

GRAFTON SENIOR GAZETTE

Grafton Council on Aging / Senior Center



30 Providence Road • Grafton, MA 01519
Phone: 508-839-9242 FAX: 508-839-4125



June 2021
Vol. 19 Issue 6

“Linking Needs with Resources”



SENIOR CENTER REOPENING TUESDAY, JUNE 1st at Limited Capacity



No one can argue that this past year and a half has not been challenging. We've all managed to adjust our lives in order to remain safe. The good news is that the time has finally come for us to start to bring back some normalcy in our lives. The Senior Center will be opening June 1st at limited capacity.

The first programs that will be available are:

- Independent Painting
- Fall Prevention on Mondays & Wednesdays at 10:30 am
- ZUMBA—starting June 23rd
- Senior Exercise—starting June 22nd
- Social Knitting
- Writer's Group
- SHINE Appointments
- Ceramics
- Water-coloring



As comfort levels increase and restrictions lesson, additional programs will be added. We will continue to work with the Town and Board of Health to assure the safety of everyone.

SENIOR CENTER GUIDELINES STARTING TUESDAY, JUNE 1st

The following Senior Center guidelines **must** be followed while at the Senior Center:

- Masks are required to enter the building and if not vaccinated, must be always worn.
- Hands must be sanitized as you enter the building.
- Directions and signs in the building must be followed.
- Initially, there will be a maximum limit of 15 participants for all exercise programs.
- Pre-registration will be required for all scheduled exercise programs. For example: To attend an exercise class, you will need to sign-up a week in advance for only 2 classes the following week. Those on a waiting list will move to the top of the list the following week. No-shows will need to wait a week to sign-up again.
- Social distancing will be enforced for certain activities depending on whether a participant is vaccinated or not.
- Each person will need to check in at the MySeniorCenter kiosk.
- Windows will be open in program rooms to maintain air circulation.
- There will be no indoor dining at this time. Grab 'N Go meals will still be available.
- A tent will be set up outside for dining and certain activities weather permitting.

2021 GRAFTON ELECTION UPDATES



ANNUAL TOWN MEETING—POSTPONED TO JUNE 5th, 2021

Special Town Meeting begins at 11 am; Annual Town Meeting begins at 11:30 am—Grafton High School Football Field and Gymnasium.

Last day to register to vote for this Town Meeting was May 14th, 2021 at 8 pm (in person registration). (Updated due to Town Meeting postponement.)



SHOP LOCAL

Warmer days are on the horizon and with them comes outdoor seating at Grafton's many fine restaurants! After a cold and dreary winter, the Economic Development Commission wants to help give you a change to enjoy and support these local eateries. In partnership with businesses around town, the EDC has developed a program to help local businesses support local businesses! Locations around town, including banks, hardware stores, gift shops, and convenience stores, will be handing out gift cards around town when you shop local! Each store will have its own unique spending requirement to earn a gift card, so make sure to continue to Shop Local to increase your chances and support our fine local restaurants! To find a complete list of participating stores, visit www.graffton-ma.gov!

MEALS

Home Delivered or Dine at the Center

Meals are served Monday-Friday excluding holidays at the Grafton Senior Center at 11:45 am—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, June 1st..... Jambalaya
- Wednesday, June 2nd Potato Crunch Fish
- Thursday, June 3rd Baked Ham
- Friday, June 4th Garlic Herbed Chicken
- Monday, June 7th Chicken Pot Pie
- Tuesday, June 8th Hot Dog
- Wednesday, June 9th Stuffed Pepper Casserole
- Thursday, June 10th Turkey w/Supreme Sauce
- Friday, June 11th Cranberry Chicken Salad
- Monday, June 14th American Chop Suey
- Tuesday, June 15th Burger w/Chili & Cheese
- Wednesday, June 16th Ranch Chicken
- Thursday, June 17th Roast Pork Loin w/Gravy
- Friday, June 18th **No Meals Served**
- Monday, June 21st Shepherd's Pie
- Tuesday, June 22nd Greek Chicken
- Wednesday, June 23rd Meatloaf w/Gravy
- Thursday, June 24th ...Cheese Ravioli w/Meat Sauce
- Friday, June 25th Lemon Pepper Haddock
- Monday, June 28th Teriyaki Beef
- Tuesday, June 29th Vegetable Cheese Bake
- Wednesday, June 30th Chicken Milano



CENTER PROGRAMS

- **BLOOD PRESSURE CLINIC**—Every Thurs. 11:00 am
- **CERAMICS**—Tuesdays 2:00 pm
- **CHAIR YOGA**—Mondays at 1:00 pm: 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 1:30 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
- **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.
- **LINE DANCING**—Every Friday at 2:00 pm
- **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 10:30 am. Free of Charge for Grafton Seniors thanks to FOGE.
- **Medical Equipment Loan Closet**—crutches, wheelchairs, canes, etc.—just ask!
- **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
- **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 10:00 am (off for the Summer)
- **SOCIAL KNITTING**—Mondays 10:00 am
- **STRENGTH & STRETCH CLASS**—Thursdays – 12:30 pm
- **TAI CHI**—FREE FOR GRAFTON SENIORS THANKS TO FOGE– Fri. 10:00 am
- **Tax Work Off Program**—Call Barb Connelly for more info.
- **TRANSPORTATION**—Call the office for all the info!
- **WATERCOLORING CLASS**—Fridays at 2:00 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**—Tuesdays at 12:30 pm
- **ZUMBA GOLD**—Wednesdays 11:30 am



Need help paying for food? Here's what makes SNAP so special and unlike any other food assistance program in the country:

- Getting SNAP doesn't take anything away from anyone else.
- SNAP gives you the freedom to shop for your own food.
- You can use SNAP to buy food at most places groceries are sold.

The Grafton Senior Center is a SNAP intake site. You are able to apply or recertify for SNAP benefits at the Senior Center. It's all confidential.

Please contact the Senior Center at 508-839-9242 with any questions or to schedule an appointment .



GRAB 'N GO LUNCH

THROUGH ELDER NUTRITION

PAID FOR BY THE FRIENDS OF GRAFTON ELDERLY FOR THE MONTH OF JUNE

LUNCH IS SERVED! If there is a particular lunch that Elder Nutrition offers daily, you can order that meal and pick up at the kitchen door of the Grafton Senior Center between 11:00 am to 11:15 am on the day it is being served. You must make your reservation by noon at least 2 days in advance (weekend days not included) by calling 508-839-9242. Staff will be on hand to make sure your meal will be available when you arrive at the Senior Center for pickup.

The monthly menu is listed in each newsletter. Don't miss out on your favorite lunch meal! Call and make a reservation.



PODIATRY



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

Dr. B. will be offering podiatry services on:

Wednesday, July 28th— 1:00 pm

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all of your insurance cards and a list of medications you currently take.



Through the generosity of the school department, a tent is available outside the Senior Center Monday thru Friday 8:30 am-4:30 pm when there are no scheduled outdoor programs. Please call ahead 508-839-9242.

FREE MEDICAL VAN RIDES FOR THE MONTH OF JUNE 2021

Courtesy of Tufts University

Through a generous grant received from Tufts University, the Senior Center is able to offer free medical van rides for the month of June 2021 for Grafton residents age sixty and older, as well as those disabled of any age.

Thank you Tufts!

NEWS FROM SHINE



Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65.

If you have any questions, please call either the Central Mass SHINE Program office at 508-422-9931; or 1-800-243-4636; or the Senior Center office at 508-839-9242 to get in touch with a SHINE counselor. You may also email SHINE at info@shinema.org

MEDICAL LOAN CLOSET



The Senior Center is accepting limited Durable Medical Equipment. Please **DO NOT** drop off equipment at the Senior Center without calling first.

If you are in need of any equipment, please contact the Senior Center at 508-839-9242.



BOOKS & PUZZLES



Books and puzzles are available at the Senior Center. We have a great selection to keep you busy and your mind challenged!



FILE OF LIFE CARDS

Medical emergencies can happen at anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count—they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want called? What about contact information for family? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

Call the Senior Center at 508-839-9242 for yours!



Unfortunately, the Senior Center is unable to offer indoor table games at this time. Please check back periodically.

BOOK CLUB



Good News!! The Book Club is still reading. They email and have phone conversations discussing the books they have read. The library is once again helping people get the books they need to read for the Book Club. You can request a book by calling 508-839-4649.

The Book Club will be reading the following books in the months ahead:

June—*The House of Tyneford* by Natasha Solomons

July—*The Rainbow Comes & Goes* by Gloria Vanderbilt and Anderson Cooper

August—*The Exiles* by Christina Baker Kline

September—*The Island of Sea Women* by Lisa See

If you have any questions about the Book Club, please call June Hanam at 508-839-1220. The Book Club meets on the first Wednesday of the month at 10:30 am. If you need help getting on Zoom, email John Cameron at highkey@hotmail.com.

WANTED

MEALS ON WHEELS DRIVERS

Are you free once a month to volunteer from 10:30 am-12:00 pm? Drivers are needed to drop off meals to homebound elders. It's quite a rewarding experience. You can deliver once a week or once a month. Routes and meals are picked up at the Grafton Senior Center. Mileage reimbursement is available. Please contact Karen Kosiba, Meal Site Manager, for a volunteer application and a CORI form. If you have questions, please call Karen at the Senior Center 508-839-9242.

SENIOR CENTER TRANSPORTATION



The Grafton Senior Center is offering transportation. Medical appointments will take top priority and only one or two passengers at time will be allowed on the vans. Reservations for transportation **must** be made at least 48 hours in advance (weekend hours are not included). All passengers are required to wear masks at all times and sit in the appropriately marked seats. Drinking and eating on the van is prohibited. If a rider does not adhere to the guidelines, services will be cancelled immediately. As a precautionary measure, the vans will be sanitized after each trip. To avoid handling cash or passes at this time, all medical and in-town van rides will be free of charge thanks to Dr. Tina Theroux, the Friends of Grafton Elders, and Tufts University.

Thank You.
Thank You.



The Friends of Grafton Elders and the Senior Center thank Dr. Tina Theroux for her kindness, support and generosity she has been providing the Senior Center. It is so very much appreciated.

SENIORS: CHANGE DIRECTIONS & SHIFT GEARS

Leader: Lydia Bogar

Hello Friends and Neighbors!

Part of our resilience as "Town Elders" is knowing that there are times when we must ask for help; a little grocery shopping, a ride to and from a medical appointment, and the winter rituals of snow and ice removal.

If you haven't asked an adult child to clarify a bank statement, don't presume you can avoid that conversation.

Other times, we appreciate that our ability to "sniff" out a problem; a finely tuned skill probably taught by our mothers. Our generation seems well-versed in "sniff" detection (if you get my drift).

Last week while I was sitting in a Zoom class, my cell phone rang. Caller ID said it was my bank calling. My bank doesn't call me, so the call went to voicemail.

First a comment on voicemail. When the answering machine on my home phone died a violent death during a summer thunderstorm, I decided not to replace it, or engage the services of my landline provider. That left me with one operable voicemail. One is enough, sometimes more than enough.

There are numerous Grafton hijacked phone numbers that don't call me—Wyman Gordon, Tufts Vet School, Denholm's (how's that for a flashback). Someone left a message for me.

Later in the day, I listened to the voicemail and was startled to hear a message from a man whose name was not familiar to me, identifying himself as being from my bank and offering me "a unique offer." Yeah, sure. The number that he asked me to call was 774 exchange. Most 774 numbers are cell phones, or so I thought. Not likely to call a cell phone that claimed it was my bank.

A day later, I decided to pop into the bank, and inquire about the caller and the "unique offer". I asked my usual teller if John Doe worked there. She smiled and said, "Yes, he's in his office."

I walked over and told the gentleman my story, emphasizing that leaving me a 774-cell phone number was what frosted my suspicious cake. He gave me his card as I concluded my investigation.

The "unique offer" was not my cup of tea. I thanked him and left the building. The call was not a scam, but aren't I glad that I know the difference.

"Anyone who feels that they are the victim of identity theft or a scam may call our business line 508-839-5343," says Grafton Police Chief Norman Crepeau, Jr.



June



NON

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 Grab 'N Go Lunch 2:00 Ceramics	2 10:30 Fall Prevention 10:30 Book Club 11:00 Grab 'N Go Lunch	3 11:00 Grab 'N Go Lunch	4 10:00 Independent Painting 11:00 Grab 'N Go Lunch 2:00 Watercoloring
7 10:00 Social Knitting 10:30 Fall Prevention 11:00 Grab 'N Go Lunch	8 11:00 Grab 'N Go Lunch 2:00 Ceramics	9 10:30 Fall Prevention 11:00 Grab 'N Go Lunch	10 11:00 Grab 'N Go Lunch 1:00 COA Meeting	11 10:00 Independ. Painting 11:00 Grab 'N Go Lunch 1:00 Writer's Group 2:00 Watercoloring
14 10:00 Social Knitting 10:30 Fall Prevention 11:00 Grab 'N Go Lunch <i>Flag Day</i>	15 11:00 Grab 'N Go Lunch 2:00 Ceramics	16 10:30 Fall Prevention 11:00 Grab 'N Go Lunch	17 11:00 Grab 'N Go Lunch	18 10:00 Independ. Painting 2:00 Watercoloring
21 10:00 Social Knitting 10:30 Fall Prevention 11:00 Grab 'N Go Lunch <i>Summer Begins</i>	22 10:30 Senior Exercise 11:00 Grab 'N Go Lunch 2:00 Ceramics	23 10:30 Fall Prevention 11:00 Grab 'N Go Lunch 11:30 ZUMBA	24 10:30 Senior Exercise 11:00 Grab 'N Go Lunch	25 10:00 Independ. Painting 11:00 Grab 'N Go Lunch 1:00 Writer's Group 2:00 Watercoloring
28 10:00 Social Knitting 11:00 Grab 'N Go Lunch	29 10:30 Senior Exercise 11:00 Grab 'N Go Lunch	30 11:00 Grab 'N Go Lunch 11:30 ZUMBA		



Father's Day Sudoku

Every row, column and mini-grid must contain the letters **F A T H E R**.
Don't guess - use logic

R					T
		T	E		
	R	F	T	H	
	T	H	R	E	
		E	A		
H					E

Did You Know This About the Month of June?

- June is derived from Juno, the goddess of marriage.
- June has its own beetle named after it. Called the June beetle, or June bug, it's normally only found within the months of May and June in the United States of America.
- There are a number of countries that celebrate their flag days during the month of June. Sweden celebrates its flag day on June 6th, the United States celebrates theirs on June 14th, and Denmark celebrates theirs on June 15th.
- Wimbledon, the famous English tennis tournament, is played in the month June.

Answers can be found on Page 6—No peeking until you finish the puzzle!!

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FRIENDS OF THE GRAFTON ELDERS

HELLO ALL!

It does look as if we may be nearing the end of our isolation.

Good news from Senior Center Director, not only is a tent going up, but we will be reopening to a small extent. Hooray!

Hopefully all of you are fully vaccinated so that we can proceed with caution without masks.

The FOGE board agreed to continue the free Grab 'N Go lunches. We have been shopping so there is plenty of extras available.

Stay tuned for more announcements.

Marsha Platt
Friends of Grafton Elders President

FIGHT THE BITE
PROTECT YOU AND YOUR FAMILY
AGAINST DISEASE CARRYING
INSECTS THIS SUMMER



PRACTICE THE 5 D'S

Dress in long sleeves and pants when possible. Cover up during periods of mosquito activity.

Dawn & **D**usk are mosquitoes most active periods.

Deet is an effective repellent. Follow label instructions. Use tick control products on pets and check them after outdoor activities.

Drain water from containers. Keep buckets, barrels, tubs and toys turned upside down or covered. Change water in pet dishes frequently.

Preventing Lyme Disease

Don't let a tick make you sick!
Make prevention part of your outdoor routine.



COVID-19 VACCINE

FACT

If you've had COVID-19, you should **STILL** get vaccinated.



The Friends of Grafton Elders are the fund-raising arm of the Grafton Senior Center. This organization helps support our seniors. Membership is \$10.00 per year and open to all ages including young and old alike. Please support this organization and forward any type of donation to: Friends of Grafton Elders, PO Box 186, Grafton, MA 01519 or the Grafton Senior Center, 30 Providence Road, Grafton, MA 01519. Please make checks payable to the Friends of Grafton Elders. Thank you!



SENIOR EXERCISE CLASSES



Senior Center exercise classes will temporarily continue to air on cable channels 191 Charter and 34 Verizon. The classes will air every day and new versions will be periodically added.

The schedule is as follows:

- ◆ 10:30 am—Balance & Fall Prevention class with Jessica
- ◆ 11:30 am—ZUMBA with Martha
- ◆ 12:30 pm—Stretch & Strength class with Jessica
- ◆ 2:00 pm—Line Dancing with Mary

Tune in and give it a try!

Answers to Father's Day Sudoku on page 5.

R	E	A	H	F	T
F	H	T	E	A	R
E	R	F	T	H	A
A	T	H	R	E	F
T	F	E	A	R	H
H	A	R	F	T	E

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

