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 6th when we host our next lunch and Scrabble afternoon serving sandwiches.

gcoa@townofgroton.org

Martha

Upcoming Events

Special Women’s Club Luncheon with Animal Adventures
Seniors and Grandchildren Welcome!
Wednesday, February 20th 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 13th 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
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.

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 15th & 29th, March 15th & 29th

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
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 Nayola with any questions.

Upcoming Winter Events

<table>
<thead>
<tr>
<th>February</th>
<th>Instructor Spotlight</th>
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<tr>
<td>AARP Tax Prep</td>
<td>Susan Robbins,</td>
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<td>Select Tuesday Mornings by Appointment</td>
<td>Toning &amp; Pilates Phase 1 Instructor.</td>
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<td>Sandwich Lunch &amp; Scrabble Game</td>
<td>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.</td>
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<td>6th at 12:00 PM</td>
<td>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, &amp; stronger, or looking to reach a healthy weight.</td>
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<tr>
<td>Veteran’s Breakfast</td>
<td>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 &amp; Pilates Phase 1 class. See page 5 for more class details.</td>
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<td>11th at 10:00 AM</td>
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<td>Nashoba Tech Lunch &amp; Genealogy Talk</td>
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<td>13th at 12:00 PM</td>
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<td>Women’s Club Luncheon with Animal Adventures - Grandchildren Welcome</td>
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<td>20th at 12:00 PM</td>
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<td>RI Flower Show Trip</td>
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<td>22nd Departs Senior Center at 9:00 AM</td>
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<td>Lunch (Pizza) &amp; A Flick</td>
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<td>27th at 12:00 PM</td>
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<td>March - Save the Dates</td>
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<td>Lunch &amp; Scrabble - 6th</td>
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<td>Nashoba Tech Lunch - 13th</td>
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<td>Women’s Club Luncheon</td>
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<td>&amp; Singing Trooper - 20th</td>
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By Nyola Vaillancourt,
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<thead>
<tr>
<th>DATE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Jan. 28</td>
<td>10:00 Groton Swim</td>
<td>9:00 Pilates Phase 1</td>
<td>10:30 Strength Training</td>
<td>10:00 Yoga</td>
<td>Feb. 1 DW Highway</td>
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<td>11:30 Strength Training</td>
<td>9:30 Bowling</td>
<td>HDM Teriyaki Chicken</td>
<td>12:00 Lunch by Nashoba Tech</td>
<td>10:00 Groton Swim</td>
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<td>12:00 Chicken Pesto</td>
<td>10:00 Paint - One Stroke</td>
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<td>10:00 Strength Training</td>
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<td>12:30 Cribbage</td>
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<td>2:00 Tai Chi</td>
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<td>12:30 Bridge</td>
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<td>2:00 Quilting</td>
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<td>9:30 Bowling</td>
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<td>HDM Teriyaki Chicken</td>
<td>HDM Baked Lemon Fish</td>
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<td>Feb. 1</td>
<td>10:00 Groton Swim</td>
<td>9:00 Book Club</td>
<td>10:00 Yoga</td>
<td>11:00 Indian Hill’s Bach</td>
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<td>10:00 Strength Training</td>
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<td>12:00 Meatball Stroganoff</td>
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<td>March 1</td>
<td>10:00 Groton Swim</td>
<td>10:30 Strength Training</td>
<td>10:00 Yoga</td>
<td>12:00 BBQ Meatballs</td>
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<td>10:00 Talk w/ Tom</td>
<td>12:30 Movie: Won’t Back Down</td>
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**Notes:**
- **COA Board Mtg:** January 4
- **Vet’s Breakfast:** January 10
- **Closed:** February 18
- **Dolce Lunch Trip:** March 25
- **Talk w/ Tom:** February 10
- **VAN DW Highway:** March 28
**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

**On Going Events**

**Groton Council on Aging Board Meeting**
Monday, February 4th at 9:30 AM
Council meetings are open to the public.
On going - 1st Monday of the month.

**Sandwich Lunch & Scrabble**
Wednesday, February 6th at 12:00 PM
This classic board game is making a comeback!
So, come play Scrabble at the senior Center instead of by yourself, at the computer. For an added treat, enjoy sandwiches for lunch with the other players. The next Lunch & Scrabble will be Wednesday, March 6th. $2.00 lunch donation.

**Veteran’s Breakfast**
Monday, February 11th at 10:00 AM
On going - 2nd Monday of the month.

**Ask the Nurse**
Thursday, February 14th 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 - 2nd Thursday of the month.

**Book Club**
Wednesday, February 20th at 9:00 AM
On going - 3rd Wednesday of the month.

**Discussion Group with Tom Hartnett**
Monday, February 25th at 10:30 AM
Presented by the Friends of Groton Elders
On going - 4th Monday of the month.

**Lunch and a Flick**
Wednesday, February 27th at 12:00 PM
*Won’t Back Down*
Two mothers band together to fix their children’s failing inner city school. Released to theaters in September of 2012 and stars Viola Davis, Maggie Gynenhaal and Holly Hunter. Bring $4 for PIZZA!

**Special Groton Public Library Program**
**Drum Away the Blues!**
Relieving Stress through Percussion and Rhythm
**Tues. Feb. 19th 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 25th 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 22nd - 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 its 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.**

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**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. 14th** Shopping around the new plaza in Westford

Fridays 9:30 AM - 1:00 PM:  
1st Friday, Feb. 1st Shopping on DW Highway, Nashua  
2nd Friday, Feb. 8th Shopping in Lunenburg including Wal-Mart  
3rd Friday, Feb. 15th Shopping in Leominster, Whitney Field Mall  
4th Friday, Feb. 22nd 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  
Out-of-Town $4.00  
12 Ride Voucher $30.00  
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.

**Contact the Road Runner or Senior Center for a more detailed Schedule.**
This newsletter is supported in part by the Executive Office of Elder Affairs.

**Wish List**
- Postage Stamps
- Large Plastic Soda Cups
- Half & Half for coffee
- Paper Towels
- Diet & Regular Soda
- Wrapped Candies
- Scrabble Games
- 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
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.