Dear Friends,

I’d like to take credit for the following but they are not my words. I received this years ago and want to share it with you.

As I’ve aged, I’ve become kinder to myself and less critical, I’ve become my own friend. I have seen too many dear ones leave this world too soon; before they understand the great freedom of aging. Whose business is it if I choose to read or play until 4am and then sleep until noon. I will dance with myself to those wonderful tunes of the 50’s, 60’s and 70’s and if at the same time wish to weep over a lost love, I will! I will walk the beach in a swim suit that is stretched over an aged body and will dive into the waves with abandon if I choose to, despite the passing glances of the younger generations. I know I am sometime forgetful, but then again, some things are best forgotten. I eventually remember the important things. I don’t question myself anymore, I’ve earned the right to be wrong.

Sure, over the years my heart has been broken. How can you heart not break when you loose a loved one, or when a child suffers or even when a pet is hit by a car? But, broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect. I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep groves on my face. So many have never laughed and so many have left us before their hair can turn silver. I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I’m still here I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

Happy Aging!
Kathy

Happy Aging!
Kathy

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
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gcoa@townofgroton.org
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Peter Cunningham

Senior Liaison Officer
Kevin Henehan

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Chairman
Frances Goldbach

Vice Chairman
Marie Melican

Treasurer
Carl Flowers

Secretary
George Faircloth

Members
Charlotte Carkin
Maydelle Gamester
Mildred Wells
Vera Strickland
Eddie Wenzell

An Evening of Fun and Frivolity

Friday, April 25
6:00 - 8:00PM
at the Groton Pool & Golf Center
$10 Admission
Entertainment & Hor d’oeuvres

Back by popular demand, the wildly entertaining Tony Funches of Gibbet Hill Thanksgiving fame will energize the room.

Mr. Tony Funches, the former lead vocalist for the 50’s group The Platters, will be singing all the golden hits.

Please make your reservation by calling the senior center, 978-448-1170.
This event is open to all and not limited to Groton residents.

1-978-448-1170

Hours: M-F 8:00am - 4:00pm
Fuel Assistance - It’s been a very long and cold winter. Two years ago, the Groton Council on Aging and The Friends of the Groton Elders created an account to help Groton senior residents with additional fuel assistance. Groton residents have been overwhelmingly generous in donating to this account!!! Senior residents apply for fuel assistance through Community Teamwork, Inc., and are awarded benefits according to their income. When they run out of their allotted benefits through CTI, we can assist them with additional fuel assistance. If you are, or if you know of a Groton senior that is in need of additional fuel assistance, please don’t hesitate in contacting me. All information and assistance remains confidential.

The Catholic Heart Workcamp – Mark your calendars!!! The campers will be here Monday, June 30th through Thursday, July 3rd. They will be working at senior’s homes doing everything from weather-striping, installing new locks, installing new doorknobs, fixing or replacing screens, cleaning walls, painting interior/exterior (no higher than the second floor), repairing steps, cut/trim hedges, raking leaves, cleaning out gutters, etc. They prefer to stay away from anything roof related. They will do all of this work for free. Senior residents only have to provide the materials. If you’d like to have the campers do some work for you, please stop by and pick up a work order form. They are a wonderful organization, so I hope you’ll take advantage of the services they offer.

Tax Exemptions Continued
TAX EXEMPTIONS FOR QUALIFYING VETERANS

Clause 22 - The state exemption amount is $400.00. The Town of Groton has approved to increase it to $800.00.

- Veterans with a wartime service connected disability of 10% or more as determined by the Veterans Administration or branch of service from which separated.
- Veterans who have been awarded the Purple Heart
- Gold Star mothers and fathers.
- Spouses (when the domicile is owned by the veteran’s spouse) and surviving spouses (who do not re-marry) of veterans entitled to exemption under Clause 22.

Clause 22A - $750.00 is available to

- Veterans who suffered in the line of duty the loss or permanent loss of use of one foot or one hand or one eye.
- Veterans who received the Congressional Medal of Honor, Distinguished Service Cross, Navy Cross, or Air Force Cross.

Clause 22B - $1250.00

- This exemption is available to veterans (and their spouses or surviving spouses) who suffered in the line of duty the loss or permanent loss of use of both feet or both hands or both eyes.

Clause 22C - $1,500.00

- This exemption is available to veterans (and their spouses or surviving spouses) who (1) suffered total disability in the line of duty and (2) who received assistance in acquiring “specially adapted housing” which they own and occupy as their domicile.

Clause 22D - Full, with a cap of $2,500.00 after 5 years

- This exemption is available to surviving spouses (who do not remarry) of soldiers, sailors and guardsmen who died due to injury or disease from being in a combat zone, or are missing and presumed dead due to combat.

Clause 22E - $1,000.00

- This exemption is available to veterans (and their spouses or surviving spouses) who suffered total disability in the line of duty and are incapable of working.

Paraplegic – Total Exemption

- This exemption is available to veterans who are certified by the Veterans Administration as paraplegic and the surviving spouses of such veterans.
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
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.
We will depart the senior center at 9am and return 4pm

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 expire 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 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 Octoberfest 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.

ALBUQUERQUE BALLOON FIESTA
featuring Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Santa Fe, Loretto Chapel, Santa Fe School of Cooking. $2279.00 per person, double occupancy. Welcome to a veritable “land of enchantment”. New Mexico is a place diverse in culture and scenic beauty. In both Albuquerque and Santa Fe you will discover cities rich in multiculturalism, natural beauty and profound history. Join in this annual extravaganza of hot air ballooning and experience what has grown into one of the world’s most photographed events. So much more. Please see the flier for full details.
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The Lunch menu is on the next page.
Mondays
COA Board Meeting (1st Mon) 9:30am
Groton Swim 10:00am
Vet’s Breakfast (2nd Mon) 10:00am
Sponsored by Groton Police
Talk with Tom - Current Events (4th Mon) 10:30am
   Supported by the Friends of Groton Elders
Hearing Screenings (1st Mon) 11:00am
Strength Training - $3 per class 11:30am
Cribbage 12:30pm

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
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
   (Sponsored 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 11:00am
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

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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 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!**

1. Roast Chicken $2.25
2. Pizza! Sponsored by Right at Home  Free
3. Soup Bar $2.25
4. Butternut Mac and Cheese $2.25
5. Roast Turkey with gravy $2.25
6. American Chop Suey $2.25
7. Nashoba Tech: Haddock or Salisbury steak $10
8. Soup Bar $2.25
9. Fish Sticks $2.25
10. Salisbury Steak $2.25
11. Baked Salmon with Dill Sauce $2.25
12. Women’s Club: Haddock or Salisbury steak Free
13. Soup Bar $2.25
14. Ravioli Bake $2.25
15. Patriot’s Day Building Closed
16. Sweet Sour Chicken $2.25
17. Grilled Hot Dogs  Free
18. Soup Bar $2.25
19. Roast Pork and gravy $2.25
20. Baked Chicken Breast $2.25
21. Potato Fish $2.25
22. Happy New Year! Building Closed
23. Soup Bar 2.25
24. Shaved Steak with 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.
**Pizza and a Flick**
Please reserve your seat by calling the center or stop in and register at the front desk.

**Tuesday, April 8**
**10am**

**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!

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

**Tuesday, April 8**
**10am**

**Yarn Bowls**
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**Upcoming Events**
Please reserve your seat by calling the center or stop in and register at the front desk.

**Veteran’s Breakfast**
Scheduled by the Groton Police Department, Blood Farms and Shaw’s Market

**Monday, April 14**
**10:00am**

**Cost: None**

Speaker: Captain Devon Messecar from Hanscom Air Force Base

Open to all Veteran’s and their guests, head chef, Police Chief Donny Palma and Groton Police Department will serve eggs, sausage, bacon and hash brown potatoes with other town employees following his lead.

**Nashoba Tech Catered Luncheon**
Scheduled by the Groton Trust Program & Lecture Fund

**Wednesday, April 9th**
**12:00pm**

**Cost: $10**

**Entertainment:**
String Ensemble The Groton School

Enjoy the extraordinary talents of the Groton School students when these 6 string musicians perform.

**Menu:**
Baked Stuffed Haddock or Salisbury Steak

**Groton Women’s Club Luncheon**
Open to everyone
Scheduled by the Groton Trust Program and Lecture Fund and the Groton Women’s Club

**Wednesday, April 16**

Lunch will be Honey Mustard Chicken, Haricots Verts (green beans) with Ice Cream followed by “The Original Mrs. Drinkwater” a one-woman comedic show set in an era we remember so well: when women wore dresses and never would think of going into town without donning hats and gloves.

**Grilled Hot Dog and a Movie**
Rescheduled from March! We will serve a grilled hot dog lunch.

**Wednesday, April 30**
**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.

We will celebrate with a taco bar for lunch and Carlos Alfredo’s Mariachi Internacional band for your entertainment!

**Wednesday, May 7**
**12:00 PM**
Cost: $5.00

**This event is support by the Groton Cultural Council & Visiting Angels Living Assistance**

**CINCO DE MAYO**

**Wednesday, May 7**

Based on true story of Richard Phillips, a U.S. cargo-ship captain who surrendered himself to Somali pirates so that his crew would be freed. Phillips orders his crew to hide while the captain and a few essential crew members remain as the heavily armed pirates make on ship. Phillips is kidnapped in the hope of a sizable ransom – a decision that leads to a tense standoff with the U.S. Navy.

Cinco de Mayo originated with Mexican-American communities in the West as a way to commemorate the cause of freedom and democracy during the first years of the American Civil War. Today the date is observed in the United States as a celebration of Mexican heritage.
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 at least 1 week in advance.

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

Cultural Excursions
Please reserve your seat by calling the center

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.

Creative Writing
Tuesdays, April 1 - April 29
10:00am

Author and Groton resident Richard Meibers, author of four published works and book editor for several independent publishers will lead a Creative Writing class.

Participants will write short essays, memoirs and short stories then present them to the group and discuss strategies for improvement.

This is a great opportunity to jump start your thought process and write the stories you hold.

Senior Spotlight on the Groton Channel
Filmed and director by Senior volunteers

Be sure to watch your senior center staff and guests on the Senior Spotlight on your local Groton Channel.

Sundays: 12pm Tuesdays: 8:30am
Thursdays: 6:30pm Saturdays: 11am