



Senior Soundings

January 2014



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

Hours: M-F 8:00am - 4:00pm

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

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COA Board of Directors

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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 astology and horoscopes.



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

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

AARP Tax Preparation

Fridays, February 9 - March 28
 9am-11:15am

AARP Foundatin 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 Henehan**, will be on hand to answer your questions, problem solve and share in conversation. No appoinmtment necessary, simply stop in!

Please remember, in an emergency, please call the police department directly



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

5 Springfield Museums

\$48 includes admission, tour and lunch

Tuesday, February 18



Located on one site downtown, the five world-class museums are the D'Amour Museum of Fine 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

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

Wednesday, March 12, 2014

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.

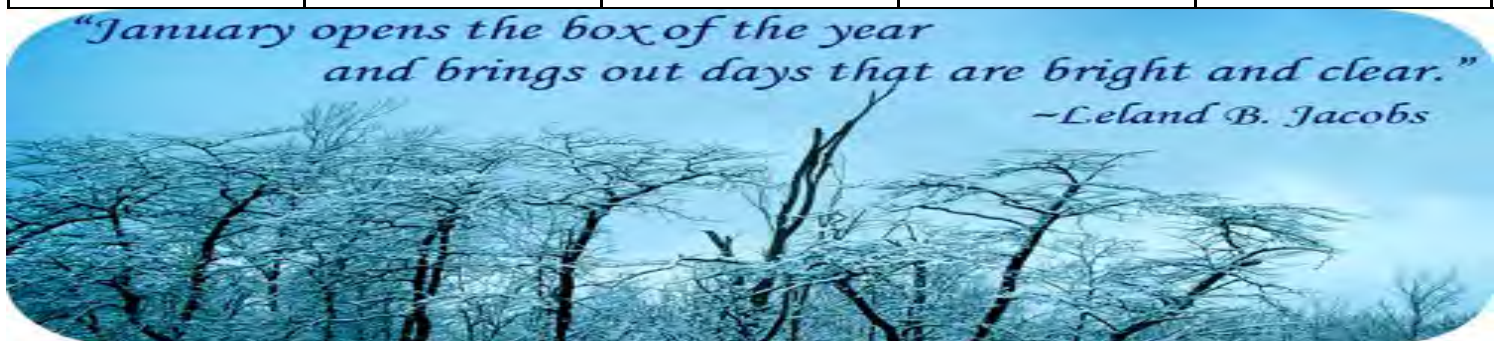
Don't miss out on this opportunity to enjoy a spring time cruise for 8 days/7 nights at just \$919.00 per person paying by cash or check for an inside room. Transportation to the pier is provided from Groton and with the return. Freestyle cruising is resort casual. Freestyle dining allows alternative 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.

Groton Senior Center Activities

January 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: #800000; color: white; padding: 10px; text-align: center;"> The daily lunch menu can be found the next page </div>			2 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 2:00 Tai Chi	3 VAN DW Highway Nashua 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
6 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	7 10:00 Painting Club 11:00 Line Dancing 12:45 Hand & Foot 4:30 Pilates	8 10:30 Strength Training 12:00 Pizza and Flick Movie: "42"	9 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 2:00 Tai Chi	10 VAN Walmart, Dollar Tree 10:00 Groton Swim 10:00 Strength Training
13 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	14 10:00 Painting Club 11:00 Line Dancing 1:00 Mahjong 12:45 Hand & Foot 4:30 Pilates	15 10:30 Strength Training 12:00 HDM: 12:00 Women's Club Luncheon with Jazz Musician Brian Kane	16 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 2:00 Tai Chi	17 VAN Loaves and Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
20 	21 10:00 Paint - One Stroke 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:30 Pilates	22 10:30 Strength Training 12:00 Nashoba Tech Luncheon Speaker "Clutter Control"	23 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 2:00 Tai Chi	24 VAN Christmas Tree Shoppe 10:00 Groton Swim 10:00 Strength Training
27 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	28 10:00 Painting Club 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:30 Pilates	29 10:30 Strength Training 12:00 Holiday Celebration Chinese New Year with Astologer Chris Flisher	30 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 2:00 Tai Chi	31 VAN Market Basket, Westford 10:00 Groton Swim 10:00 Strength Training



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) <i>Sponsored by Groton Police</i>	10:00am
Talk with Tom - Current Events (4th Mon) <i>Supported by the Friends of Groton Elders</i>	10:30am
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) <i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	9:00am
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) with Entertainment <i>(Sponsored by Groton Trust Lecture Fund)</i>	12:00pm
Pizza and a Flick (Wed varies) <i>Sponsored by Right at Home</i>	12:00pm
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Scrapbooking	6:00pm

Thursdays

Yoga—\$3 per class <i>Supported by the Friends of Groton Elders</i>	10:00am
Scrabble	10:00am
Ask the Nurse and Blood Pressure Screenings (2nd Thurs) <i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	11:30am
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

Groton Senior Center December Menu Daily 12:00PM

Please call the senior center for your reservation

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 Chicen \$2.25
- 22 Nahsoba 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

Steph's Stuff Steph's Stuff

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.

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.

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.

Wednesday, February 5

"The Big Wedding"

When their adopted son Alejandro announces his upcoming wedding, happily divorced parents Don (Robert De Niro) and Ellie (Diane Keaton) masquerade as if they were still married to stay on the good side Alejandro's conservative biological mother, and ensure that the wedding goes off without a hitch. Robin Williams, Susan Sarandon, co-star.

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 scali 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



Valentines Day
Celebration
with

**The Singing
Trooper**

Wednesday, February 12

\$10 (plus \$2 optional tip)

Lunch 12:00pm
prepared by Nashoba Tech
menu announced in February newsletter

Entertainment 1:00pm

Due to the anticipated attendance this event will be held at the Groton Country Club. Thank you to Bob Whalen, Country Club Director.

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

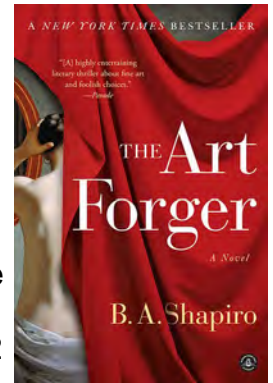
You are encouraged to make reservations
1 week in advance.

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.