



Senior Soundings

The Newsletter of the Groton Council On Aging

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

May 2014

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

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

1-978-448-1170

"Show me your garden and I shall tell you who you are"

During my 15 years working in seniors centers I have found the most successful programs are those the participants are passionate about. I have experienced Zumba classes bursting at the seams and watercolor painting lessons that have excelled. Every senior center has its own personality, what works in one may not work in another. Beginning in March we began a garden club here at the senior center. The original plan was a simple collaboration with the Groton Police Association and the senior center to build a few standing planters with a few plants that our members would cultivate. Then our members got involved, started meeting and started planning (or more appropriately started plotting). What began as a starter project has bloomed into a town wide collaboration with our seniors as the driving force. The Groton Library, Groton Department of Public Works and Police Department have all become willing participants and we have grown from a few planters to the COA farm! A tilled garden has been designed by our members and tilled by GDPW in front of the parking lot, four six-foot standing planters have donated and built by our police department and there will be container gardens on the porch all with seeds from the GPL Seed Library. You name it and it's going in dirt somewhere.

The most satisfying aspect of this project is the passion that we see every week in our garden club. Ideas flow freely which in turn leads to more ideas. Everyone is contributing and suggesting ways to make it happen. We are all learning from each other, with no egos taking over it's group work at its best and there is always room for more so please join us, every Tuesday at 10:00am. "Show me your garden and I shall tell you who you are", we are passionate, collaborative, cooperative, open, accepting and growing! Join us!

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.

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Frances Goldbach

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Marie Melican

Treasurer

Carl Flowers

Secretary

George Faircloth

Members

Charlotte Carkin
Maydelle Gamester
Mildred Wells
Vera Strickland
Eddie Wenzell



Cinco De Mayo Celebration

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

Wednesday, May 7 12:00 PM Cost: \$4.00

Cinco de Mayo originated with Mexican-American communities in the American 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 and pride. We will celebrate Mexican heritage with a taco bar for lunch and **Carlos Alfredo's Mariachi Internacional band** for your entertainment!



Outreach Corner,
Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

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 addition 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 addition 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 Work Camp – 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.

Notary Public – I have recently become a Notary Public. Please call me ahead of time and let me know what type of document you need notarized, as there are some documents I am unable to notarize. If you need something notarized, please make an appointment with me ahead of time.

Stacey

NEWS FROM SHINE – MAY 2014

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Groton Senior Center . Please call Stacey for a SHINE appointment. SHINE (Serving the Health Information of Everyone) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

- If you are a **Massachusetts resident, eligible for Medicare**, and are:
65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple.

OR

- under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

If you are 65 years or older and **not eligible for Medicare**, you can also join and there is **no income limit**.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Day Trips

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

Tuesday, May 27



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.

Thursday, July 17

Rum Runner II Newport Harbor Cruise

Newport, RI

\$58 includes transportation, lunch, and cruise

Our narrated cruise of the harbor and beyond will be aboard a sleek wooden yacht used by smugglers during Prohibition. After our cruise we'll head to Easton's Beach to enjoy our twin lobster roll or clam roll lunch.

Friends of the Groton Elders & Merry Trippers

By Nyola Vaillancourt,

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ALPINE ADVENTURE

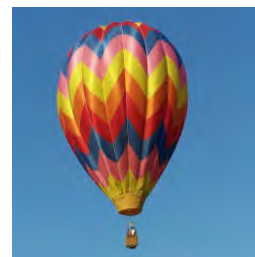
featuring Innsbruck, Fussen, Salzburg, Munich, Dolomite Mountains & Berchtesgaden.

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



BAVARIAN & AUSTRIAN CHRISTMAS MARKETS:

8 Days/6 Nights November 29 – December 6, 2014

Arriving in Munich, Germany we will check into our hotel, visit the city and the traditional Christmas Market. A visit to the Nymphenburg Palace and an evening of dinner and music at the Hofbrauhaus are also in Munich. Travel to Austria to visit several enchanting cities, Salzburg, Steyr and Vienna which include palaces, cathedrals and picturesque medieval locations as well as more Christmas Markets. An enchanting time of year to visit this area during a magical time of year. Transportation, round-trip to Logan, air transport, potterage of luggage, 6 nights accommodations, breakfast each morning and 3 dinners, sightseeing with a guide and much more. \$2599. per person, double occupancy, by credit card/ \$2549. cash or check. Singles add \$480.

Groton Senior Center Activities

May 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<div style="border: 1px solid black; background-color: red; color: white; padding: 5px; width: fit-content; margin: 0 auto;"> <p><i>Due to the expected turnout of the Gay 90's you will need to obtain a ticket at the senior center. There is no cost, however a ticket will be necessary the day of the event.</i></p> </div>			10:00 Volunteer Breakfast 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 12:30 Tai Chi	VAN DW Highway Nashua 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
5	6	7	8	9
9:30 COA Board Meet 10:00 Groton Swim 11:00 Hearing Screenings 11:30 Strength Training 12:30 Cribbage	10:00 Painting Club 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Cinco De Mayo Celebration Entertainment: Carlos Alfredo's Mariachi Internacional band	10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse Eye Clinic 12:30 Tai Chi 12:45 Hand & Foot	VAN Walmart, Dollar Tree 10:00 Mother's Day Breakfast 10:00 Groton Swim 10:00 Strength Training
12	13	14	15	16
10:00 Vet's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	9:00 Sharing Our Losses 10:00 Painting Club 10:00 Creative Creation 10:00 Garden Club 10:00 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 Speaker: Tick Talk Sharon Fata Public Health	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
19	20	21	22	23
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Women's Club Gay 90's Ticket needed Entertainment: Brian Kane Swing Musician	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
26	27	28	29	30
Building Closed Be sure to attend the Groton Memorial Day Parade	10:00 Painting Club 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Pizza and Flick Movie: "Philomena"	Trip: Adams Historical Site 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	VAN Cultural Excursion Fitchburg Art Museum 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

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	10:00am
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 May 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 awhile the COA staff cooks! Prices vary for each meal and are as listed below. Reservations are necessary for all meals.

Bon Appetite!

- 1 Soup Bar \$2.25
- 2 Shaved Steak w/Jardiniere Sauce
- 5 Roasted Chicken
- 6 Fish Sticks
- 7 Cinco De Mayo Taco Bar \$4.00
- 8 Soup Bar \$2.25
- 9 Mac and Cheese
- 12 Broccoli Bake
- 13 Chicken Cordon Bleu
- 14 Nashoba Tech \$10
Baked Salmon/Chicken Corond Bleu
- 15 Soup Bar \$2.25
- 16 Meatballs w/Tomato Sauce
- 19 Chicken Tetrazini
- 20 BBQ Burger
- 21 Wonen's Club Gay 90's *Ticket needed Free*
Rotini Salad and Ham Salad
- 22 Soup Bar \$2.25
- 23 Potato Fish
- 26 Memorial Day Building Closed
- 27 Chicken Kielbasa
- 28 Pizza! Sponsored by Right at Home *Free*
- 29 Soup Bar \$2.25
- 30 Chicken Breast

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.

Due to the expected turnout of the Gay 90's please obtain a ticket at the senior center. There is no cost, however a ticket will be necessary the day of the event.



Groton Women's Club Luncheon

Gay 90's Celebration

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

Wednesday, May 21 12:00PM

Everyone is invited to celebrate the lives of Groton residents turning 90 and those 91 and older! Returning to the stage at the Groton Senior Center is Brian Kane swing musician. He wowed us in January with his ability to play multiple instruments and bring back the classic swing tunes. Join us, tap your toes and sing along.

Lunch will include Rotini Salad, Ham Salad with Birthday Cake!

Please obtain your ticket by Friday, May 16.

Cultural Excursions

Please reserve your seat by calling the center or stop in

Fitchburg Art Museum

Friday, May 30

Depart from the center at 12:00pm returning approximately 4:00pm Cost: \$10:00

Cost includes museum admission and tour guide.

A tour guide will take us through the Fitchburg Art Museum and the spectacular collections in the 14 galleries showcasing American and European paintings, prints, and ceramics, as well as Egyptian, Classical, and pre-Columbian antiquities.

Pizza and a Flick

Please reserve your seat by calling the center or stop in

Wednesday, May 28

"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 United States, and brings them face-to-face with some long-buried secrets.

Upcoming Events

Please reserve your seat by calling the center stop in

Mother's Day Breakfast

Friday, May 9 10:00 AM Cost: none

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures

Please make your reservation by Wednesday, May 7

Veteran's Breakfast

Sponsored by the Groton Police Department

Monday, May 12 10:00AM

Cost: None

Speaker: Captain Devon Messecar, Hanscom Air Force Base

Open to all Veteran's and their guests, for the last breakfast of the season head chef, Police Chief Donny Palma and Groton Police Department will make this a special morning.

Please make your reservation by Thursday, May 8

Nashoba Tech Catered Luncheon

at the senior center

Sponsored: Groton Trust Program & Lecture Fund

Wednesday, May 14th 12:00PM

Speaker: Tick Talk

Nashoba Nursing Service and Hospice Public Health Nurse **Sharon Fata**

Tick outbreaks are triggered by factors including temperature and humidity levels and affect most parts of the United States. Recognizing when you are most at risk is important.

Menu:

Baked Salmon or Chicken Cordon Bleu

Please make your reservation by Friday, May 9

Creative Creations

Please register by calling the center or stop in

Tuesday, May 13 10am

Glass Bird Houses

Cost: \$3.00

Participants will choose their own unique style using crushed colored glass or a stained glass effect to create a decorative bird house.

Coming in June

Register anytime by calling the center



Wednesday, June 4 12:00 PM Cost: \$5.00

Break out the Hawaiian shirts and flip flops and join us for an afternoon of great entertainment and great food. On the menu is Hawaiian Chicken over rice with vegetable and pineapple upside-down cake for dessert. Following lunch we will be entertained with traditional Hawaiian and Caribbean music.



POLICE PICNIC

Wednesday, June 11 12:00PM

*Held this year at the Groton Pool and Golf Center!
There will be a shuttle available from the parking lot*

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad and a gift bag for everyone! A big thank you to Groton's Police Department for a much anticipated day.

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

- 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

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.

Creative Writing

This class was originally scheduled to be end April 29 however, the participants want to keep going!

**Join anytime!
Tuesdays, 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.

Call the center to register, 978-448-1170

Wellness Education

Please register by calling the center or stop in and register at the front desk. No cost.

Ask the Nurse w/ eye screenings

2nd Thursday of each month

Thursday May 13 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 with D'Ambrosio eye care available for consultation, vision, cataract and glaucoma screenings.

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

Hearing Screenings

Monday, May 5

1st Monday of each month 11am-1pm

By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an

Free Shredding Event

Please help our planet

Sponsored by Friends of Groton Elders

Saturday, June 7

9:00am-Noon

Sacred Heart Church Parking lot

Bring old fax, bank records—all paper

Paper clips and staples allowed