



Senior Soundings

April 2014



The Newsletter of the Groton Council On Aging

It's not about age, it's about attitude!

1-978-448-1170

163 West Main St. (Rt.225) Groton, MA 01450

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

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 your heart not break when you lose 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 grooves 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

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 Henahan

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

An Evening of Fun and Frivolity

SPRING
Fling

Friday, April 25

6:00 - 8:00PM

\$10 Admission

Entertainment &
Hor d'oeuvres

at the Groton Pool & Golf Center

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.



Outreach Corner,
Stacey Shepard Jones, Outreach Coordinator



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-stripping, 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 remarry) 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 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 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.

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.

Groton Senior Center Activities

April 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	10:00 Painting Club 10:00 Garden Club 10:00 Creative Writing 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong	10:30 Srength Training 12:00 Pizza and Flick Movie: "Captain Phillips"	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
7	8	9	10	11
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	9:00 Sharing our Losses 10:00 Painting Club 10:00 Creative Creation 10:00 Garden Club 10:00 Creative Writing 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong	9:00 Book Club 10:30 Strength Training 12:00 Nashoba Tech Luncheon Entertainment: Groton School String Ensemble	10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot	VAN Walmart, Dollar Tree 9:00 Rummage/Craft Sale 10:00 Groton Swim
14	15	16	17	18
10:00 Vet's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	10:00 Painting Club 10:00 Garden Club 10:00 Creative Writing 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong	10:30 Strength Training 11:00 Ask the Officer 12:00 Women's Club Entertainment: The Amazing Mre. Drinkwater	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	VAN Loaves and Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
 Closed	22	23	24	25
	10:00 Painting Club 10:00 Garden Club 10:00 Creative Writing 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong	10:30 Strength Training	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 6pm Spring Fling An Evening Frivolity at the Groton Pool/Golf
28	29	30		
10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 2:00 Quilting	10:00 Painting Club 10:00 Garden Club 10:00 Creative Writing 11:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 1:30 Excursion	10:30 Strength Training 12:00 Rescheduled Movie "Last Vegas" with grilled Hot Dog Lunch	<div>The Lunch menu is on the next page.</div>	



BOSTON STRONG

Always Available

For more information and to register

Mondays

COA Board Meeting (1st Mon)	9:30am
Groton Swim	10:00am
Vet's Breakfast (2nd Mon)	10:00am
<i>Sponsored by Groton Police</i>	
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Hearing Screenings (1st Mon)	11:00am
Strength Training - \$3 per class	11:30am
Cribbage	12:30pm

Tuesdays

Sharing Our Losses (2nd Tues)	9:00am
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
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
<i>with Entertainment</i>	
<i>(Sponsored by Groton Trust Lecture Fund)</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Right at Home</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Scrapbooking	6:00pm

Thursdays

Yoga—\$3 per class	10:00am
<i>Supported by the Friends of Groton Elders</i>	
Scrabble	11:00am
Ask the Nurse	
and Blood Pressure Screenings (2nd Thurs)	11:30am
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
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 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
- 7 Roast Turkey with gravy \$2.25
- 8 American Chop Suey \$2.25
- 9 *Nashoba Tech*: Haddock or Salisbury steak \$10
- 10 Soup Bar \$2.25
- 11 Fish Sticks \$2.25
- 14 Salisbury Steak \$2.25
- 15 Baked Salmon with Dill Sauce \$2.25
- 16 *Women's Club*: Honey Mustard Chicken Free
- 17 Soup Bar \$2.25
- 18 Ravioli Bake \$2.25
- 21 Patriot's Day Building Closed
- 22 Sweet Sour Chicken \$2.25
- 23 Grilled Hot Dogs Free
- 24 Soup Bar \$2.25
- 25 Roast Pork and gravy \$2.25
- 28 Baked Chicken Breast \$2.25
- 29 Potato Fish \$2.25
- 30 Happy New Year! Building Closed
- 1 Soup Bar 2.25
- 2 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.

Creative Creations

Please register 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!

Pizza and a Flick

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

Wednesday, April 2

"Captain Phillips"

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.



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

Wednesday, May 7

12:00 PM Cost: \$5.00

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

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.

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, 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

Sponsored 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

Sponsored 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.

Cultural Excursions

Please reserve your seat by calling the center



Fitchburg University Food for Thought Lecture

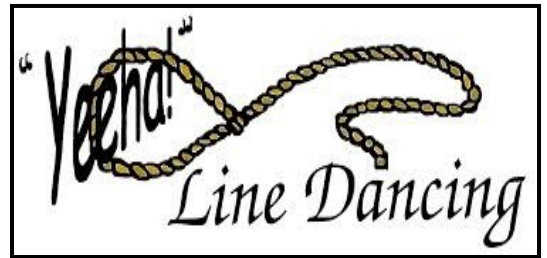
MARION STODDART:

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.



Great exercise and better than great mood enhancer!

Tuesdays, 10 AM - 11 PM

Cost: \$3

This beginner level class will teach you line dancing in various rhythms including waltz, cha cha, rumba and Charleston. The class pace will be based on the comfort levels of the participants.

Instructors: Christine Mehigan and Bridget Byrne

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.

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

Thursdays: 6:30pm

Tuesdays: 8:30am

Saturdays: 11am

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.

