The Season of Gratitude

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch the heavens. ~Johannes A. Gaertner

I was wandering through Barnes and Noble and was struck by the amount of books about gratitude. Why would we need so many books about being grateful? It seems it would be a natural emotion but the reality is sometimes we forget to be grateful. I myself was talking with my neighbor’s mother-in-law feeling sorry for myself because my son moved to California and I haven’t seen him in a year. I rambled on and on how I missed him and how I loved the days listening to all my kids breathing as they slept. After some time of self absorption I looked at her and my heart sank, I felt horrible, her son is in Afghanistan and I knew it. I forgot to be grateful. We have so much yet often we focus on what we don’t have or what we have lost. At the senior center I am grateful for the kindness of our members and their unconditional support of one another. Volunteers prepare and deliver meals, greet our guests, step in for program clean-up and lead our classes. We receive donations of food, paper products, decorations, program supplies and money. All of which help to grow our mission and enrich the lives of Groton’s senior citizens. We can’t do it alone and are very blessed by the support of a gracious community.

During this season of Thanksgiving may we all strive to live gratitude and touch the heavens. A blessed Thanksgiving to you all.

Kathy Shelp, Director

Gibbet Hill Holiday Dinner
Thursday, November 21  5:30 PM

Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free and only open to residents of Groton 60 and older. It is a ticketed event with limited seating. Tickets are available at the Senior Center beginning Monday, November 4th. Transportation can be provided from the COA or senior housing complexes, please contact the senior center to reserve your ride.

In the event you cannot get to the center to pick up your ticket or would like your meal delivered to your home, please call the center.

Entertainment for the evening will be former Platters singer, Tony Funches, ready to entertain us with Motown favorites.
Hi Everyone,

**Medicare’s Open Enrollment period is October 15, 2013 – December 7, 2013.** If you were not able to attend the “Medicare Boot Camp” presentation on October 10th, I have copies of the informational packets that were given out explaining any changes in costs, coverage, and benefits that will take effect next year. Please feel free to drop in or call me if you’d like a copy of these mailed to you. If you still have questions or concerns after reviewing the handouts, please call me and I will have our SHINE Counselor (Serving the Health Information Needs of Elders) contact you. If she is unable to help you over the phone, she will arrange to meet with you here at the Senior Center.

**New Fuel Assistance Applications and Recertification’s for 2013-2014.** This year’s fuel assistance season runs from November 1, 2013 – April 1, 2014. If you’re not sure whether or not you may qualify for fuel assistance, please call me or stop in and I can give you the eligibility requirements, income limits, and what income is counted. If you need assistance filling out the application, please feel free to call me and set up an appointment to do so.

**Winter is coming!!!!**

If you need sand for your steps and walkways, bring your buckets here and fill them up. The Highway Department will provide us with sand, and it’s available to all Groton senior residents. If you are a senior resident that does not drive and needs sand, please call us and we’ll have it delivered to you.

An **Emergency Preparedness Form** was mailed in all Groton Electric bills in August. If you are a senior citizen or disabled resident, please fill out the form and return it to me. In a severe weather emergency, the Groton Police, Fire, EMS or Outreach Department will try and contact you to make sure you are safe and have everything you need, i.e., heat, food medications, etc.

**Donations for ADDITIONAL Fuel Assistance for Groton Seniors.** With the economy as it is and with fuel prices constantly rising, the need for fuel assistance is more urgent than ever. Many senior residents that receive fuel assistance will run out long before the winter is over. Others keep their heat dangerously low in fear of running out. **Donations will only go to those senior residents that have already used and/or have run out of the Low-Income Home Energy Assistance Program (LIHEAP).**

If you would like to make a donation that will go towards additional fuel assistance for Groton seniors, you can make a check payable to: The Friends of the Groton Elders

P.O. Box 289
Groton, MA 01472

Memo: “Fuel Assistance”

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

**Outreach Department 978-448-1170 email: sjones@townofgroton.org**

- Chores
- Food Stamps
- Phone Wellness
- Transportation
- File of Life

**How We Can Help**

- Fuel Assistance
- Home Delivered Meals
- Friendly Visits
- Declaration of Homestead
- RMV Disabled Placards

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**Hearing Screenings**

1st Monday of the month
11am-1pm
By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.

**Sharing Our Losses**

November 12th
2nd Tuesday 9-10:30am

At times loss can become overwhelming. We feel it through the death of a loved one, moving from a long time home, loss of independence through physical or mental challenges. There’s no need to face these challenges alone, join us for support & understanding.
### Cultural Excursions
Please reserve your seat by calling the center or stop in and see us!

### Fort Deven’s Museum and Deven’s Grill
**Tuesday, November 19th**

<table>
<thead>
<tr>
<th>Depart the center at 10:30am</th>
<th>Cost: $4.00 with lunch on your own</th>
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</table>

The Fort DeVens Museum is a private non-profit organization dedicated to preserving and sharing the history of Camp Devens, Fort Devens. This is achieved through interpretive exhibits that showcase the stories of the men and women who lived, worked, and trained here. The museum uses photographs, uniforms, equipment, ephemera, and first-hand accounts to create a visual time-line beginning in 1917 and continuing to the present. Within this timeline, topics such as the 1918 influenza epidemic, the WWII Prisoner of War Camp, the Army Security Agency can be found; as well as broader themes of identity, love, loss, and courage.

### Day Trips
To ensure your place on the bus please sign-up at the senior center.

<table>
<thead>
<tr>
<th><strong>Tuesday, November 12</strong></th>
<th><strong>Thursday, December 12</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Yankee Candle</strong></td>
<td><strong>Bright Nights Forest Park</strong></td>
</tr>
<tr>
<td>Deerfield, Mass</td>
<td>Springfiled Mass</td>
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<tr>
<td>$49.00pp</td>
<td>$45pp</td>
</tr>
<tr>
<td>Depart the senior center at 8:45am and return 5:00pm</td>
<td>Depart the senior center at 3:00pm and return 9:30pm</td>
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<tr>
<td>Far more than just a candle store, it’s a special location where magic comes to life. From watching animated singing characters to celebrating Christmas year round, quite an unusual place.</td>
<td>Bright Nights is a unique long-standing tradition that attracts thousands of visitors each holiday season. Forest Park is set up with multitude of lights in incredible displays with music accompaniment. Dinner at Bernie’s Dining Depot is included. All their food is fabulous but the prime rib is amazing!</td>
</tr>
<tr>
<td>Lunch at Chandlers included.</td>
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### Friends of the Groton Elders & Merry Trippers

**By Nyola Vaillancourt,**

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

**COSTA RICA: 10 days/9 nights March 7-16, 2014** featuring beaches, volcanoes, tropical fruits and animals. This is the current “go-to” place for natural beauty and tropical adventure. Exotic birds will be the highlight of a cruise in the Tortuguero National Park followed by a visit to the Green Turtle Research Station. Included will be a volcano visit and cascading waterfalls and a butterfly garden. Hiking and exploring the tropical rain forest are among the scheduled activities. Please see the flier at the Senior Center for more complete information. Rates are $2369 pp with a credit card and $2319 pp for the discounted cash or check option.

**AZALEAS IN BLOOM, NATO FESTIVAL OF NATIONS & VIRGINIA INTERNATIONAL TATTOO, April 23-29, 2014.** This is a 7 day/6night bus tour with natural beauty and national pride as the highlights. Visit the famous Chesapeake Bay Bridge-Tunnel, Military Aviation museum, Virginia Beach and the NATO Parade of Nations with a flag raising where all 28 flags are presented with their national anthems played by the US Navy’s Fleet Forces Band. The Tattoo performance is a spectacle of military splendor- part parade, part theater and sometimes part circus. The Tattoo features bands and forms of drill display, regimental bands, drums and pipes, massed bugle ensembles and ends with fireworks to delight all ages. Norfolk Botanical Gardens, Virginia Beach and Norfolk Naval Station and on to Philadelphia to conclude our visit. Rates vary based upon the number of passengers, from $1499 - $1699. per person.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Gibbet Hill Tkts</td>
<td>10:00 Paint - One Stroke</td>
<td>10:00 Yoga</td>
<td>VAN</td>
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<tr>
<td>9:30</td>
<td>COA Board</td>
<td>11:00 Line Dancing</td>
<td>11:00 Scrabble</td>
<td>DW Highway</td>
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<tr>
<td>10:00</td>
<td>Groton Swim</td>
<td>12:00 Lunch: Breaded Chicken</td>
<td>12:00 Lunch: Chicken w/Tarragon</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>11:00</td>
<td>Hearing Screening</td>
<td>12:45 Hand &amp; Foot Pilates</td>
<td>12:45 Hand &amp; Foot</td>
<td>10:00 Groton Swim</td>
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<tr>
<td>11:30</td>
<td>Strength Training</td>
<td>4:30 Pilates</td>
<td>2:00 Tai Chi</td>
<td>12:00 Meatloaf</td>
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<tr>
<td>12:00</td>
<td>Lunch: Fish Sticks</td>
<td>7 PM Ballroom Dancing</td>
<td></td>
<td>12:30 Bridge</td>
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<td>12:30</td>
<td>Cribbage</td>
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<tr>
<td>2:00</td>
<td>Quilting</td>
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**November 2013**  
**HDM - Home Delivered Meal**

**Ask the Officer**  
Third Wednesday each month  
10am-12pm

The Council on Aging Liaison Officer, **Kevin Henehan**, will be on hand to answer your questions, problem solve and share in conversation. No appointment necessary, simply stop in! Please remember, in an emergency, please call the police department directly.

- **10:00** Groton Swim
- **10:00** Strength Training
- **12:30** Bridge

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**11**

- **8:40** Yankee Candle trip
- **9:00** Sharing Our Losses
- **10:00** Paint - One Stroke
- **11:00** Line Dancing
- **12:00** Lunch: BBQ Ribs
- **12:45** Hand & Foot
- **4:30** Pilates
- **7 PM** Ballroom Dancing

**12**

- **9:00** Book Club
- **10:30** Strength Training
- **12:00** HDM: Veggie Chili
- **12:00** Pizza and a Flick “Flight”
- **10:00** Yoga
- **11:00** Scrabble
- **11:30** Ask the Nurse
- **12:00** Lunch: Meatballs
- **12:45** Hand & Foot
- **2:00** Tai Chi

**13**

- **10:00** Yoga
- **11:00** Scrabble
- **11:30** Ask the Nurse
- **12:00** Lunch: Meatballs
- **12:45** Hand & Foot
- **2:00** Tai Chi

**14**

- **10:00** Groton Swim
- **10:00** Strength Training
- **12:00** Lunch: Chicken Alfredo
- **12:30** Bridge

**15**

- **10:00** Groton Swim
- **10:00** Strength Training
- **12:00** Lunch: Meatloaf
- **12:30** Bridge

**16**

- **10:00** Vet’s Breakfast
- **10:00** Groton Swim
- **11:30** Strength Training
- **12:00** Lunch: Meatballs
- **12:30** Cribbage
- **2:00** Quilting

**17**

- **10:00** Paint - One Stroke
- **10:00** Line Dancing
- **10:00** Creative Creations
- **10:30** Cultural Excursion
- **11:00** Line Dancing
- **12:00** Lunch: Turkey
- **12:45** Hand & Foot
- **4:30** Pilates
- **7 PM** Ballroom Dancing

**18**

- **10:30** Strength Training
- **10:00** Ask the Officer
- **12:00** HDM: Lasagna
- **12:00** Women’s Club lunch with vocalist Brown Wallens

**19**

- **10:00** Yoga
- **11:00** Scrabble
- **12:00** Lunch: Chicken Breast apricott
- **12:45** Hand & Foot
- **2:00** Tai Chi
- **5:30** Gibbet Hill

**20**

- **10:00** Groton Swim
- **10:30** Talk with Tom
- **11:30** Strength Training
- **12:00** Lunch: Roast Pork
- **12:30** Cribbage
- **2:00** Quilting

**21**

- **10:00** Paint - One Stroke
- **11:00** Line Dancing
- **12:00** Lunch: Broccoli Bake
- **12:45** Hand & Foot
- **4:30** Pilates
- **7 PM** Ballroom Dancing

**22**

- **10:00** Groton Swim
- **11:30** Strength Training
- **12:00** Lunch: Shaved Steak
- **12:30** Bridge

**23**

- **10:00** Groton Swim
- **11:30** Strength Training
- **12:00** Lunch: Crunchy Fish
- **12:30** Bridge

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**24**

- **10:00** Groton Swim
- **10:00** Strength Training
- **12:00** Lunch: Meatballs
- **12:30** Bridge

**25**

- **10:00** Groton Swim
- **10:30** Talk with Tom
- **11:30** Strength Training
- **12:00** Lunch: Roast Pork
- **12:30** Cribbage
- **2:00** Quilting

**26**

- **10:00** Paint - One Stroke
- **11:00** Line Dancing
- **12:00** Lunch: Broccoli Bake
- **12:45** Hand & Foot
- **4:30** Pilates
- **7 PM** Ballroom Dancing

**27**

- **10:00** Groton Swim
- **11:30** Strength Training
- **12:00** Lunch: Chicken Chili

**28**

- **10:00** Groton Swim
- **11:30** Strength Training
- **12:00** Lunch: Crunchy Fish
- **12:30** Bridge

**29**

- **10:00** Groton Swim
- **11:30** Strength Training
- **12:00** Lunch: Meatballs
- **12:30** Bridge
### Always Available
For more information and to register
please call or better yet, stop in and see us!

### Upcoming Events
Please reserve your seat by calling the center or stop in and register at the front desk.

#### Nashoba Tech Lunch
at the senior center

12:00pm    Wednesday, November 13th

Speaker: Community Legal Aid

Reservations due by Friday November 8
Did you know there is free legal aid available to those on Medicare, low income, or age 60 & older? A representative from Community Legal Aid will address the programs and services offered.

#### Veteran’s Breakfast
Monday, November 18    10:00am
This breakfast is open to all veterans and their guest. The speaker for the November 18th Veterans’ Breakfast will be Trisha Blanchet, Founder and President of Operation Delta Dog which is based in Chelmsford. Operation Delta Dog is a nonprofit with a mission to train service dogs for local veterans who suffer from Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD). All of their dogs are rescued from local shelters.

#### Groton Women’s Club Luncheon
12:00pm    Wednesday, November 20th
with Groton Vocalist Bronwen Wallens

Reservations due by Friday, November 15, 1pm
November’s menu will be a welcome reprieve from all that Turkey and Stuffing. Enjoy sweet & sour pork served over rice with pineapple slices, bread, and lemonade pie for dessert. This afternoon’s entertainment will then be Groton resident, Bronwen Wallens. She will be singing our favorites from the 40’s and 50’s. No cost however donations for Loaves and Fishes is requested. The entertainment is possible through a grant from the Groton Trust Nashoba Tech Lunch at the senior center

12:00pm    Wednesday, November 13th

Speaker: Community Legal Aid

Reservations due by Friday November 8
Did you know there is free legal aid available to those on Medicare, low income, or age 60 & older? A representative from Community Legal Aid will address the programs and services offered.

#### Creative Creations
Please register by calling the center or stop in and register at the front desk

**Tuesday, November 19**
10:00am

**Winter Wreath**
Cost: $3.00

Create your own holiday or winter wreath using a secret item! Keep it for yourself or give it away as a gift. You will be surprised at the ease of creation and beauty of the finished product!

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### Mondays

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>COA Board Meeting</td>
<td>9:30am</td>
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<tr>
<td>Groton Swim</td>
<td>10:00am</td>
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<tr>
<td>Vet’s Breakfast</td>
<td>10:00am</td>
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<tr>
<td>Talk with Tom - Current Events</td>
<td>10:30am</td>
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<tr>
<td>Hearing Screenings</td>
<td>11:00am</td>
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<tr>
<td>Strength Training - $3 per class</td>
<td>11:30am</td>
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<tr>
<td>Cribbage</td>
<td>12:30pm</td>
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<tr>
<td>Quilting</td>
<td>2:00pm</td>
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### Tuesdays

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Sharing Our Losses</td>
<td>9:00am</td>
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<tr>
<td>Creative Creations</td>
<td>10:00am</td>
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<tr>
<td>One Stroke Painting</td>
<td>10:00am</td>
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<tr>
<td>Line Dancing</td>
<td>11:00am</td>
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<tr>
<td>Hand and Foot Cards</td>
<td>12:30pm</td>
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<tr>
<td>Pilates Phase 1</td>
<td>4:30pm</td>
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<tr>
<td>Ballroom Dancing - $5 per class</td>
<td>7:00pm</td>
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### Wednesdays

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Book Club</td>
<td>9:00am</td>
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<tr>
<td>Strength Training - $3 per class</td>
<td>10:30am</td>
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<tr>
<td>Groton Women’s Club Luncheon</td>
<td>12:00pm</td>
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<tr>
<td>Pizza and a Flick</td>
<td>12:00pm</td>
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<tr>
<td>Nashoba Tech Lunch - $10</td>
<td>12:00pm</td>
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<tr>
<td>Holiday Celebrations</td>
<td>12:00pm</td>
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### Thursdays

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<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Yoga—$3 per class</td>
<td>10:00am</td>
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<tr>
<td>Scrabble</td>
<td>11:00am</td>
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<tr>
<td>and Blood Pressure Screenings</td>
<td>11:30am</td>
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<tr>
<td>Hand and Foot</td>
<td>12:30pm</td>
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<tr>
<td>Tai-Chi—$40 per 8 week</td>
<td>2:00pm</td>
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### Fridays

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping - $3 for van</td>
<td>9:00am</td>
</tr>
<tr>
<td>Groton Swim</td>
<td>10:00am</td>
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<tr>
<td>Strength Training - $3 per class</td>
<td>10:00am</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:30pm</td>
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</tbody>
</table>
Pizza and a Flick
Please reserve your seat by calling the center. Sponsored by Right at Home

Wednesday, November 6  12:00pm
“Flight”
This movie is rated R for brief nudity, language and drug use

Denzel Washington stars in this riveting and powerful nail biting thriller. Airline pilot Whip Whittaker (Washington) miraculously lands his plane after a mid-air catastrophe. But even as he’s being hailed for his heroic efforts, questions arise as to who or what was really at fault. Action packed, engrossing, powerful.

Wednesday, December 4  12:00pm
“The Great Gatsby”
Based on F. Scott Fitzgerald’s timeless literary classic this movie adaptation beautifully brings the tragic love story of Jay Gatsby and Daisy to life as seen through the eyes of Nick Caraway, Daisy’s cousin.

Ballroom Dancing
Tuesday Evenings  7:00pm
Only $5 per class, per person
Open to all skill levels
Instructors: Louise & Don Moncreaff
Experience all the standards
Waltz  Foxtrot  Rumba
Cha-cha  Swing  Tango
Merengue

Veterans, we need you!
Veterans Wall of Honor
We at the Council on Aging in Groton are so proud of our veterans and will display that pride by building a Wall of Honor here at the center with all of our beloved veterans.

We would love stories and pictures of your memories of times of service that you would like to share with us. Please complete the information below and send to us at 163 W Main Street, Groton, MA 01450 with a picture, drop them off at the center, or email them to us at sstgermain@townofgroton.org.

If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.

Name of Veteran

Name of person submitting information

Contact phone number

Veteran Rank

Branch of Service

Service Dates

Service Location

Please attach a memory or two you would like to share.

Reminder calls
For some events we may be using an automated phone system as your reminder for those that have registered for the program. The incoming number you will see on your phone is 617-440-3507.
Transportation Information

Groton COA Van Schedule

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  Shopping on DW Highway, Nashua
2nd Friday  Shopping in Lunenburg including Wal-Mart
3rd Friday  Shopping in Leominster, Whitney Field Mall
4th Friday  Trips around Christmas Tree Shop, Nashua

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.

Did You Know?

- A hot nutritious lunch is served Monday through Friday at the senior center and anyone over the age 60 is welcome. The lunch entrée is listed on our monthly newsletter calendar. We do need reservations therefore, please call us at least 24 hours in advance, 978-448-1170. There is a $2.25 contribution for each meal.

- The Council on Aging van can bring you to the senior center for programs. Please call our van line for your reservation, 978-448-1141. If you need assistance to pay the van fees we can help. Call Stacey, 978-448-1170. All information is confidential.