Message From Martha

Spring is almost here and like you, I cannot wait. I will be taking a vacation this month. I am heading to Florida, West Palm Beach my future home. This is a very exciting time for me. I am looking forward to the next chapter of my life.

With that being said, Bethany, Stacey, COA Board, and I are hard at work gathering information for accreditation. This information will be presented to NCOA (National Council on Aging, Inc) for accreditation approval. The five year plan and goals for accreditation are based on future needs. Note: Groton is one of the top ten towns in Massachusetts that have the fastest growing senior population. That speaks to the importance of having services, programs and support on aging in place. As a Council on Aging it is important to address future transportation, housing, and wellness issues to meet the needs of our growing senior population.

gcoa@townofgroton.org

Martha

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.

Upcoming Events

Lunch with the Groton Fire Department
Wednesday, March 6th starting at 12:00 PM
Join us on the 6th as the Groton Fire Department will be making their famous Firehouse Chili and corn bread to share with us here at the senior center. After lunch Groton Fire and EMT personnel will be reviewing the Files of Life, smoke detector, carbon monoxide detector, and other fire safety programs with us. The fire department will also be bringing gifts for all attendees. Special thanks to the Friends of the Groton Elders for helping to fund carbon monoxide detectors for seniors in need. Free Luncheon. Sign-up at the front desk.

Lunch by Nashoba Tech with Diabetes Talk
Wednesday, March 13th starting at 12:00 PM
March’s menu is so tasty, many have said they do not know which main dish to choose: baked stuffed shrimp or pork tenderloin with fig sauce. Both will be served with Caesar salad, potato, vegetable, and dessert. Following lunch the dietician from Nashoba Nursing Service and Hospice will be presenting information on living with diabetes. Lunch costs $10, optional $2 Tip. Sign-up at the front desk.

Women’s Club Luncheon with the Singing Trooper
Wednesday, March 20th starting at 12:00 PM
We know you have been waiting for it all winter! This special St Patrick’s themed lunch features corned beef and cabbage, complete with red potatoes, carrots, Irish soda bread, and mint chocolate chip ice cream with syrup for dessert. Lunch will be followed by the return of Daniel Clark, the Singing Trooper. One of our favorites, the trooper will be here to sing the tunes he is known for, especially those loved by leprechauns. Free Luncheon. Sign-up at the front desk.

Fun Luncheon - A Day in the life of a Boat Bum
Wednesday, March 27th starting at 12:00 PM
Spend an afternoon with Richard Meibers as he talks about his new novel, Falling Off The Wind, about sailing in the Caribbean. The book explores the world of a relatively unknown subculture, that of the "Boat Bums," those who have left the larger society to live on sailboats in places like the Caribbean and the South Pacific. To start this fun loving vibe off right, lunch will be delivery from McDonald’s. More details regarding lunch to come. Sign-up at the front desk.
AARP Tax Preparation

AARP offers free appointments at the Senior Center to assist seniors with preparing their 2012 taxes. Appointments available Tuesday, March 5th & 19th. Below are just a few of the suggested documents you should bring to your appointment. Once you make an appointment a more complete list will be provided to you.

- Copy of previous year tax return
- W-2 forms from each employer
- All 1099 forms (stock)
- Paid SS benefits? Bring SSA-1099
- Personal annuity? Bring your 1099R
- Federal/Mass estimated tax paid
- Unemployment? Bring statements
- Paid childcare? Name, Employer ID, SSN
- Deductions? Bring list with receipts etc.
- MA Circuit Breaker? applicable bills
- Proof of taxes/mortgage interest paid
- Medical Deductions? Bring list of expenses with receipts etc.
- Medical Mileage? List of dates & miles
- SSNs of all dependents

News from SHINE

Can I Enroll in a Medigap Plan Now?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment. Sign-up anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the “gaps” in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is $96.38/month and for a Supplement 1 is $182.00/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

Remember if you enroll in a Medigap Plan you will have to also enroll in a Medicare Stand Alone Part D Plan to cover your medications. Unlike Medicare Health Plans, Medigap Plans do not provide any drug coverage. If you have any questions regarding Medigap Plans you should speak with a SHINE Counselor by calling the senior center at 978-448-1170.
March 2013

Senior Soundings

Merry Trippers

By Nyola Vaillancourt,

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

Western Ireland: 9 days/7 nights, May 26th - June 3rd, 2013. $2,329 per person with credit card or $2,279 payment by cash/check. Durgan Travel Service is pleased to offer a wonderful 9 day / 7 night tour of the Emerald Isle of Ireland that will include a 3 night stay in Galway followed by 4 nights in Killarney with a complete sightseeing package of western Ireland and including expert tour guides, a full Irish breakfast each morning and sumptuous dinner each evening.

Boston to Bermuda: aboard the Norwegian Dream for 8 days / 7 nights. May 31st - June 6th, 2013. $979 per person if cash or check, $999 by credit card. Includes round trip transportation to Boston’s Black Falcon Pier, 7 night cruise with all meals, full use of all ship’s amenities, complete day and evening social and entertainment programs and complimentary bottle of wine per cabin.

Mackinac Island: featuring the Grand Hotel, August 18th – 26th, 2013. Per person double $2,849, single $3,799. Price includes transportation to/from Logan International Airport, roundtrip air, taxes, fees, and hotel transfers. This is 9 day tour includes Chicago, Green Bay, Wisconsin, Grand Hotel on Mackinac Island, MI, Frankenmuth, and Southfield MI. Experience architecture, museums, picturesque landscapes, and Victorian era resort life.

Detailed flyers and sign-ups located in the Senior Center lobby. Feel free to contact Nyola with any questions.

<table>
<thead>
<tr>
<th>Upcoming Spring Events</th>
<th>Volunteer Spotlight</th>
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<tbody>
<tr>
<td><strong>March</strong></td>
<td>Grace Llodra has been volunteering for us at the Senior Center since the beginning of December and is a double threat, that is she helps both in the kitchen as well as drives for Meals on Wheels. She offered to volunteer at the senior center because she loves the elderly and values outreach work. Grace and her family have lived here in Groton for 14 years and she has been married for 16. Her and her husband have two boys, ages 14 and 12 as well as a family cat. When the ground is not covered in snow you will find Grace gardening, one of her favorite hobbies. In addition she values a healthy life style, exercising and helping her family to eat right. Traveling and providing her children with new experiences is also important to Grace. Her picture is of her standing on the beach in Falmouth, MA. Over February vacation week the family also traveling together. So look for grace around town or at the Senior Center and say hi. She is a wonderful addition to our group of exceptional volunteers!</td>
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<td>Lunch with the Groton Fire Department 6th at 12:00 PM</td>
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<td>Mashantucket Pequot Museum Trip 28th departing at 9:00 AM</td>
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<td><strong>April - Save the Dates</strong></td>
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<td>Women’s Club Luncheon with Magic Show 17th at 12:00 PM</td>
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<td>Nashoba Tech Lunch with Haiti Orphanage Talk 24th at 12:00 PM</td>
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<td>Anheuser Busch Brewery Tour 25th departing at 9:30 AM</td>
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March 2013

HDM - Home Delivered Meal
WW Meeting - Weight Watchers Meeting
### Regular Scheduled Activities

**Fitness**

- **Ballroom Dancing:** Tuesday Evenings 7:00 to 9:00 PM 8 weeks 3/19 – 5/14, skipping 4/30 - $5/class/person  Instructors Louise and Don Moncreaff will begin with 2 step and waltz and move on to Latin and swing. Contact the Moncreaffs at 978-772-3956 for information.

- **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, 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

**On Going Events**

**Lunch and a Flick**

- **Wednesday, February 27th 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 Gyenhaal and Holly Hunter. Bring $4 for PIZZA!

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

- **Ask the Nurse**
  - **Thursday, March 14th from 11:30 - 1 PM**
  - Sharon Fata, R.N. with Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice will be on hand to check your blood pressure, or just answer your questions. March is a month that she will be prepared to test your blood sugar levels. On going - 2nd Thursday of the month.

- **Veteran’s Breakfast**
  - **Monday, March 11th at 10:00 AM**
  - Our speaker will be PA3 Ross Ruddell from the 1st Coast Guard District Public Affairs Office. PA3 Ruddell will be giving us an update on activities in the Coast Guard’s 1st District [northeastern US]. Breakfasts are free and open to the public. On going - 2nd Monday of the month.

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

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

**Cards & Games**

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

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

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

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**Supporting Activities**

**Fitness**

- **Ballroom Dancing:** Tuesday Evenings 7:00 to 9:00 PM 8 weeks 3/19 – 5/14, skipping 4/30 - $5/class/person  Instructors Louise and Don Moncreaff will begin with 2 step and waltz and move on to Latin and swing. Contact the Moncreaffs at 978-772-3956 for information.

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**Coming for Lunch?!?!**

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

**Lunch**

$2.25 Donation
### Curmudgeon & Friends Day Trips

**Mashantucket Pequot Museum**  
**Thursday, March 28th**  
9:00 AM to 4:00 PM  
This state of the art museum in Mashantucket, CT was built in 1998 and presents the rich history of the Mashantucket Pequot Tribal Nation. These innovative presentations include dioramas, informative films, and exhibits of traditional arts & crafts. On top of the indoor museum, there is a two acre, 18th century farmstead you may tour. Enjoy lunch on your own at the museum.  
The cost for the trip is $37; includes admission, tour and transportation.

**Anheuser Busch Tour & Outlets**  
**Thursday, April 25th**  
9:30 AM to 4:00 PM  
A tour of the brewery, with insight on all aspects of the process from ingredients to bottling. After the tour, spend time in the gift shop and take a trip to the stables to see the Clydesdales. With the new Merrimack Premium Outlets just down the street how can we not do a little shopping as well. Then, a relaxing lunch at Luna Caprese Italian Ristorante.  
The cost for the trip is $43; includes lunch and transportation. Tour is free.

**Thoroughly Modern Millie**  
At the Stoneham Theater  
**Wednesday, May 1st**  
11:00 AM to 5:30 PM  
A musical set in the 1920’s where Millie, a small-town girl, moves to NYC to find herself a man and marry for money! Winner of 6 Tony Awards, come experience the flapper lifestyle. Lunch will be at Felicia’s of the North End.  
The cost for the trip is $56; includes the show, lunch, and transportation.

*For All Trips: Sign-up at the Senior Center. Payment is required with sign-up. Checks payable to Jay Darrin.*

### 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

**Fridays**
9:00 AM - 1:00 PM Special Social & Shopping Trips  
(A 4 person minimum may be required for Friday Trips.)

1st Friday, Mar. 1st - Shopping on DW Highway, Nashua  
2nd Friday, Mar. 8th - Shopping in Lunenburg including Wal-Mart  
3rd Friday, Mar. 15th - Shopping in Leominster, Whitney Field Mall  
4th Friday, Mar. 22nd - Trips around Christmas Tree Shop, Nashua  
5th Friday, Mar. 29th - New Market Basket & Surroundings, Westford

The van can be used for:
- Shopping  
- Errands  
- Lunch Trips  
- Banking  
- Visiting Friends  
- Hair Appointments  
- Senior Center Visits  
- Doctor’s 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.

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

In This Issue

Four Special Wednesday Lunch Events

Ballroom Dancing Class Resumes for the Spring

Several Wonderful Day Trips to Choose From

Wish List

- Postage Stamps
- Cookies for coffee hour
- Decorative Napkins
- Half & Half
- Paper Towels
- Wrapped Candies

We appreciate your donations.

Thank You

Board of Directors
Friends of the Groton Elders
Hannaford’s
Shaw’s
Blood Farm
Patrolmen’s Union
Donelan’s
Groton Channel
Ellen Baxendale
Linda Hekkala
Jean Temple
Mr & Mrs Anonymous
Suzanne Kosler
Jim Hallet

For giving their time and support
Financially supporting select programs
Bakery items on Tuesday
Food for Veteran’s Breakfast
Food for Veteran’s Breakfast
Donation for the Veteran’s Breakfast
Plastic bags for meals on wheels
Producing the Senior Spotlight
Hand Cream
Cream
Candy for the front desk
Paper Towels, cold cups
Plates and cups
Decaf Coffee

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