



# Senior Soundings

February 2013



*The Newsletter of the Groton Council On Aging*  
*"We are in the Center of it all..."*

1-978-448-1170

163 West Main St. (Rt.225) Groton, MA 01450

gcoa@townofgroton.org

## Message From Martha



February is the month for LOVE.



This is the time to hug your family and friends and let them know how much you care. And, don't forget, that the senior center is a place for friendship. We look forward to your support and your participation in our programs.



For example we had a great time in January when we tried something new by serving lunch and then playing scrabble. After our taco lunch, there were two Scrabble games going with Louise Scimemi and Bev McDonnell as the winners. Please join us on Wednesday, February 6<sup>th</sup> when we host our next lunch and Scrabble afternoon serving sandwiches.

[gcoa@townofgroton.org](mailto:gcoa@townofgroton.org)

*Martha*

## Upcoming Events

**Special Women's Club Luncheon with Animal Adventures**  
**Seniors and Grandchildren Welcome!**  
**Wednesday, February 20<sup>th</sup> at 12:00 PM**  
Selectman's Hour at 11:00 PM



February's Women's Club Luncheon falls in the middle of school vacation week. For many seniors this is an opportunity to spend time with their grandchildren and even great-grandchildren. Don't choose between your favorite monthly senior center event and your family time, bring them along. The Women's Club will be treating us to a kid friendly meal of sausage and spinach pasta casserole served with wedge salad, garlic bread, and lemon chiffon pie for dessert. Then, the afternoon's entertainment will be a delight for both you and the kids! Animal Adventures, a traveling rescue zoo with an array of exotic animals. Children and seniors will learn about these animals and have the opportunity to touch some as well. **Sign-up at the front desk.**

**Lunch by Nashoba Tech with Genealogy Talk**  
**Wednesday, February 13<sup>th</sup> starting at 12:00 PM**

How often does a restaurant come to us. Well, the culinary students from Nashoba Tech cook for us at the senior center once a month. For February you may choose between baked meatloaf or fillet of sole Florentine. Both will be served with black bean soup, potato, vegetable and dessert. Following lunch Genealogist, Carol Conroy, will tell us how to get started looking up our family history. If you have ever been curious about who your ancestors are, come learn how easy it is to begin researching your family history and how you can do it without spending a dime. **Lunch costs \$10, optional \$2 Tip. Sign-up at the front desk.**

### New Puzzle Table at the Senior Center

Thanks to a suggestion and puzzle donation from Groton Senior, Chris Christie, we now have started a puzzle contest. Open anytime the senior center is open, come put in as many pieces as you can and write down your total. A \$5 scratch ticket will be given to whomever has put together the most pieces once the puzzle is completed.

**For a complete list of Senior Center Activities & Events:**  
**See Pages 4, 5 & 6**



### Mission Statement:

The Groton Council on Aging seeks to enrich the lives of Senior Citizens by providing opportunities for learning, leisure, creativity, health and fitness, information and referral, and social services.



## *Outreach Corner*, by Stacey Shepard Jones, Outreach Coordinator

Outreach Department 978-448-1170 email: [sjones@townofgroton.org](mailto:sjones@townofgroton.org)



### Outreach Department Mission

Assess the seniors of the town and find them the help they may need through information and referral, program development and advocacy. We strive to keep people in their homes for as long as possible. If you or someone you know needs some help, please call. Information shared with the outreach coordinator is confidential.



### Outreach Information

#### **Fuel Assistance Update from Stacey**

If you applied for Fuel Assistance and your benefits are close to running out, please call me. There are some additional resources that you might qualify for if you applied for fuel assistance through Community Teamwork, Inc. and received benefits from them. Don't keep your heat dangerously low! Stay warm and let us help. Even if you have not applied for Fuel Assistance, and run the risk of freezing this winter, give me a call. I can go through the guidelines and help with the application process. The Fuel Assistance program, and other means of support, are available for a reason: To keep seniors safe and warm this winter. If you are struggling I encourage you to call me at 978-448-1170. I am available at the Senior Center Monday through Thursday.



### Examples of Outreach Help & Information

- Chores
- Food Stamps
- Phone Wellness
- Transportation
- File of Life
- Fuel Assistance
- Home Delivered Meals
- Friendly Visits
- Declaration of Homestead
- RMV Disabled Placards

### AARP Tax Preparation Appointments

**For an appointment call the center at 978-448-1170.**

AARP offers free appointments at the Groton Senior Center to assist seniors with preparing their 2012 taxes. Appointments are available on the following Tuesdays in February and March beginning at 9:00 AM:

**February 15<sup>th</sup> & 29<sup>th</sup>, March 15<sup>th</sup> & 29<sup>th</sup>**

Bring the following documents to your appointment:

- Copy of previous year tax return
- W-2 forms from each employer
- All 1099 forms (1099-INT, 1099-Div, 1099-misc) showing interest and/or dividends
- Documents showing the original purchase price of your sold assets (stock) unless that info. is included in document from trading company
- Paid Social Security benefits? Bring SSA-1099
- Received a personal annuity? Bring your 1099R
- Forms indicating federal or Mass estimated tax paid
- Received Unemployment? Bring statements
- Paid for childcare? Bring Name, Employer ID, SSN
- Itemized Deductions? Bring list with receipts etc.
- MA Circuit Breaker? Bring applicable bills
- Proof of taxes/mortgage interest paid
- Itemized Medical Deductions? Bring list of expenses with receipts etc.
- Claiming Medical Mileage? List of dates & miles
- Social Security Numbers of all dependents

### SHINE

Serving the Health Insurance Needs of Elders

***Help!..My new Part D Plan  
doesn't cover all my Medications!!***

If you have a **new** Medicare Part D plan and have found that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary **OR** that has restrictions (prior authorization or step therapy).

A transition refill is only a temporary solution. Call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan).

If you are in the same plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2012, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

### SHINE Appointments

Volunteers offer free and confidential counseling on all aspects of health insurance to anyone on Medicare.

For an appointment contact the Senior Center at

78-448-1170.

## *Friends of the Groton Elders*

**By Nyola Vaillancourt,**

978-692-8608, nyolav@verizon.net, 1081 Lowell Road, Groton, MA 01450

Happy New Year – 2013! The Friends of Groton Elders and Merry Trippers wish you a healthy and prosperous New Year. Perhaps there is a day or extended trip we are featuring that will interest you.

**“Women of Ireland” Day Trip**, A special St. Patrick’s Day Show, Friday, March 15, 2013 at Venus De Milo in Swansea, MA. In the spirit of Riverdance and Celtic Woman and comprising the best performers within the Irish musical tradition, we will enjoy a wonderful blend of song, music and dance. Meal choices are Corned Beef and Cabbage or Baked Haddock. Price: \$81.00 includes transportation, luncheon, show, and driver’s gratuity. Sign up in the Senior Center lobby. Checks should be made out to: “Friends of Groton Elders” and sent to Nyola.

### **Merry Trippers Overnight Trips**

**Western Ireland**, 9 days/7 nights, May 26 - June 3, 2013. \$2329/person by credit card or \$2279 by cash/check.

**Boston to Bermuda**, aboard the Norwegian Dream for 8 days/7 nights. May 31-June 6, 2013. \$979 per person if cash or check, \$999 by credit card.

**Mackinac Island**, 9 day tour featuring Chicago, Green Bay, the Grand Hotel on Mackinac Isl. and Frankenmuth, August 18 - 26, 2013. Double \$2849.00.

**Lake Como & Switzerland**, featuring Lake Como, Saint Moritz, Bergamo, Lake Maggiore, The Borromean Islands, Milan and Lugano, September 21 - 29, 2013. \$2699/person by credit card or \$2649 cash/check.

*Sign up in the Senior Center lobby. Feel free to contact Nyola with any questions.*

### *Upcoming Winter Events*

#### **February**

##### **AARP Tax Prep**

Select Tuesday Mornings by Appointment

##### **Sandwich Lunch & Scrabble Game**

6<sup>th</sup> at 12:00 PM

##### **Veteran’s Breakfast**

11<sup>th</sup> at 10:00 AM

##### **Nashoba Tech Lunch & Genealogy Talk**

13<sup>th</sup> at 12:00 PM

##### **Women’s Club Luncheon with Animal Adventures - Grandchildren Welcome**

20<sup>th</sup> at 12:00 PM

##### **RI Flower Show Trip**

22<sup>nd</sup> Departs Senior Center at 9:00 AM

##### **Lunch (Pizza) & A Flick**

27<sup>th</sup> at 12:00 PM

### **March - Save the Dates**

Lunch & Scrabble - 6<sup>th</sup>

Nashoba Tech Lunch - 13<sup>th</sup>

Women’s Club Lunch  
& Singing Trooper - 20<sup>th</sup>

### *Instructor Spotlight*

#### **Susan Robbins,**

#### **Toning & Pilates Phase 1 Instructor.**




Susan would like to welcome you all to get fit with her help! She has been in the fitness industry for 33+ years, beginning at Gloria Stevens, a well know women's fitness chain, that was quite popular in the late 70's through the 80's. From there she moved on to personal training, and weight loss coaching which is what she enjoys the most.

She presently teaches a variety of classes in different recreation, continuing education, and senior centers in central MA, as well as traveling to client's homes as a personal trainer and coach. She is looking forward to working with you to reach your fitness goals no matter what they are: more energy, feel better, & stronger, or looking to reach a healthy weight.

She has two wonderful boys Brandon, who is 17 years old, a 3rd degree black belt in Kenpo Karate, as well as a certified instructor in the art. Also, a younger son, Justin who plays a lot of baseball; so she pretty much knows where every baseball field in central Mass. is! She has a B.A. in Music performance from UNH and am Certified by ACE, The American College of exercise! So, come join her at the Groton Senior Center on Tuesdays at either 9:00 AM or 4:30 PM for her Toning & Pilates Phase 1 class. See page 5 for more class details.

# February 2013

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <b>Jan. 28</b>   | <b>Jan. 29</b>   | <b>Jan. 30</b>  | <b>Jan. 31</b>   | <b>Feb. 1</b>  |
| 10:00 Groton Swim<br>11:30 Strength Training<br>12:00 Chicken Pesto<br>12:30 Cribbage<br>2:00 Quilting   | 9:00 <b>Pilates Phase 1</b><br>9:30 Bowling<br>10:00 Paint - One Stroke<br>11:45 Weight Watchers<br>12:00 Roast Turkey<br>12:15 WW Meeting<br>12:45 Hand & Foot<br>4:30 <b>Pilates Phase 1</b> | 10:30 Strength Training<br>HDM Teriyaki Chicken<br>12:00 <b>Lunch by Nashoba Tech</b><br>12:30 <b>Fraud Talk</b>  | 10:00 Yoga<br>12:00 Chili<br>12:45 Hand & Foot<br>2:00 Tai Chi   | VAN <b>DW Highway</b><br>10:00 Groton Swim<br>10:00 Strength Training<br>12:30 Bridge                                    |
| <b>4</b>   | <b>5</b>   | <b>6</b>  | <b>7</b>   | <b>8</b>   |
| 9:30 <b>COA Board Mtg</b><br>10:00 Groton Swim<br>11:30 Strength Training<br>12:00 Apricot Chicken<br>12:30 Cribbage<br>2:00 Quilting              | 9:00 <b>Pilates Phase 1</b><br>9:30 Bowling<br>10:00 Paint - One Stroke<br>11:45 Weight Watchers<br>12:00 Roast Turkey<br>12:15 WW Meeting<br>12:45 Hand & Foot<br>4:30 <b>Pilates Phase 1</b> | 10:30 Strength Training<br>HDM Beef Stew<br>12:00 Sandwiches<br>12:30 <b>Scrabble</b>   | 10:00 Yoga<br>12:00 Empanada<br>12:45 Hand & Foot<br>2:00 Tai Chi  | VAN <b>Lunenburg</b><br>10:00 Groton Swim<br>10:00 Strength Training<br>12:30 Bridge                                     |
| <b>11</b>  | <b>12</b>  | <b>13</b>   | <b>14</b>  | <b>15</b>  |
| 10:00 <b>Vet's Breakfast</b><br>10:00 Groton Swim<br>11:30 Strength Training<br>12:00 Turkey Chow Mein<br>12:30 Cribbage<br>2:00 Quilting          | 9:00 <b>Pilates Phase 1</b><br>9:30 Bowling<br>10:00 Paint - One Stroke<br>11:45 Weight Watchers<br>12:00 Roast Turkey<br>12:15 WW Meeting<br>12:45 Hand & Foot<br>4:30 <b>Pilates Phase 1</b> | 10:30 Strength Training<br>HDM Baked Lemon Fish<br>12:00 <b>Lunch by Nashoba Tech</b><br>12:30 <b>Genealogy Talk</b>  | VAN <b>Westford Plaza</b><br>10:00 Yoga<br>11:30 <b>Ask the Nurse</b><br>12:00 Chix Cordon Bleu<br>12:45 Hand & Foot<br>2:00 Tai Chi | VAN <b>Leominster</b><br>9:00 <b>RI Flower Show Trip</b><br>10:00 Groton Swim<br>10:00 Strength Training<br>12:30 Bridge |
| <b>18</b>  | <b>19</b>  | <b>20</b>   | <b>21</b>  | <b>22</b>  |
| <b>Closed</b><br><br><small>PRESIDENTS DAY</small>               | 9:00 <b>Pilates Phase 1</b><br>9:30 Bowling<br>10:00 Paint - One Stroke<br>11:45 Weight Watchers<br>12:00 Roast Turkey<br>12:15 WW Meeting<br>12:45 Hand & Foot<br>4:30 <b>Pilates Phase 1</b> | 9:00 <b>Book Club</b><br>10:30 Strength Training<br>11:00 <b>Selectmen's Hour</b><br>HDM Breaded Chicken<br>12:00 <b>Grandparent's Women's Club Luncheon</b><br>12:30 <b>Animal Adventure</b> | 10:00 Yoga<br>11:00 Indian Hill's Bach Lunch<br>12:00 Meatball Stroganoff<br>12:45 Hand & Foot<br>2:00 Tai Chi                       | VAN <b>Christmas Tree Shop</b><br>10:00 Groton Swim<br>10:00 Strength Training<br>12:30 Bridge                           |
| <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28</b>  | <b>March 1</b>   |
| VAN <b>Dolce Lunch Trip</b><br>10:00 Groton Swim<br>10:30 <b>Talk w/ Tom</b><br>12:00 Strength Training<br>12:30 Mushroom Chicken<br>2:00 Cribbage | 9:00 <b>Pilates Phase 1</b><br>9:30 Bowling<br>10:00 Paint - One Stroke<br>11:45 Weight Watchers<br>12:00 Roast Turkey<br>12:15 WW Meeting<br>12:45 Hand & Foot<br>4:30 <b>Pilates Phase 1</b> | 10:30 Strength Training<br>HDM Roast Turkey<br>12:00 <b>Pizza Lunch</b><br>12:30 <b>Movie: Won't Back Down</b>  | 10:00 Yoga<br>12:00 BBQ Meatballs<br>12:45 Hand & Foot<br>2:00 Tai Chi   | VAN <b>DW Highway</b><br>10:00 Groton Swim<br>10:00 Strength Training<br>12:30 Bridge                                    |

## Regular Scheduled Activities

### Fitness

**Groton Swim** - Mondays & Fridays, 10:00-11:00 AM

**Strength Training with Elaine** - \$3/class

Mondays at 11:30 AM

Wednesdays at 10:30 AM

Fridays at 10:00 AM

**Yoga** - Thursdays, 10:00 - 11:00 AM

MaryLu Hildreth, instructor - \$3/class

*Supported by the Friends of Groton Elders.*

**Tai Chi** - Thursdays, 2:00 – 3:00 PM

Jeff Coté, instructor - Fee: \$40 for 8 weeks.

**Toning & Pilates Phase 1** - Tuesdays, 9AM or 4:30 PM

Susan Robbins, instructor - \$96 for 8 weeks.

Boost your metabolism and burn more calories with this 60 minute class! This class is perfect for the first timer as well as, those returning to exercise, or fitness enthusiast! You will be given individual attention and different level choices of the exercise will be shown. Learn how to strength train safely for toning, revved up metabolism and prevention of osteoporosis. The second half of the class will focus on core conditioning, Pilates, for better posture, flatter abs and stronger backs. Bring with you a set of weights, a mat and water. Sign-up at the front desk.

**Weight Watchers** - Tuesdays

Weigh in at 11:45 AM - Meeting at 12:15 PM

Marianne Farrington, instructor

**Bowling** - Tuesdays, 9:30 AM at Harvard Lanes

### Arts & Crafts

**Hand Quilting Class** - Mondays 2:00 to 4:00 PM

Millie Cunningham, instructor Fee: \$25/month

**Painting Club** - Tuesdays 10:00 AM

(aka One Stroke) Drop in and Paint with others.

### Cards & Games

**Cribbage** - Mondays at 12:30 PM

**Bridge** - Fridays at 12:30 PM

**Hand & Foot** - Tuesdays & Thursdays at 12:45 PM

### **Coming for Lunch?!?!**

Please call the Senior Center  
24 hours in advance to reserve  
your meal. 1-978-448-1170



\$2.25 Donation

## On Going Events

### Groton Council on Aging Board Meeting

**Monday, February 4<sup>th</sup> at 9:30 AM**

Council meetings are open to the public.

On going - 1<sup>st</sup> Monday of the month.

### Sandwich Lunch & Scrabble

**Wednesday, February 6<sup>th</sup> at 12:00 PM**

This classic board game is making a comeback!

So, come play Scrabble at the senior Center instead of by your self, at the computer. For an added treat, enjoy sandwiches for lunch with the other players. The next Lunch & Scrabble will be Wednesday, March 6<sup>th</sup>. \$2.00 lunch donation.

### Veteran's Breakfast

**Monday, February 11<sup>th</sup> at 10:00 AM**

On going - 2<sup>nd</sup> Monday of the month.

### Ask the Nurse

**Thursday, February 14<sup>th</sup> from 11:30 -1 PM**

Sharon Fata, R.N. with Nashoba Associated Boards of Health will be on hand to check your blood pressure, or just answer your questions.

On going - 2<sup>nd</sup> Thursday of the month.

### Book Club

**Wednesday, February 20<sup>th</sup> at 9:00 AM**

On going - 3<sup>rd</sup> Wednesday of the month.

### Discussion Group with Tom Hartnett

**Monday, February 25<sup>th</sup> at 10:30 AM**

*Presented by the Friends of Groton Elders*

On going - 4<sup>th</sup> Monday of the month.

### Lunch and a Flick

**Wednesday, February 27<sup>th</sup> at 12:00 PM**

#### *Won't Back Down*

Two mothers ban together to fix their children's failing inner city school. Released to theaters in September of 2012 and stars Viola Davis, Maggie Gyllenhaal and Holly Hunter. Bring \$4 for PIZZA!

### Special Groton Public Library Program

#### **Drum Away the Blues!**

Relieving Stress through Percussion and Rhythm

**Tues. Feb. 19<sup>th</sup> 10:30 AM at the Library**

Join drummer/percussionist Craig Harris for a stress relieving morning of drumming and percussion. Using hand drums, percussion instruments, and vocal imagery, Harris gets the audience drumming. This program for all ages promotes positive thinking and creative expression! Made possible by a grant from the Groton Trust Funds Lecture Fund.

## Upcoming Trips

### Lunch Trip to Dolce's

**Monday, February 25<sup>th</sup> at 12:00 PM**

Dolce is a cozy Italian restaurant located next door in Pepperell. Lunch will be served with a soft drink and light dessert. Cost is \$13.50.

Choose Between:

- \* Grilled Chicken Panini with Soup or Salad
- \* Tuna Wrap with soup or salad
- \* Walnut & gorgonzola chicken salad
- \* Caesar Salad with grilled chicken
- \* Pizza Margarita
- \* Pizza Dolce



Take the COA van for \$3 or drive yourself. Van will begin home pick-ups at 10:45 AM and will depart the Senior Center at 11:30 AM.

**Sign-up at the Senior Center.**

### Curmudgeon and Friends Day Trips

**Trip to the RI Spring, Flower & Garden Show  
Friday, February 22<sup>nd</sup> - 9:00 AM to 4:30 PM**

Take a break from the winter and experience *Beautiful Gardens*, the theme for this year's RI Spring Flower & Garden Show. This show is less hectic than the Boston show but has proven to be just as inspiring and is celebrating it's 20th anniversary. Cost is \$36 for admission & transportation. Lunch is on your own.

Payment is required with sign-up. Checks payable to Jay Darrin. |  
**Sign-up at the Senior Center.**



## Transportation Information

### Groton COA Van Schedule

Groton Council on Aging Van was established to provide transportation to Groton Seniors in and around Groton and surrounding towns.

### Local Shopping/Medical/Social Trips

Mondays - Thursdays: 8:30 AM to 3:00 PM  
Fridays: 1:00 PM to 3:00 PM

### Special Shopping Trips

(A 4 person minimum may be required for shopping trips.)

**Thursday, Feb. 14<sup>th</sup>** Shopping around the new plaza in Westford

Fridays 9:30 AM - 1:00 PM:

- 1<sup>st</sup> Friday, Feb. 1<sup>st</sup>** Shopping on DW Highway, Nashua
- 2<sup>nd</sup> Friday, Feb. 8<sup>th</sup>** Shopping in Lunenburg including Wal-Mart
- 3<sup>rd</sup> Friday, Feb. 15<sup>th</sup>** Shopping in Leominster, Whitney Field Mall
- 4<sup>th</sup> Friday, Feb. 22<sup>nd</sup>** Trips around Christmas Tree Shop, Nashua

**The van can be used for:**

|             |                   |                       |
|-------------|-------------------|-----------------------|
| Shopping    | Banking           | Senior Center Visits  |
| Errands     | Visiting Friends  | Doctor's Appointments |
| Lunch Trips | Hair Appointments | Dental Appointments   |

**Round Trip Fees:** In-Town \$3.00      12 Ride Voucher \$30.00  
Out-of-Town \$4.00      12 Ride Voucher \$40.00

**Scholarships are available**

You are encouraged to make reservations 1 week in advance. Reservations will not be taken past 1:00 PM on the day prior to your trip. Call 978-448-1141 to schedule a ride. Special trips must be within 30 miles.



### Alternative Transportation Pepperell/Groton Road Runner Operated by the LRTA

1-800-589-5782

Must call at least 24 hours  
ahead of trip.

Out of Town Trips: \$1.50  
In Town Trips: \$1.00

**Mondays:** Shopping/Medical in Townsend / Leominster area.

**Tuesday/Wednesday/Thursday:** Shopping/Medical within Pepperell, Groton, Townsend, Ayer, Harvard, Westford.

**Friday:** Shopping trips to Pheasant Lane Mall. Medical trips to Lowell and Nashua.

**Contact the Road Runner or  
Senior Center for a more detailed  
Schedule.**

***In This Issue***

*Special Women's Club Lunch for Grandparents & Grandchildren  
AARP Free Tax Preparation Help  
Numerous Day Trips and Overnight Trips to choose From*

This newsletter is supported in part by the Executive Office of Elder Affairs.



Groton Council  
On Aging  
173 Main Street  
Groton, MA 01450  
978-448-1170

***Vital Numbers***  
Elder Affairs/ SHINE  
800-243-4636  
800-AGE-INFO (800-463-6262)  
TDD/TTY  
800-872-0166  
Elder Abuse Hotline  
800-922-2275  
Elder Abuse TTY  
800-922-2275  
Attorney General's  
Elder Hotline  
888-243-5337  
Social Security Admin.  
800-772-1213  
Medicare  
800-633-4227  
(800-med-icare)  
Medicare Fraud &  
Abuse Hotline  
800-368-5779

***Staff***

**Director**

Martha A. Campbell  
gcoa@townofgroton.org

**Outreach Coordinator**

Stacey Shepard Jones  
sjones@townofgroton.org

**Activities/Volunteer Co.**

Bethany Loveless  
bloveless@townofgroton.org

**Maintenance**

Alan Sinclair

**Van Driver**

Hal Burnett

**Selectmen Liaison**

Peter Cunningham

***COA Board of Directors***

**Chairman**

Frances Goldbach

**Vice Chairman**

Marie Melican

**Treasurer**

Carl Flowers

**Secretary**

Cindy Thompson

**Members**

George Faircloth  
Charlotte Carkin  
Maydelle Gamester  
Mildred Wells  
Vera Strickland  
Eddie Wenzell

***Wish List***

- Postage Stamps
- Large Plastic Soda Cups
- Diet & Regular Soda
- Scrabble Games
- Half & Half for coffee
- Paper Towels
- Wrapped Candies
- Decorative Napkins

*We appreciate your donations.*

***Thank You***

|                              |   |
|------------------------------|---|
| Board of Directors           | For giving their time and support                                 |
| Friends of the Groton Elders | Financially supporting select programs                            |
| Hannaford's                  | Bakery items on Tuesday   |
| Shaw's                       | Food for Veteran's Breakfast                                      |
| Blood Farm                   | Food for Veteran's Breakfast                                      |
| Patrolmen's Union            | Donation for the Veteran's Breakfast                              |
| Donelan's                    | Plastic bags for meals on wheels                                  |
| Groton Channel               | Producing the Senior Spotlight                                    |
| Louise & Frank Scimemi       | Scrabble Game   |
| Groton School                | Tea and coffee  |
| Anonyms                      | Dish towels, wrapped candy, cold cups, napkins and half and half. |
| Regan O'Brien                | Blood glucose monitor   |

*Thank you to all that give but wish not to be mentioned.*