



# Senior Soundings

December 2013

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

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

1-978-448-1170

## *Did you ever want to be a TV producer ?*

Opportunities often come from the most unlikely places and in this case it's the Groton Channel. Courtesy of the Groton Channel's Director, Bob Coleman, seniors will have the chance to be trained operators of the cameras and equipment to produce the monthly COA program. Since my knowledge of this equipment is extremely limited I won't begin to try and explain the details of your new volunteer position however, I can tell you this; once a month Stacey, Stephanie and I film a program for the Groton Channel with Gina Marini as the host. We discuss upcoming events and programs at the senior center as well as services offered through our outreach department. Currently we record the program and then Gina will edit the materials to create an error free product (or one with limited errors at the very least). Now, the Groton Channel would like to film this as a "live feed", which would eliminate or reduce the editing process.

Your mission, should you choose to accept it, would be to manage the equipment during this process. I'm told it is not as difficult as it sounds and if you have an interest and are motivated then you will have no problems at all catching on! You can always arrange a time to talk to Bob at the TV station and see what it's all about before you committ to it.

We would love to have you join us. We have a great time filming and having our center members producing the program will make it very unique and special for Groton seniors. Please call me, I would love to discuss the possibilities.

*Kathy, COA Director*

### **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.

### **Staff**

#### **Director**

Kathy Shelp  
[gcoa@townofgroton.org](mailto:gcoa@townofgroton.org)  
[kshelp@townofgroton.org](mailto:kshelp@townofgroton.org)

#### **Outreach Coordinator**

Stacey Shepard Jones  
[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

#### **Activities/Volunteer Co.**

Stephanie St. Germain  
[sstgermain@townofgroton.org](mailto:sstgermain@townofgroton.org)

#### **Maintenance/Van Driver**

Alan Sinclair

#### **Van Driver**

Hal Burnett

#### **Selectmen Liaison**

Peter Cunningham

#### **Senior Liaison Officer**

Kevin Henehan

### **COA Board of Directors**

#### **Chairman**

Frances Goldbach

#### **Vice Chairman**

Marie Melican

#### **Treasurer**

Carl Flowers

#### **Secretary**

George Faircloth

#### **Members**

Charlotte Carkin  
Maydelle Gamester  
Mildred Wells  
Vera Strickland  
Eddie Wenzell

### **Scrapbooking**

**NEW**

This is open to adults of all ages  
2nd Wednesday every month

**December 11**  
**6:00pm**



Facilitator: Gail Chalmers

As much for the company and socialization as it is the scrapbooking! Everyone provides their own supplies and works with each other to create great memories.

Please feel free to stop by and see what  
it's all about.



***Outreach Corner***, by Stacey Shepard Jones, Outreach Coordinator  
*Outreach Department 978-448-1170 email: [sjones@townofgroton.org](mailto:sjones@townofgroton.org)*



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

**How We Can Help**

Chores  
Food Stamps  
Phone Wellness  
Transportation  
File of Life

Hi Everyone,

**Community Legal Aid**

Community Legal Aid is a wonderful resource that provides FREE civil legal services (in multiple languages) to those most in need. Senior and low-income residents can obtain free legal help in areas such as affordable housing, eviction, foreclosure, discrimination, wrongly denied medical benefits, wrongly denied unemployment benefits, employment discrimination, family medical leave issues, wrongly denied government benefits programs (TAFDC, EAEDC, SSI, SSDI, SNAP), non-contested divorces, and many other legal issues as well.

Community Legal Aid's main office is in Worcester. The office is open Monday-Friday from 9:00 am to 5:00 pm any their phone number is 508-752-3718. They also have an office in Fitchburg that has limited hours on Wednesdays. You can arrange to meet with them in Fitchburg by calling the Worcester number listed above and if necessary they will make arrangements to meet you in Groton.

**Winter is on its way!**

Snow and ice season is on its way so please prepare ahead of time and don't be caught off guard!!! Please stock up on the items you would need in a power outage such as medications, flashlights, batteries, bottled water, non-perishable foods, hand held can-opener, blankets, and make sure your cell phones are charged. Please keep in mind that the Senior Center is a Warming Shelter. If you lose your power and would like to come to the Senior Center and warm up after hours, please call the Groton Police at 978-448-5555. The Senior Center also has sand available for senior residents. Just bring a bucket, and we will help you fill it. If you do not drive, but need sand for your stairs or walkway, please call us and we will have it delivered to you.

**Fuel Assistance**

If you're having a difficult time paying for your heat, please call me. You may qualify for Fuel Assistance through Community Teamwork in Lowell. Please feel free to stop in or call me anytime!!

*Stacey*

**Sharing Our Losses—Bereavement Support**

December 10

2nd Tuesday 9-10:30am

The holidays can often bring about feelings of loss and isolation and at times it 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.

Facilitated by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

## Day Trips

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

**Thursday, December 12**

### Bright Nights Forest Park

Springfield Mass

\$45pp

Depart the senior center at 3:00pm and  
return 9:30pm

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!

**Monday, January 13**

### Omni Theater IMAX

Double Feature

Boston Museum of Science



### Rocky Mountain Express

Experience Canada's wilderness aboard a steam locomotive  
**Jerusalem**

Learn how it became the center of the world for 3 major religions and why it is important to so many different cultures.

Lunch at Cheers included  
\$44.00

The bus will depart the senior center at 9:00am  
and return 3:30pm

## Friends of the Groton Elders & Merry Trippers

2 Spring Getaways with NO flying required.

**By Nyola Vaillancourt,**

978-692-8608

1081 Lowell Road, Groton, MA 01450

nyolav@verizon.net

### 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 bugie 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.

### BOSTON TO BERMUDA CRUISE aboard NORWEGIAN CRUISE LINE "DAWN", May 16-23,


**2014.** Don't miss out on this opportunity to enjoy a spring time cruise for 8 days/7 nights at just \$919.00 per person paying by cash or check for an inside room. Transportation to the pier is provided from Groton and with the return. Freestyle cruising is resort casual. Freestyle dining allows alternative dining arrangements of your choice, casual or formal, couples or parties, early or late. Freestyle embarkation streamlined to make a guest friendly system. Destination Bermuda with its pastel cottages, powdery pink beaches and golf courses. Our port is King's Wharf with plenty for visitors to do and see, the Bermuda Maritime Museum and Bermuda Craft Market. King's Wharf is rich in Naval History. Hamilton and St. George are easily accessible by public transport. This cruise usually sells out quickly. Other cabin options are available and detailed on the flier.

**Full details are available in the flier located at the Groton Senior Center or by calling Nyola.**

Reserve : March 12, 2014 for the **Boston Flower Show**  
with the Friends of Groton Elders. Details in January

# Groton Senior Center Activities

## December 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 COA Board open meeting 10:00 Groton Swim 11:00 Hearing Screening 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	<b>3</b> 10:00 Painting Club 11:00 Line Dancing 12:45 Hand & Foot 4:30 Pilates	<b>4</b> 10:30 Srength Training 12:00 <b>Pizza and a Flick</b> 12:30 <b>Movie: Great Gatsby</b>	<b>5</b> 10:00 Yoga 11:00 Scrabble 12:00 Tai Chi 12:45 Hand & Foot	<b>6</b> VAN DW Highway Nashua 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<b>9</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	<b>10</b> 9:00 Sharing Our Losses 10:00 Painting Club 11:00 Line Dancing 12:45 Hand & Foot 4:30 Pilates	<b>11</b> 9:00 Book Club 10:30 Strength Training 12:00 Nashoba Tech Luncheon with Groton School Choir	<b>12</b> 10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse 12:00 Tai Chi 12:45 Hand & Foot 3:00 Trip: Bright Nights Forest Park	<b>13</b> VAN Walmart, Dollar Tree 10:00 Groton Swim 10:00 Strength Training
<b>16</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	<b>17</b> 10:00 Painting Club 11:00 Line Dancing 12:45 Hand & Foot 4:30 Pilates	<b>18</b> 10:00 Ask the Officer 10:30 Strength Training 12:00 Women's Club Luncheon with Groton-Dunstable High School Chours	<b>19</b> 10:00 Yoga 11:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	<b>20</b> VAN Loaves and Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<b>23</b> 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	<b>24</b> 10:00 Paint - One Stroke 11:00 Line Dancing 12:45 Hand & Foot 4:30 Pilates	<b>25</b> 	<b>26</b> 10:00 Yoga 11:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	<b>27</b> VAN Christmas Tree Shoppe 10:00 Groton Swim 10:00 Strength Training
<b>30</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	<b>31</b> 10:00 Painting Club 10:00 New Years Party BINGO! 11:00 Line Dancing 12:45 Hand & Foot 4:30 Pilates	<b>1</b> 	<b>2</b> 10:00 Yoga 11:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	<b>3</b> VAN DW Highway Nahsua 10:00 Groton Swim 10:00 Strength Training

joy  
 love  
 festive family  
 holiday light spirit merry laughter peace celebration  
 jolly



## Always Available

For more information and to register  
please call or better yet, stop in and see us!

### Mondays

COA Board Meeting (1st Mon)	9:30am
Open meeting	
Groton Swim	10:00am
Vet's Breakfast (2nd Mon)	10:00am
<i>Sponsored by Groton Police, Blood Farm and Shaws</i>	
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Hearing Screenings (1st Mon)	11:00am
Strength Training - \$3 per class	11:30am
Cribbage	12:30pm
Quilting	2:00pm

### Tuesdays

Sharing Our Losses (2nd Tues)	9:00am
<i>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</i>	
Creative Creations	10:00am
One Stroke Painting Club	10:00am
Line Dancing (on temporary hiatus)	11:00am
Hand and Foot Cards	12:30pm
Pilates Phase 1	4:30pm

### Wednesdays

Book Club (2nd Wed)	9:00am
Strength Training - \$3 per class	10:30am
Groton Women's Club Luncheon (3rd Wed)	12:00pm
with Entertainment	
<i>(Sponsored by Groton Trust Lecture Fund)</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Right at Home</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Scrapbooking	6:00pm

### Thursdays

Yoga—\$3 per class	10:00am
<i>Supported by the Friends of Groton Elders</i>	
Scrabble	11:00am
Ask the Nurse	
and Blood Pressure Screenings (2nd Thurs)	11:30am
<i>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</i>	
Tai-Chi—\$40 per 8 week	12:30pm
Hand and Foot	12:30pm

### Fridays

Shopping - \$3 for van	9:00am
Groton Swim	10:00am
Strength Training - \$3 per class	10:00am
Bridge (1st and 3rd Fri.)	12:30pm

## Upcoming Events

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

### Veteran's Breakfast

*Sponsored by the Groton Police Department,  
Blood Farms and Shaw's Market*

**Monday, December 9  
10:00am**

This month we will be sharing our wartime stories  
both overseas and on the homefront.  
Open to all Veteran's and their guests, head chef,  
Police Chief Donnie Palma will serve eggs,  
sausage, bacon and hash brown potatoes with other  
town employees following his lead. Please call the  
senior center for your reservation.

### Nashoba Tech Catered Lunch

at the senior center

Cost \$10 with \$2 optional tip

Wednesday, December 11<sup>th</sup>

Entertainment: Groton School Choir

#### Menu:

Prime Rib **or** Chicken Parmesan  
garlic bread and pasta  
Crescent salad & dessert.

*Please make your reservation by  
Friday, Dec. 6*



### Groton Women's Club Luncheon

open to everyone

Wednesday, December 18<sup>th</sup>

Entertainment:

Groton-Dunstable High School Choir

This afternoon's lunch will be meatballs in chili sauce  
served with jasmine rice, a mixed green salad, and  
baguette with ice cream and cream puffs for dessert.

*Please make your reservation by Friday, Dec. 13*



### Noon Year's Eve Celebration

December 31

10am Bingo 12pm Lunch

Cost: \$5.00

Why stay up until midnight when  
you can count down to noon at the Senior Center.  
Yes, you read it right; we are going to count down to  
12 in the afternoon! We will have the noise makers  
ready and sparkling cider chilled. Following the  
countdown will be lunch featuring a New Years  
favorite Chinese Buffet complete with chopsticks!  
BINGO for prizes at 10am.

*Please make your reservation by Friday, Dec. 27*

# Steph's Stuff Steph's Stuff

## Trip Buddies Program!

Want to go on a trip with us but don't want to go alone? No problem! Sign up for the "Trip Buddy" program when you register for your outing with us! Great to have a friend for the day to travel with, no need to go it alone anymore.

## Mahjong



Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the

Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards. We are starting a Mahjong group here at the COA and would love if you could join us! Please contact Stephanie St. Germain at (978) 448-1170 or [ssstgermain@townofgroton.org](mailto:ssstgermain@townofgroton.org).

## Bowling Bonanza!

Wii is a really fun video game that can be quite realistic at times, but you don't need your bowling shoes for this. Come to the center to practice and play as we are hoping to one day have tournaments with other local COA's. Go Groton COA! Please call the Senior Center at (978) 448-1170 to sign up.

## Pizza and a Flick

Please reserve your seat by calling the center or stop in and register at the front desk.  
Sponsored by *Right at Home*

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.

Wednesday, January 8 12:00pm

### "42 Story of Jackie Robinson"

In 1946, Branch Rickey (Harrison Ford) took a stand against Major League Baseball's infamous color line when he signed Jackie Robinson.

Robinson was forced to demonstrate tremendous courage, changing the world by changing the game of baseball.

Uplifting and inspiring.

## Groton Senior Center December Menu Daily 12:00PM

The Groton Senior Center offers a variety of opportunities for an afternoon lunch. Many of our meals are provided and subsidized by Montachusett Opportunity Council Elder Nutrition Program. We also provide options from Nashoba Technical High School, Groton Women's Club, Pizza sponsored by Right At Home and once in a month the COA staff cooks! Prices vary for each meal and are as listed below.

Reservations are necessary for all meals.

*Bon Appetite!*

- 2 Breaded Chicken \$2.25
- 3 Butternut Macaroni & Cheese \$2.25
- 4 Pizza! sponsored by *Right at Home* Free
- 5 Grilled Chicken Breast w/pesto \$2.25
- 6 Beef and Lentil Chili \$2.25
- 9 Roast Turkey with gravy \$2.25
- 10 Sweedish Meatballs \$2.25
- 11 *Nashoba Tech*: Prime Rib/Chicken Parm \$10
- 12 Roast Pork with Gravy \$2.25
- 13 Pasta with Bolognese Sauce \$2.25
- 16 Chicken Breast Marsala \$2.25
- 17 Pot Roast with gravy \$2.25
- 18 *Women's Club*: Meatballs in Chili Sauce Free
- 19 Teriyaki Chicen \$2.25
- 20 BBQ Beef Rib with Sauce \$2.25
- 23 Meatballs with Tomato Basil Sauce \$2.25
- 24 Chicken Breast w/ Lemon Piccata Sauce \$2.25
- 25 Happy Holidays! Building Closed
- 26 Chicken Kielbasa w/ Onions and Peppers \$2.25
- 27 Roast Turkey with gravy \$2.25
- 30 Chicken Broccoli Alfredo \$2.25
- 31 *New Years Celebration*: Chinese Buffet \$5
- 1 Happy New Year! Building Closed
- 2 Fish Sticks \$2.25
- 3 Breaded Chicken \$2.25

## Wish List

*We appreciate your donations.*

- Novelty Salt and Pepper shakers for our tables.
- Napkins—pretty ones, holiday ones, fun ones, anything you find that we can add to our Meals on Wheels deliveries.
- Coffee
- Candy for the reception desk

**Vital Numbers**

Elder Affairs/ SHINE  
800-243-4636  
(800-AGE-INFO)  
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

Groton Council  
On Aging  
173 Main Street  
Groton, MA 01450



## 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.)

**1<sup>st</sup> Friday** Shopping on DW Highway, Nashua  
**2<sup>nd</sup> Friday** Shopping in Lunenburg including Wal-Mart  
**3<sup>rd</sup> Friday** Loaves and Fishes  
**4<sup>th</sup> 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 calender. We do need reservations therefore, please call us at least 24 hours in advance, 978-448-1170. There is a \$2.25 contibution 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.