch</p>	<p>29 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 pm Lunch 1:00 pm Pitch 1:00 pm Ceramics</p>	<p>31 <i>New Year's Eve</i></p> 	<p><i>Welcome 2016</i></p>	

AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

If you received your flu shot and a few days later contracted a cold, it was not from the shot. I found this out by catching a cold and calling the doctor. He assured me that the shot did not cause my cold. Be sure to get your flu shot if you haven't done so already.

Many thanks to Senator Mike Moore for the amazing turkey lunch he served to 133 Grafton senior residents. Turkey, gravy, mashed potatoes, dressing, corn, cranberry sauce, roll with butter, and cake for dessert was served by the Senator himself. I heard from many that the meal was amazing, and they cannot wait until next year. The Senior Chorus also performed beforehand and ended with Al Sanborn singing "God Bless America". Thank you to everyone who helped to make the event a huge success.

There members of the Board of Selectmen, Jen Thomas, Bruce Spinney, and Craig Dauphinais, held a coffee hour at the Senior Center. The three selectmen answered questions from about 30 seniors and enjoyed pastries, fruit, and coffee. Many seniors are asking that such an event be repeated throughout the year. Thank you Selectmen!!

The Holidays are fast approaching. The Senior Center will have it's Holiday Giving Tree up in the lobby with tags on it for seniors who are in need or who could just use a little Holiday cheer. Unibank will also have a tree displayed in their Grafton branch lobby with gift tags for Grafton seniors. Thank you to everyone for thinking of Grafton seniors.

There is so much excitement happening at your Senior Center that you might be missing. Be sure to check out the Senior Gazette which is mailed to you free of charge. Most activities are free, yes free!! If you are not receiving your free copy of the Senior Gazette, please ask Nancy in the office to put you on the mailing list. You don't want to miss out.

Stay healthy, safe and warm!! Happy Holidays!!

**MEDICARE OPEN ENROLLMENT ENDS
DECEMBER 7TH!!**

If you want to change your MEDICARE plan, don't wait!!
Call 1-800-MEDICARE now!

Alzheimer's/Dementia Presentation

Monday, January 11th @ 10:00 am

Jadranka Grek, Program Manager of the St. Camillus Memory Care Neighborhood staff will be at the Senior Center to do a presentation on the following topics:

- Overview of the disease and what happens to the brain in different types of dementia.
- Better understanding of "their world" and how to improve non-verbal communication once verbal communication is gone.
- Symptoms such as wandering, aggression, paranoia, and how to avoid behavior issues connected with these symptoms.
- The importance of creating a therapeutic environment.
- Practical tips for caregivers to use during daily care in order to avoid or minimize behavior issues.

Please contact the Senior Center at 508-839-9242 if you would like to attend.

GIGGLES



Shortly before Christmas, a business man was anxious to get home. The business trip had been grueling and he was not in a particularly good mood. The airport loudspeakers blared Christmas carols he was sick of hearing. He thought their decorations were tacky. The worst decoration, he thought, was the plastic mistletoe hung over the luggage scale. Being in a grumpy mood, he said to the woman at the counter, "You know, even if I weren't married, I wouldn't kiss you."

"That's not what it's there for," said the attendant.
"It's so you can kiss your luggage goodbye."

Q: Did you hear that one of Santa's reindeer now works for Proctor and Gambel?

A: It's true. . . Comet cleans sinks?



**CARD MAKING CLASS
JUST IN TIME FOR VALENTINE'S DAY
Thursday, January 28th, 2016—9:30 am**

Claudia from Elderwood Home Care will be at the Senior Center to teach a card making class. Each student will make 4 cards with envelopes using ink stamps, paper and punches. The cost is \$5.00/student. (Typically these types of classes run \$20-\$25). Please call the Senior Center at 508-839-9242 to reserve a seat as the class size is limited.

REMINDER

When there is no school in Grafton, there is NO van service provided by the Senior Center.

If school is delayed, van service is delayed the same amount of time. For example: If there is a 2 hour school delay, van service will be delayed 2 hours from 8:30 am, the start time of the Senior Center. If in doubt about service availability, please call the Senior Center office.



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, December 17th 10:00 am.

- 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, Office Manager
 - Lisa Kelley, Outreach Worker
 - Martha Chartier, Van Driver
 - Kerry MacDougall Lewis, Activities Coordinator
 - Bryan Dudley, Van Driver
 - Karen Kosiba - Meal Site Manager

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