I love the visual of an artist sitting on a stool, easel in front of them, brush in hand while staring at a blank canvas. It is much the same as a writer pondering a blank sheet of paper. There is nothing so powerful and yet so intimidating as a clean canvas. The New Year is a time when we all make our resolutions and begin painting on our new canvas. We sit as the artist would looking off, conjuring images of what we would like our life to look like. Then comes the hard part, how do we get to where we would like to be? We can all imagine what we want but how do we get there. Change doesn’t come easily, it takes hard work. At the COA everyday is a clean canvas, the possibilities are endless. New program ideas abound, inspired by participants, volunteers, the community and our sister COA’s. We believe our biggest failure would be not trying something new, therefore we proceed with solid planning and enthusiasm always evaluating the final picture and always moving forward. I have no doubts about the picture we are painting, it is strong and vibrant but we can’t get there without you. Your input and participation fuels the staff’s energy and sets the pace for the future of the COA. We will get there through teamwork, cooperation and desire and we hope you will be part of our painting and we can share in yours.

Blessings for your New Year
Kathy Shelp, 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
kshelp@townofgroton.org

Outreach Coordinator
Stacey Shepard Jones
sjones@townofgroton.org

Activities/Volunteer Co.
Stephanie St. Germain
sstgermain@townofgroton.org

Maintenance
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

Chinese New Year Celebration
2014: The Year of the Horse
January 29th 12:00 PM
Cost: $5.00

Entertainment: Astologer Chris Flisher
The New Year’s festivities just keep rolling. This month we will be celebrating with a Chinese lunch. Chinese months are reckoned by the lunar calendar, with each month beginning on the darkest day. New Year festivities traditionally start on the first day of the month and continue until the fifteenth, when the moon is brightest. In China, people may take weeks of holiday from work to prepare for and celebrate the New Year. Celebrate with the COA and Astologer Chris Flisher who will expound on the Chinese astrology and horoscopes.
Hi Everyone,

I hope you all had a wonderful holiday season & Happy New Year!!! Please keep in mind you still have time to apply for Fuel Assistance. Fuel Assistance began November 1st, 2013 and runs through April 1st, 2014. If you think you may qualify, please call me for the gross annual income limits depending upon household size, and the documentation you will need in order to apply.

If you would like to make a donation to help seniors who have run out of their fuel assistance benefits through CTI, it would be greatly appreciated. Please put “Fuel Assistance” in the memo section of the check.

**Donations can be made to:**
The Friends of the Groton Elders  
P.O. Box 289  
West Groton, MA 01472

Winter is definitely here!!! If you need SAND for your stairs and walkway, bring your buckets here and we can help you fill them and put them in your cars. If you are a homebound senior and need sand delivered to you, please call us. It may take us a few days, but we will get a bucket of sand to you.

I will be out of the office from January 1st through January 13th. If you need to see me before, please call me and make an appointment now.

Stacey

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**AARP Tax Preparation**

Fridays, February 9 - March 28  
9am-11:15am  
AARP Foundation TAX-AIDE offers free tax help to low and moderate income taxpayers.  
Appointments are taken at 45 minute intervals and are filled on a first come first served bases.  
Please be sure to bring the following:  
— Last year’s tax returns  
— All W-2s  
— Social Security Statement  
— All 1099 documentations  
— Pension or annuity income  
— Federal income tax paid  
— All Miscellaneous income  
—Blank check (for direct deposit )  
— Social Security card  
Please call the senior center, 978-448-1170, to schedule your appointment

**Ask the Officer**

Kevin will join us for the Women’s Club Luncheon.  
Third Wednesday each month  
11:00am-12pm  
The Council on Aging Liasion Officer, **Kevin Henihan**, 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.

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TO ALL MEN THAT ATTENDED GIBBET HILL THANKSGIVING  
PLEASE CHECK YOUR COATS  
YOU MIGHT HAVE TAKEN THE WRONG ONE  
WE'RE LOOKING FOR A MEN'S BLACK WOOL/CASHMERE BLEND  
WE HAVE YOUR COAT
Day Trips
To ensure your place on the bus please sign-up at the senior center.

**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

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**5 Springfield Museums**
$48 includes admission, tour and lunch

**Wednesday, March 12, 2014**

Located on one five world-class
D’Amour Arts., the **George Smith Art Museum**, the Springfield
Science Museum, the Connecticut Valley Historical Museum
and the Museum of Springfield History. The Museums
Association is also home to the Dr. Seuss National Memorial
Sculpture Garden. We’ll have a guided tour at the Smith
Art Museum with free time to browse at our individual
choice of another. Between our tour and free time we’ll enjoy
lunch at the Blake House Café.

The bus will depart the senior center at 8:30am, returning 4:30pm

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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

**BOSTON FLOWER AND GARDEN SHOW**

Cost: $39 provides transportation and entrance to the show
Visitors will leave behind the gray days of winter and explore the show, themed “Romance in the Garden”, for tips and inspiration to create intimate and festive settings with new plants, designs and techniques in this year’s garden. The bus will depart Buckingham’s station at 9am and return approximately 4pm. Lunch is on your own.

**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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>Groton Swim</td>
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<td>Scrabble</td>
<td>Groton Swim</td>
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<tr>
<td>11:30</td>
<td>Line Dancing</td>
<td>Pizza and Flick</td>
<td>Groton Swim</td>
<td>Strength Training</td>
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<td>Strength Training</td>
<td>12:00</td>
<td>Movie: “42”</td>
<td>12:45 Hand &amp; Foot</td>
<td>12:30 Bridge</td>
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<td>12:30</td>
<td>Mahjng</td>
<td>Women’s Club Luncheon with</td>
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<td>Cribbage</td>
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<td>Jazz Musician Brian Kane</td>
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<td>2:00</td>
<td>Hand &amp; Foot</td>
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<td>Quilting</td>
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The daily lunch menu can be found on the next page.

January 2014

“January opens the box of the year and brings out days that are bright and clear.”

—Leland B. Jacobs
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
Groton Swim 10:00am
Vet's Breakfast (2nd Mon) 10:00am
Talk with Tom - Current Events (4th Mon)
  Sponsored by Groton Police
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
  Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Creative Creations 10:00am
One Stroke Painting Club 10:00am
Line Dancing 11:00am
Hand and Foot Cards 12:30pm
Mahjong 1:00pm
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
(Presented by Groton Trust Lecture Fund
Pizza and a Flick (Wed varies) 12:00pm
  Sponsored by Right at Home
Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
Holiday Celebrations (Wed. varies) 12:00pm
Scrapbooking 6:00pm

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

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
Quilting 1:00pm

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 on occasion the COA staff cooks! Prices vary for each meal and are as listed below.

Reservations are necessary for all meals.

Bon Appetite!

2  Fish Sticks $2.25
3  Breaded Chicken $2.25
6  Hot Dogs and baked beans $2.25
7  Grilled Chicken Breast w/gravy $2.25
8  Pizza! sponsored by Right at Home  Free
9  Soup Bar $2.25
10 Roast Turkey w/gravy $2.25
13 Chicken Breast w/red pepper pesto $2.25
14  Baked Ham w/raisin sauce $2.25
15  Women’s Club: Turkey Sausage Free
16  Soup Bar $2.25
17  Broccoli Bake $2.25
20  Building Closed
21  Teriyaki Chicken $2.25
22  Nashoba Tech: Stuffed Chicken or Haddock $10
23  Soup Bar $2.25
24  Lasagna w/ meat sauce $2.25
27  Roast Pork w/gravy $2.25
28  Fish Sticks $2.25
29  Chinese New Year-Chinese Buffet $5
30  Soup Bar $2.25
31  Turkey Chow Mein $2.25

Thursday Soup Bar
Please call the senior center for a reservation
$2.25

Each Thursday we offer a soup bar for lunch. This will include a soup base with your choice of additions including meat, pasta or potato, vegetables, cheese and other embellishments.

January 9th the bar will be available at no charge, come in and give it a try
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, January 13**
**10:00am**
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.
Speaker to be determined. Please call the senior center for your reservation.

---

**Groton Women’s Club Luncheon**
Open to everyone

**Wednesday, January 15**
**12:00PM**
**Entertainment:**
Jazz Musician Brian Kane
Jazz up your January by attending this luncheon with entertainment by Brian Kane. Brian is a Jazz musician who can play multiple instruments and has put together a show for us called, “Swing, Swing, Swing”. Prior to his show, lunch will be turkey sausage with red potatoes casserole served with scallo bread, spinach salad, and double chocolate cake dessert.
Please make your reservation by Friday, January 10

---

**Nashoba Tech Catered Luncheon**
at the senior center

**Wednesday, January 22**
**12:00PM**
**Speaker:** Clutter Control
With his upbeat and unique approach, Dave Downs explores the many reasons that our draws, closets and garages get filled with STUFF. Downs offers helpful hints for managing this difficult problem. Dave uses colorful stories throughout the talk to engage as well as inform the audience. You may recognize a part of yourself in these stories.
**Menu:**
Stuffed Chicken Kiev or Baked Stuffed Haddock
Please make your reservation by Friday, January 17

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**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, January 8**
**“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.

---

**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 in order to sign up.

---

**Mahjong Starting**
**January 14th, 2014**
**1pm**
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. Please contact Stephanie St. Germain at (978) 448-1170 or sstgermain@townofgroton.org if you would like to sign up.

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Transportation Information

Groton COA Van Schedule

Local Shopping/Medical/Social Trips
Mondays - Thursdays: 8:30am to 3:00pm
Fridays 9:00am - 1:00pm Special
Social & Shopping Trips
4 person minimum may be required for trips

1st Friday: DW Highway, Nashua
2nd Friday: Lunenburg including Wal-Mart
3rd Friday: Loaves and Fishes
4th Friday: 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 may not be taken past 1:00 PM on the day prior to your trip.

When you make your reservation please let staff know if you are transported by wheelchair.

Groton READS 2014

Please join us in reading and celebrating *The Art Forger* by Barbara Shapiro, a thriller sparked by the 1990 art heist at the Isabella Stewart Gardner Museum in Boston, for Groton READS 2014!

Kick-Off Event:
A bus trip for 30 people to the Gardner Museum on Wednesday, Feb. 26. Available on a first-come, first-served basis. Registration opens at 12 noon on Wednesday, Jan. 29, online at gpl.org. If attendees wish to purchase lunch at the café, $32 must be paid in advance by check. Preference given to Groton residents.

Grand Finale:
Author Barbara Shapiro will speak at the Groton Public Library on Tuesday, April 8, at 7 p.m.! No sign-up necessary.

Several other exciting events are being planned for March, so stay tuned!

Copies of the book are available at the Groton Public Library now.

Wellness Screening

Foot Screenings and Podiatry Appointments
February 10th
Appointments begin at 9am
Dr. Ayleen Gregorian has been practicing for 12 years and provides podiatry foot care to Groton’s residents here at the senior center. Cost is $25 per appointment payable to Dr. Gregorian.

Ask the Nurse
2nd Thursday of the month
January 9
11:30 - 1 PM
Sharon Fata, R.N. Town of Groton nurse will be on hand to check your blood pressure, or simply answer your questions.

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.