



Senior Soundings

February 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

Dear Friends,

It's February, the month of presidents and love, two words that are historically not often used in the same sentence however, I'll refrain from political commenting. I'd much prefer to talk about love! Ben Franklin was quoted; "*Those who love deeply never grow old; they may die of old age, but they die young*". I'm a fan of Ben Franklin, he had love of life that encompassed a range of interests but if I were to get into Ben's head I'm betting he was commenting on romantic love or more appropriately, his love for women. As a great supporter of romantic love I place no judgment on Ben for his reputation but right now I'm much more interested in his love of life. His deep curiosity about the world around him is evident in his writings and countless titles; author, printer, political theorist, politician, postmaster, scientist, musician, inventor, satirist, civic activist, statesman, diplomat and in his later years, abolitionist. He had a deep love of life. For some the fear of pain and failure often restricts our participation in life. Our own thoughts impede us placing perceived barriers in in our path to engage in experiences we love. When we love deeply, whether it's the people in our lives or the love for life's experiences and the knowledge that surrounds us, we become richer.

I encourage you to find something you love and give yourself to it.

We are not all Ben Franklin but we are uniquely ourselves and worthy of a rich and full life.

Kathy



Valentine's Celebration with

The Singing Trooper

Due to the anticipated attendance this event will be held at the Groton Country Club

Wednesday, February 12

\$10 (plus \$2 optional tip)

Lunch: 12:00pm

Entertainment: 1:00pm

Menu: Lasagna, rolls and butter, vegetable, & cannoli for dessert

Call the senior center for your reservation, 978-448-1170

Thank you to Bob Whalen, Country Club Director, and the Groton Police Department for your support.

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

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Vera Strickland
Eddie Wenzell



Outreach Corner, by Stacey Shepard Jones, Outreach Coordinator



Chores Food Stamps Phone Wellness
Transportation File of Life

How We Can Help

Fuel Assistance Friendly Visits
Declaration of Homestead
RMV Disabled Placards

Hi Everyone,

Montachusett Opportunity Council provides Meals on Wheels (Home-Delivered Meals Program) to homebound Groton senior residents (60 years and older) to elders who need help preparing their meals and who are unable to attend the Senior Center for meals due to health and/or transportation issues.

Mid-day meals are delivered Monday through Friday between 11:00 am and 1:00 pm except for holidays. Meals are not served at breakfast or dinner time. Along with the mid-day meal, individuals can order frozen meals (that can be reheated in the microwave) for evenings or weekends. They also prepare modified meals due to seniors that have medical conditions, with a prescription from a doctor. The voluntary and confidential contribution of \$2.25 per meal is suggested to help cover the costs.

In the event that meals cannot be delivered due to severe weather, you can order shelf-stable non-perishable meals that consists of two meals for a requested donation of \$4.50.

You can sign of for Meals on Wheels for 1 or 5 days a week, it's up to you. You can also get Meals on Wheels delivered to you on a temporary basis, for example, you could receive them for just 1 or 2 weeks after you come home from surgery.

To sign up for Meals on Wheels or to get more information about the program, please call the Elder Nutrition Program office a 978-345-8501 Ext. 1 or 1-800-286-3441 Ext 1.

Scams

We're coming up on tax time and our Senior Liaison Officer, Kevin Henehan, asked me to warn all of you that there are a lot of IRS Scams going on and that the IRS will not ask you for personal information over the phone. Please just hang up if you receive a call like this and report any incidents of this to the Groton Police Department @ 978-448-5555.

If I can help you will anything, please call me or stop by the Senior Center to see me.

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

Creative Creations

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

Beginning in March
Second Tuesday of the month 10:00 am
Sign up soon as participation is limited these classes fill up.

Bead-Dazzle Sun Catchers

March 11th, 10 a.m.

Cost: \$3.00

This month the craft will be Bead-Dazzle Sun Catchers. We will take beads and melt them to create really neat sun catchers for outside display at your home. .

All supplies will be provided by the COA.

Day Trips

To ensure your place on the bus please sign-up at the senior center, payment required at registration.

5 Springfield Museums

\$48 includes admission,
tour and lunch

Tuesday, February 18
8:30am-4:30pm

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.



St Patrick's Day Celebration

Reagle Players A Little Bit of Ireland

\$55 includes transportation and show
This trip does not include a meal

Saturday, March 15

Noon—5:00PM

We'll travel to Waltham to enjoy this year's
edition of their wonderful Irish Revue. In
addition to the color and energy of their
chorus and dance troupes, the show will
feature a world champion step dance, an
accomplished Irish fiddler, a Broadway
soprano and an 11-piece hard ensemble.
We'll surely enjoy the songs, reels, jigs and
jokes that capture the sights and sounds
of Ireland.

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.

ALPINE ADVENTURE

featuring Innsbruck, Fussen, Salzburg, Munich, Dolomite Mountains & Berchtesgaden.

September 18 – 26, 2014 \$2839.* pp/dbl (cash/check) \$2899.* pp/dbl (credit card).

This lovely trip takes us to Germany, Austria and Italy. Celebrate Oktoberfest in the pleasant fall days. Visit the fairy tale castle of King Ludwig II, Neuschwanstein. The magnificent Dolomite Mountains in Italy. Visit Hitler's mountain retreat, Eagle's Nest and a boat cruise on Konigsee. Salzburg, home of Mozart, a beautiful city to explore. Trip includes transportation from Groton, air, hotels, motorcoach, tour escort, many meals & much more.

Please see the flier for full details.

Fliers and sign up sheet located at the Groton Senior Center

Groton Senior Center Activities

February 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: #800000; color: white; padding: 10px; border: 1px solid black;"> The daily lunch menu can be found the next page </div>				
3	4	5	6	7
10:00 Veterans Breakfast 10:00 Groton Swim 11:00 Hearing Screening 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	10:00 Painting Club 11:00 Line Dancing 12:30 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Pizza and Flick Movie: The Butler	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
10	11	12	13	14
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	9:00 Sharing Losses 10:00 Painting Club 11:00 Line Dancing 12:30 Hand & Foot 1:00 Mahjong 4:15 Pilates	9:00 Book Club 10:30 Strength Training 12:00 Singing Trooper at the Groton Country Club 6:00 Scrapbooking	10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot	VAN Walmart, Dollar Tree 10:00 Groton Swim 10:00 Strength Training
17	18	19	20	21
	10:00 Paint - One Stroke 11:00 Line Dancing 12:30 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Women's Club Luncheon Magician	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	VAN Loaves and Fisher 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
24	25	26	27	28
10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	10:00 Painting Club 11:00 Line Dancing 12:30 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Nashoba Tech Lunch Cyber Crime	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	VAN Christmas Tree Shoppe 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 (2nd Wednesday)	6:00pm

Thursdays

Yoga—\$3 per class <i>Supported by the Friends of Groton Elders</i>	10:00am
Scrabble	11:00am
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	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
Quilting	2:00pm

Groton Senior Center February 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 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!

- 3 Zita w/Bolognese Sauce \$2.25
- 4 Vegetable Gumbo \$2.25
- 5 Pizza and a Flick Free
- 6 Pesto Tomato Soup Bar \$2.25
- 7 Diced Chicken w/Lemon Sauce \$2.25

- 10 Roast Port with Gravy \$2.25
- 11 Meatballs with Tomato Sauce 2.25
- 12 Singing Trooper Groton Country Club \$10
- 13 Beef Alfredo Soup Bar \$2.25
- 14 Shepard's Pie \$2.25
- 17 Building Closed
- 18 White Turkey Chili \$2.25
- 19 Women's Club: Chicken & Bean Stew Free
- 20 Baked Ham \$2.25
- 21 Chicken Breast w/Marsala Sauce \$2.25

- 24 Roast Portk w/gravy \$2.25
- 25 Lasagna w/Meat Sauce \$2.25
- 26 Nashoba Tech: \$10
- 27 Italian Tomato Soup Bar \$2.25
- 28 Roast Turkey w/Gravy \$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.

Steph's Stuff

Mahjong is underway at the Groton COA!

Come join us!

Meets weekly on: Tuesday's at 1pm

Teacher: Nancy Fox

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. Nancy Fox will help you get started and up and running in the game of Mahjong.

Men wanted for new Poker Group!

Would you like to play cards at the senior center with other gentlemen? We are starting a new group for men only to play cards. If you or someone you know would like to join, please call to register at (978) 448-1170 or sstgermain@townofgroton.org.

Pizza and a Flick

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

Pizza sponsored by *Right at Home*



Wednesday, February 5
12:00pm

"The Butler"

The Butler tells the remarkable story of White House butler Eugene Allen (played by Oscar-winner Forest Whitaker), who served eight U.S. presidents over the course of 30 years, and witnessed sweeping social change during his three decades of service at 1600 Pennsylvania Avenue.

Wednesday, March 5 12:00pm

"Last Vegas"

Four geriatric friends vow to set Las Vegas ablaze during the ultimate bachelor party in this all-star comedy. Amongst his friends, Billy (Michael Douglas) has always been the confirmed bachelor. When Billy finally pops the question to his much-younger girlfriend, his pals Paddy Robert De Niro, Archie Morgan Freeman, and Sam Kevin Kline plan to send him off in style. But Vegas has changed since the last time they prowled the Strip, and there's no telling how it will end.

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, February 10 10:00am

Cost: None

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

Wed, February 19 at noon

Magician: Derek TenBroeck

Cost: None



This month the Women's Club falls during school vacation and we would like to invite the children in your life to attend with you.

Lunch for the adults will be chicken and bean stew served with corn bread, and fruit cup miniature cheesecake. For the kids, the menu will be crescent roll hotdogs served with carrot sticks and ice cream. After lunch, magician Derek TenBroeck will entertain us all.

Please make your reservation by Friday, Feb 14

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, February 26 12:00pm

Speaker: Cyber Security for Seniors

Cost: \$10pp with tip optional

Menu:

Leg of Lamb or

Broiled Haddock with grilled Scallops

Greg Page, online identity and security specialist, will be on hand to talk about how seniors can protect themselves from cyber-crime. Discussing on-line issues such as phishing scams, malicious software, identity theft, and social engineering. Then, hear about some real life examples of scams seniors like you have been caught up in as well as FBI information on current trends and tactics in use by cyber-criminals who target seniors on-line. Finally, learn about several strategies for preventing cyber-crime, as well as initial steps to take if you believe you are already a victim. Please make your reservation by Friday, Feb 21

Groton COA Garden Club

Tuesdays, March 11 - April 29

10:00am—11:00am

Attendance at all meetings is not necessary

Through the generosity of the Groton Police Auxillary we will be installing raised gardens beds. The beds will be at waist height to allow everyone to plant, weed and sow. We antipate planting herbs, flowers and vegetables.

How you can help?

We invite everyone with an interest, desire and or expericence in gardening to join us.

Together we will be:

Making plant choices

Create a planting schedule

Designing the gardens

Caring for the gardens

Establishing a produce distribution plan

Call the center, register for our meetings and share your ideas! We need you!

Groton READS 2014 at the Groton Public Library

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!**

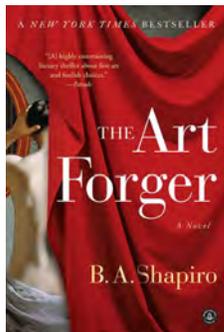
Kick-Off Event:

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!



Groton COA Craft Fair & Garage Sale

Friday and Saturday, April 11 and 12
9am-2pm

In support of the program and services at the Senior Center we invite you to participate in our Craft Fair and Garage Sale.

Opportunities for support include:

- Donations of gently used items for the center to sell
- Rent your own personal table to sell your garage sale or craft items for \$10.
- Volunteer for day of event support.
- Volunteer for event set-up
- Volunteer prior to the event distributing flyers and advertising.

To reserve your table, volunteer or donate items please contact the center staff, 978-448-1170.

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 Loaves and Fishes
- 4th Friday Trips around Christmas Tree Shop, Nashua

Round Trip Fees: In-Town \$3 12 Ride Voucher \$30.00
Out-of-Town \$4 12 Ride Voucher \$40.00
Scholarships are available see Stacey

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. **When you make your reservation please let staff know if you are transported by wheelchair.**
Call 978-448-1141 to schedule a ride.