



Senior Soundings

March 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,

The Council on Aging is dependent on our volunteers. They serve on the reception desk greeting participants, driving for Meals on Wheels, kitchen preparation of meals, instructors, friendly visitors, program support and program consultants. We are also supported by the Council on Aging Directors.

The staff at the Council on Aging works with the Council on Aging Directors, an advisory board that works closely with the staff ensuring our mission is being met through fiscal oversight, program evaluation, future planning and advocacy for the seniors of Groton. They meet monthly to review the progress of the COA, sharing details and collaborating to strengthen our programs and services. This month the Directors will establish a nominating committee that will be given the charge to replace our outgoing members. We would love to have those interested apply to join us or if approached, please consider a position on our board. Applicants are screened, recommended to and appointed by the Board of Selectman.

As the Director of the COA, I feel the board is an essential component to our growth. It is a great opportunity to discuss varied points of view and brainstorm a path to successfully accomplish our unmet needs and enhance our programs and services. We look for members to be varied in their skills, experiences and age, each bringing their unique view to the table. This is a committee for those with an opinion to share, who can work in a committee environment and reach consensus.

Please contact a current COA Board member with your interest in serving. Applications are also available at Town Hall. Thank you for considering this opportunity.

Kathy, Director Groton COA

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

Chairman

Frances Goldbach

Vice Chairman

Marie Melican

Treasurer

Carl Flowers

Secretary

George Faircloth

Members

Charlotte Carkin
Maydelle Gamester
Mildred Wells
Vera Strickland
Eddie Wenzell



Groton Fire Department at the COA

Fire House Chili

Wednesday, March 26 12:00PM

The 3rd annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us. After lunch, Groton Fire and EMS personnel will be reviewing the File of Life, smoke detector, carbon monoxide detector, and other fire safety programs with us.

It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

Please make your reservation by Friday, March 21



Outreach Corner, by Stacey Shepard Jones, Outreach Coordinator
Outreach Department 978-448-1170 email: sjones@townofgroton.org



Hi Everyone,

There are several real estate tax exemptions in Massachusetts you may qualify for that I will be putting in the next few issues of the newsletter. If you have any questions about these exemptions, please call the Assessor's Office at 448-1127.

SURVIVING SPOUSE – MINOR CHILD – ELDERLY PERSON (Clause 17D)

Provides exemptions to three categories of persons who satisfy certain residency and whole estate or asset requirements. They are:

- Widows and widowers
- Minor children with one parent deceased
- Persons 70 years of age or older

The state exemption amount is \$175.00. The Town of Groton has approved to increase it to \$350.00.

FINANCIAL HARDSHIP PROPERTY TAX DEFERRAL (Clause 18A)

You may be able to defer all or a portion of the tax assessed on your domicile if you do not have the financial resources to pay them because of a change to active military service (not including initial enlistment), unemployment, illness or other type of temporary hardship. This allows you to postpone payment of your taxes.

ELDERLY PERSONS 70 years or older (Clause 41C)

For eligibility, an individual must satisfy requirements relating to:

- Age
- Ownership and domicile
- Annual income
- Whole estate or assets

The state exemption amount is \$500.00. The Town of Groton has approved to increase it to \$1,000.00.

BLIND PERSONS (Clause 37)

- Proof of blindness with a certificate from the Commission for the Blind.
- Proof of ownership of Groton domicile.

The state exemption amount is \$437.50. The Town of Groton has approved to increase it to \$875.00.

Stacey

For Your Health

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.

Hearing Screenings

1st Monday of the month

Monday March 3 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

2nd Tuesday

Tuesday, March 11 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, and loss of independence through physical or mental challenges. There's no need to face these challenges alone, join us for support and understanding. *Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

Ask the Nurse

2nd Thursday of the month

Thursday, March 13 11:30 -1 PM

Sharon Fata, R.N. Town of Groton nurse will be on hand to check your **blood pressure and**

bloodsugars, or simply answer your questions.

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

Curmudgeon Day Trips

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

Tuesday, April 15

Wenham Museum & Wenham Tea House

\$48 includes admission, tour and luncheon tea
Times TBD

Following a tour of the museum's doll collection, model trains and their historic 1690 Claflin House, the highlight of our trip will be a luncheon tea.

Thursday, May 29

Adams National Historic Site

\$49 includes admission, transportation and lunch

After viewing a wonderful film our guided tour will visit three Adams homes – the birthplace of John Adams, the birthplace of John Quincy Adams and their gentleman's country estate at Peace Field. Our lunch will be at *Grumpy White's Pub*.



Monday, June 16

Wright Museum of WW II History

\$48 includes transportation, admission and lunch

This museum presents the stories of America's Greatest Generation. Offering accounts from both the battlefields and particularly the homefront shows how Americans pulled together as never before. We'll lunch at Wolfe's Tavern with a little time to explore the shops & waterfront.

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.

Groton Senior Center Activities

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30 COA Directors 10:00 Groton Swim 11:30 Hering Screenings 11:30 Strength Training 12:30 Cribbage	10:00 Painting Club 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Srength Training 12:00 Pizza and Flick: Last Vegas	10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 2:00 Tai Chi	VAN DW Highway Nashua 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
10	11	12	13	14
10:00 Veteran's Break 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	9:00 Sharing Our Loss 10:00 Painting Club 10:00 Creative Creations 10:00 Garden Club 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	9:00 Book Club 10:30 Strength Training 12:00 Nashoba Tech Luncheon: Entertainment Richard Sawyer Scrapbooking 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 12:00 Rescheduled Feb Pizza and Flick The Butler
17	18	19	20	21
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	10:00 Painting Club 10:00 Garden Club 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Women's Club Corned Beef St. Patrick's Luncheon with folksinger Lindsay Straw 11:30 Ask the Officer	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 12:00 Women's Club snowdate	VAN Loaves and Fishes 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	10:00 Paint - One Stroke 10:00 Garden Club 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Fire House Chili Lunch with Groton Fire Department	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
31	<p>May your pockets be HEAVY and your heart be light. May good luck pursue you each morning and night...</p>			
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage				

10:00 Groton Swim
11:30 Strength Training
12:30 Cribbage

Please see the lunch menu on the next page

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

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
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	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	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

Groton Senior Center March 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 Chicken Breast Marsala \$2.25
- 4 Beef Stew \$2.25
- 5 Pizza! sponsored by *Right at Home* Free
- 6 Soup Bar \$2.25
- 7 Broccoli Bake \$2.25
- 10 BBQ Beef Rib \$2.25
- 11 Chicken w/pesto \$2.25
- 12 *Nashoba Tech: Swordfish Kabobs or Eggplant Chicken Parm* \$10
- 13 Soup Bar \$2.25
- 14 Pizza! Sponsored by *Right at Home* Free
- 17 Corned Beef Hash \$2.25
- 18 Chicken Chow Mein \$2.25
- 19 *Women's Club: Corned Beef & Potatos* Free
- 20 Soup Bar \$2.25
- 21 Roast Turkey w/gravy \$2.25
- 24 Breaded Chicken \$2.25
- 25 Hot Dogs \$2.25
- 26 Fire House Chile Groton Fire Dept Free
- 27 Soup Bar \$2.25
- 28 Baked Fish \$2.25
- 31 Beef Stroganoff \$2.25
- 1 Roast Chicken
- 2 Pizza! Sponsored by *Right at Home* Free
- 3 Soup Bar \$2.25
- 4 Butternut Mac and Cheese \$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.

Creative Creations

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

Tuesday, March 11

Bead-Dazzle Sun Catcher

Cost \$3.00

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



Tuesday, April 8

Yarn Bowls

Cost: \$3.00

This is a really neat project. We create some paper mache paste and then dip the yarn in and lay the yarn over the bowls (or other objects) to create these very fun yarn bowls. We could even put the yarn bowls together to create orbs or other shapes to create some fun sculpture.

The sky is the limit with this one, bring your imagination!

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, 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 plan to send him off in style. Vegas has changed since the last time they prowled the Strip.

Friday, March 14 12:00pm

"The Butler"

Rescheduled from February

Wednesday, April 2 12:00pm

"Philomena"

Judy Dench stars as Philomena, an elderly Irish woman who, as a teenager, gave birth while she was working at a convent. The Catholic Church had the child adopted, and now, decades later, Philomena is now working with a freelance journalist to search for her son. The trail takes them to the U.S., and brings them face-to-face with some long-buried secrets.

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, March 10 10:00am

Cost: None

Speaker:

Open to all Veteran's and their guests, head chef, Police Chief Donny 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.

Nashoba Tech Catered Luncheon

at the senior center

Sponsored by the Groton Trust Program & Lecture Fund

Wednesday, March 12 12:00pm

Entertainment: Richard Sawyer Pianist

Cost: \$10pp with tip optional

Menu:

Swordfish Kabobs

Eggplant Chicken Parm

Our own Groton resident, Richard Sawyer, will tickle the ivories as only he can. His command of this instrument will leave you thoroughly entertained.

Please make your reservation by Friday, March 7

Groton Women's Club Luncheon

Open to everyone

Sponsored by the Groton Trust Program and Lecture Fund and the Groton Women's Club



Wednesday, March 19 12:00pm

Snowdate—Thursday March 20

Irish Folk Singer Lindsay Straw

Cost: None

Lindsay Straw, a graduate of Berkley College of Music, will entertain with Irish Folk music. Lindsay is a bright young star in the Irish music world. She brings a lovely sensitivity and style to her back-up playing on bouzouki and guitar honoring the Irish tradition. Lunch will include Corn beef and Cabbage, red potatoes, carrots and soda bread.

Groton COA Garden Club

Tuesdays, March 11 - April 29
10:00am

Attendance at all meetings is not necessary

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

How you can help?

We invite everyone with an interest, desire and or experience in gardening to join us in the planning process.

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 and register for our meetings and share your ideas!



Cultural Excursions

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

Fitchburg University Food for Thought Lecture

Marion Stoddart:

Our Local Environmental Success Story for Earth Day

Tuesday, April 29

Depart from the center at 1:30pm Cost: \$4:00
Come be inspired as Groton's own Marion Stoddart describes how she spearheaded the clean-up of the Nashua River. Never discouraged by the size of her dream nor the difficulty of her task, Marion succeeded and made a huge positive impact in our region and beyond. In recognition of her lifelong work, Stoddart has received many awards including the United Nations Global 500 Award, the U.S. Environmental Protection Agency Environmental Award, and a presidential commendation. In 1969, Marion co-founded the Nashua River Watershed Association (NRWA) and now serves the organization as Founding Director Emeritus. Marion is active in the NRWA's Greenway Initiative to protect open space along the Nashua River and its tributaries and serves on both the Groton and Fitchburg Greenway Committees.

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 \$3.00 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. **When you make your reservation please let staff know if you are transported by wheelchair.**
Call 978-448-1141 to schedule a ride.

COA Garage and Craft Sale

Saturday, April 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.