

Groveland Council On Aging News

Town Hall—183 Main Street, Groveland MA 01834 Phone (978) 372-1101 Fax (978) 469-5008

Office Hours: Monday 7:30am-7:00pm Tuesday/Wednesday/Thursday 7:30am-4:00pm

Fridays 9:00am-12:00pm

E-Mail: LStanton@GrovelandMA.com Website: www.GrovelandMA.com (Find the COA linked under "Town Depts.")

The Mission of the Council On Aging is to advocate for Groveland's older adults, to identify their needs, to develop and implement services, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

APRIL 2018

APRIL Highlights

HEALTH + FITNESS PROGRAMS

- ☞ Mon. & Thurs. at 11:00am – Pentucket Walking Club at PRHS
- ☞ Tuesdays—10:00am – Reiki / Meditation w/ Sue Cullen
- ☞ Fridays from 11am-12pm – Yoga with Mary VanAbs

- ☞ Every Monday—9:30-11:30am *Advanced Painting* w/ Frank
- ☞ Mondays at 12:00pm *Movie Afternoon*

- ☞ (Wed.) April 4—10:30 *"Mystery Book Club"*

- ☞ (Thurs.) April 5—10:30 *COA Social Hour + Sr. Center Talk*

- ☞ (Mon.) April 9—10:00 *FREE Legal Monday* w/ Atty. Dalton

- ☞ (Tues.) April 10—8:30 *Men's Breakfast Flood of 1936* w/ Gus

- ☞ (Tues.) April 17—5-7pm *Veterans' Services* with M.Ingham (978-374-2351 ext 32 for appoint.)

- ☞ (Wed.) April 18—10:30am *Better Business Bureau*

- ☞ (Wed.) April 18—7:00pm *Talk on New Senior Center: Design and Cost*

- ☞ (Thurs.) April 19—10:30am *Van Trip –Wentworth by the Sea*

- ☞ (Tues.) April 24—9:30 *Van Trip – Mystery Ride*

- ☞ (Wed.) April 25—7:00pm *Candidates' Night at Town Hall*

New Sr. Center Initiative

Wed., April 18

7:00pm

Center Meeting Room

Please join us as the COA Building Committee presents drawings and cost information on our new Senior Center! There will be time for questions and answers following the program. Do not miss it!

Annual Town Meeting

Mon., April 30

7:00pm

Bagnall Elementary School

Exercise your civic duty! Decide how your tax \$\$\$s are spent. Listen to Board of Selectmen and Finance Board members and fellow citizens outline each department/committee request. Participate—It DOES matter!

Lynne Stanton

COA Director

FRIENDS OF GROVELAND COA

Thurs., April 5 – 3:00pm

Center Meeting Room

All are welcome!

Town Election

Mon., May 7

Polls OPEN at 7:00am ...

CLOSE at 8:00pm

Center Meeting Room

Town Hall



Absentee ballots are available at the Town Clerk's Office (Mon.-Thurs. 9:00am – 4:30pm). Last day to submit ballot with Town Clerk is Friday, May 4th until 12:00pm. (Ms. Brodie will be in her office that Friday to accept your ballot!)

COA BOARD OF DIRECTORS

Attend a meeting! Learn what's new as we continue our Senior Center Initiative!



Wed., April 18

at 9:30am

Police Station Conference Room

All are welcome!

Board of Directors: Frank Sadowski (Chairman) ★ Dot DiChiara (Treasurer)

★ Laurel Puchalski (Secretary) ★ Anita Wright ★ Kathryn Alesse

Director: Lynne Stanton **Programs/Data/Transportation:** Nisha Burke **Outreach:** Amanda Fisher

Van Driver: Richard McNeil **Meals Program:** 978-686-1422

On-Going Services

For information on any of the following services, or for reservations, please call the COA office at: 372-1101

◆ **Meals on Wheels** Available for homebound elders. Call the COA office at (978) 372-1101 to arrange assistance. *Current clients* with cancellations / changes: Call Meals Program at 978-686-1422

◆ **Shopping at Market Basket – Wednesdays – NEW PICK UP TIME: 11:00am (1:00pm return)**

Transportation Options

LOCAL (Groveland, Haverhill, Georgetown) =

\$5.00 round trip

OUTSIDE the 3 towns =

\$10.00 round trip

◆ COA Van rides are \$5.00 (Groveland, Haverhill and Georgetown). OUTSIDE the 3 towns, van rides are \$10.00 round trip. Call us to book a ride at 978-372-1101.

◆ **NEET (Northern Essex Elder Transport)** for medical and necessary transportation. The cost of a NEET ride is .43 cents *per mile to and from appointment.* (Donation only for low income elders.) *The COA requires at least two (2) BUSINESS DAYS notice when you call to make a reservation.* Call us to book a ride at 978-372-1101.

◆ **FREE Rides:** Call MVRTA's "Ring & Ride" (978-469-6878) for rides within Groveland and to ... Amesbury, Georgetown, Haverhill, Lawrence, Methuen and Newburyport. Choose "Special Services" when prompted—Press "option #3"—24 hours ahead to book transportation

◆ **Hairdresser** is available for in-home "hair care" for women and men: Flexible schedule with day/evening hours. Women's Wash/Cut - \$25, Color/Style - \$30, Men's Cut - \$15.

◆ **Game Day—Wednesday afternoons, 12:30-3:30** at Town Hall – Center Meeting Room—*All welcome!*

◆ **Blood pressure + B12 shots (BYO meds) at Town Hall 3rd Thursday** of the month. Clinic: April 19 from 9:00am-11:00am with Groveland Board of Health nurse, Anita Wright. *Call the Board of Health office if you have any special concerns or questions for the nurse. Leave a message and you will be called back as soon as possible.*

◆ **Podiatrist** Dr. Lynch at Town Hall. 3rd Thursday of month: April 19. Appointments fill quickly. *Call one week before clinic.* Doctor will make visit to homebound Groveland elders.

MR. FIX-IT SHOP

Have a small item (such as a lamp or toaster) in need of repair? Call the COA to set up a drop-off time.

GROVELAND RESIDENTS ONLY

COA Social Hour

Thurs., April 5

10:30 – Noon

Center Meeting Room – Town Hall

Dr. John Osborne, Chairman of the COA's Building Committee, will be here to present the design and cost summaries for our new Senior Center building! Question and answer period to follow.



Also come for an informal, casual get together ... chat and beat the "blahs"!!! Stop in for coffee, conversation and a chance to meet new folks. We'll also give you the inside scoop on the latest news / events happening at your COA.

Monday Movies

April 2

"The Darkest Hour" – Drama/History (PG13)

Gary Oldman, Lily James

April 9

"Murder On the Orient Express" – Drama (PG13)

Johnny Depp, Michelle Pfeiffer

April 23

"3 Billboards Outside Ebbing MO" – Drama (R)

Frances McDormand, Sam Rockwell

April 30

"Lady Bird" – Comedy/Drama (R)

Saoirse Ronan, Lucas Hedges

Center Meeting Room – Town Hall

★ Movies Begin at 12:00pm ★

"Mystery Book Club"

(Co-Hosted by the COA + Sue Nakanishi, librarian at the Langley-Adams Library)

(Wed.) April 4 – 10:30am

A Shameful Murder by Cora Harrison
(Copies available at the library. If new to the club, please contact Sue at the library so that she can make sure you get a copy of this book.)

Center Meeting Room – Town Hall

Refreshments served

Men's Breakfast



Tuesday, April 10th

"The Flood of 1936" with Gus Reusch

8:30am

**\$8.00 per person – new menu!
(Reservations required!)**

Free - Legal Monday

With Atty. Elaine Dalton



**Monday, April 9
10:00-11:00am**

Call for a free 15 minute legal consultation.
Call the COA ... appointments required!

"Pentucket Walking Club"

Twice weekly ... Mondays and Thursdays
11:00am (at Pentucket High School)

Walk (rain or shine) through the halls and stairways
(if you want) of the high school. Stop by the COA
before attending to fill out your
release / registration form.

Reiki and Guided Meditation

(\$5.00 per class)

Tuesdays - 10:00am

Center Meeting Room—Town Hall

Join Sue Cullen from High Vibration Wellness, Inc. for
"Reiki and Guided Meditation." This is a group
experience. Sue will guide you through a meditation
and relaxing Reiki. You will be sitting, focus on
breath while listening to soothing music.

Thrift Shop at the

Groveland Congregational Church

4 King Street – (978) 372-6617

www.grovelanducc.org

Hours: Wednesdays 8:00am – Noon

Saturdays 8:00am - Noon

Children's clothing, adult clothing, toys, handbags,
shoes, books, misc. items.

Office Hours

With Groveland Selectman **Ed Watson**

Ask questions and get help solving problems.

(2nd Tuesday) April 10

10:00-11:00am

Back Meeting Room—Town Hall

Sen. Bruce Tarr's Office Hours

with Richard A. Curran

Constituent Services and Community Outreach

(Tues.) April 17

9:30-10:30am

Center Meeting Room—Town Hall

AMERICAN LEGION

(NATHAN WEBSTER POST 248)

VEASEY PARK

(WE'VE MOVED BACK TO OUR HOLD HOME!)

USUALLY 2ND WEDNESDAY AT 7:00PM

MEETING: WED., APRIL 11

FOR MORE INFO RE. NEXT MEETING ...

CALL DAVE TUTTLE AT 978-360-8107

VETERANS' SERVICES

WITH MICHAEL J. INGHAM

TUES., DAY, APRIL 17

(USUALLY THE 3RD MONDAY)

APPOINTMENTS REQUIRED —

CALL 978-374-2351 EXT. 32

OR MINGHAM@GROVELANDMA.COM

CANDIDATES NIGHT

(SPONSORED BY THE LEAGUE OF WOMEN
VOTERS OF GREATER HAVERHILL)

WED., APRIL 25

7:00PM

CENTER MEETING ROOM - TOWN HALL

Meet the candidates seeking your vote. This is
your opportunity to learn their positions, point of
view and to have your questions answered.

Make an informed decision and ...
make your vote count!

Gentle Yoga with Mary VanAbs

Fridays – 11:00am

Cost: \$5.00 per class

Center Meeting Room – Town Hall

Advanced Painting

with Frank Sadowski

Mondays - 9:30am - 11:30am

Center Meeting Room - Town Hall

Art with Marcia Nadeau

Mondays - 3:00pm

Classes held in the Pentucket High School Art
Room! (Park in the rear by the gym and enter
through the band room!)

**Thank You to ♥
Groveland's Sweethearts**

HUGE thanks ♥ to the Groveland Congregational Church (and faithful deliveryman *Ron Mertens*) for the *Panera Bread* surplus ♥ to *Fran Burke* ♥ to *Vicky and Carlo Capano* ♥ to *Ann Jones* ♥ to *Helen McGrath* ♥ to *Ardie and Carl Much* for their very generous donations! ♥ Special thanks to the good folks at *Penacook Place* for their delicious "Penacookies"!

NEW MEDICARE CARDS

Between April 2018 and April 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. The new card won't change your coverage or benefits.

How you can get ready:

- Make sure your mailing address is up to date (contact Soc Sec at ssa.gov/myaccount or 1-800-772-1213. - Beware of anyone who contacts you re. your new Medicare card. - Mailing everyone a new card will take time. Your card might arrive a different time than friend's/neighbor's.

Ecosmith Recycling to Support COA

Please check out the recycle bin in the parking lot behind the police station (just before, and to the right, of the entrance to River Pines)! The purpose of the textile recycling bin is to collect clothing, towels, blankets, stuffed animals, curtains, shoes, purses and rags. All textiles are acceptable—even if cloth is ripped or stained! **Important: Please use a plastic bag to deposit textiles. Make sure the materials are dry.** (Wet materials will create mold and mildew and the load will have to be trashed.)

Note: Ecosmith DOES NOT accept furniture, books, TVs (electronics), or paper.

Part Time Van Driver Wanted



The COA is looking for a part time **van driver** to drive our (no CDL required) 10 passenger van. Schedule is 13.5 hours per week 2 days per week / Monday and Tuesday. Job posting and description on town's website. Please send your resume and letter of interest to:

DDembkoski@GrovelandMA.com
Denise Dembkoski – Finance/Personnel Director
183 Main Street, Groveland MA 01834
No phone calls or walk ins accepted!

**Groveland Congregational Church
4 King Street**

“Community Luncheon”

(Complimentary ... on the second Saturday of every month!)

Saturday, April 14

11:30am-1:00pm

Bring a friend, a neighbor
or just come by yourself.

All are welcome!

St. James Episcopal Church

119 Washington St., Groveland

“Bean Supper”

Saturday, April 21

4:00-6:00pm

Adults - \$10 / Children (under 12) - \$5

Credit Cards accepted!

(No family with children will exceed \$20.)

St. James will be holding a Bean Supper from 4:00-6:00pm in the Parish Hall. We will be serving baked beans, hot dogs, potato salad, mac and cheese, coleslaw and homemade desserts. Credit cards accepted. For more info about this and other events, please visit online at: www.saintjamesgroveland.org

**Food Trends in 1990 and 2010
by Average Annual Personal Consumption**

Food	1990	2010
Sugar	5 lbs	190 lbs
Oils and Fats	4 lbs	74.1 lbs
Cheese	2 lbs	30 lbs
Meat	140 lbs	210 lbs
Fruits/Veggies (homegrown)	131 lbs	11 lbs
Soft Drinks	0 gal	53 gal
Avg. Daily Calories	2,100	2,757


















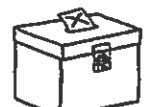
Source: USDA, Food Review, Major Food Trends: A Century In Review



APRIL 2018

Programs-Services-Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Happy Easter	2 9:30 Advanc. Painting 11:00 Pentucket Walking Club 12:00 Movies	3 10:00 Reiki + Meditation	4  10:30 Mystery Book Club 11-1 Shopping 12:30 Game Day	5  10:30 Social Hour + Sr. Center Talk 11:00 Pentucket Walking Club 3:00 Friends Meeting	6 NO YOGA Today Only!	7 
8  	9 9:30 Advanc. Painting 10:00 Atty. Dalton 11:00 Pentucket Walking Club 12:00 Movies	10 8:30 Men's Breakfast 10:00 Reiki + Meditation	11 11-1 Shopping 12:30 Game Day	12  11:00 Pentucket Walking Club	13 11:00 Yoga w/ Mary 	14 FREE Cong'l Church Community Lunch 11:30am-1:00pm
15 	16 COA CLOSED Patriots' Day	17 10:00 Reiki + Meditation <hr/> 5-7pm Vets' Services	18 9:30 COA Board Meeting 10:30 Better Business Bureau 11-1 Shopping 12:30 Games <hr/> 7pm Talk on New Sr Center	19 9:00-11:30 Foot + Blood Pressure Clinic 10:30 Van Trip—Wentworth 11:00 Pentucket Walking Club	20 11:00 Yoga w/ Mary 	21 St. James Episcopal Church Parish Hall BEAN SUPPER 4:00-6:00pm
22  	23 9:30 Advanc. Painting 11:00 Pentucket Walking Club 12:00 Movies	24 9:30 Van Trip—Mystery Ride 10:00 Reiki + Meditation	25 11-1 Shopping 12:30 Game Day <hr/> 7pm Candidates' Night	26 11:00 Pentucket Walking Club	27 11:00 Yoga w/ Mary 	28 "Drug Take Back Day" Groveland Police Station 10am-2pm NO SHARPS
29  	30 9:30 Advanc. Painting 11:00 Pentucket Walking Club 12:00 Movies 7:00 TOWN MEETING				May 4 12:00pm Deadline to submit absentee ballot to Town Clerk!	

Groveland Van Trips



You are welcome to call ... on the
1st day of the new month to sign up for trips!

Call Nisha @ 978-372-1101 between the hours of
9:00am to 4:00pm for information or reservations.

Thursday, April 19 Wentworth By the Sea
Enjoy fine dining at the Wentworth Hotel. This has become a favorite trip for our seniors! A ride along the coast, lunch and a possible stop for ice cream. Return to an era of elegance, exquisite dining and meticulous attention to detail in the Wentworth Dining Room, the crown jewel of the New England seacoast.

Depart: 10:30am / Return: 4:00pm
Cost: Van \$10.00 / Lunch on your own

Tuesday, April 24 Mystery Ride
Sign up for one of our monthly favorites. Seats fill up quickly. You never know where the mystery rides will take you! Enjoy lunch and fun on Richard's Mystery Ride, and maybe find a new hidden treasure in our own backyard.
Depart: 9:30am / Return: 3:00pm
Cost: Van \$10.00 / Lunch on your own

2018 Motorcoach & Overnight Trips with Best of Times www.bestoftimestravel.com

★ Flyers are available now ★

Wednesday, April 11 Country Legends
"Country Legends" is an incredible show coming to us directly from the Music City Capital of the world, Nashville, TN. The show features twelve stars, singers, dancers, and a bona fide band of Nashville musicians, plus dazzling staging and costumes: all designed to celebrate a century of celebrities and treasured country songs that gained critical acclaim from Music City! Location: Lake Pearl Wrentham, MA. Meal choice: Stuffed chicken breast or baked schrod. Cost: \$92pp

Thursday, May 24 The Everly Brothers and Simon & Garfunkel
Join Best of Times Travel as we roll through the decades celebrating two American music icons, The Everly Brothers & Simon and Garfunkel. Performing tribute to these two amazing acts are the Guthrie Brothers. Songs include - Bye Bye Love •

Wake Up Little Susie • Bird Dog • Problems •
Location: Lantana's Randolph, MA. Meal choice:
New age chicken blue or vegetarian option.

Cost: \$92pp

Tuesday, June 19 Eaglemania
"Eaglemania" is touted as the World's Greatest Eagles Nationally Touring tribute group, performing to sold out audiences everywhere they go. With five number-one singles, six Grammy Awards, five American Music Awards, and six number-one albums, the Eagles were one of the most successful musical acts of the 1970's. Location: Danversport Yacht Club Danvers, MA. Meal choice: Stuffed chicken breast or baked schrod. Cost: \$92pp

Tuesday, July 31 Sprit of Boston
Set sail with Best of Times Travel and the Spirit of Boston around Boston Harbor. Come aboard and enjoy the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two-hour cruise on Boston's historic harbor is perfect for an afternoon getaway and is exclusive to Best of Times guests only! One price includes everything except drinks and photos. Location: Boston Harbor. Meal choice: Lunch buffet. Cost: \$95pp

Tuesday, August 14 Bobby Rydell
With a career starting as a 1950s teen idol, to the present where he pays homage to both jazz and The Great American Song Book, Bobby Rydell draws sell-out crowds across the country, along with comedian Frankie Pace, seen on Saturday Night Live. Location Venus De Milo Swansea, MA. Meal choice: Chicken parmesan or baked schrod. Cost: \$99pp

Wednesday, September 12 Kenny and Dolly Together Again
Direct from the USA and after sell out shows across North America and Australia, Best of Times Travel presents this unforgettable tribute to two of the biggest names in Country Music this century - Kenny Rogers and Dolly Parton! Location: Danversport Yacht Club Danvers, MA. Meal choice: Stuffed chicken breast or baked schrod. Cost: \$95pp

Wednesday, October 3 Simon Pearce Glassblowing + King Arthur Fall Foliage
Join Best of Times Travel on this unique and culturally rich day trip during the peak of the fall

foliage season. Great sightseeing and lunch at one of "America's Most Romantic Restaurants" makes this a fantastic day out. Touring locations include: Queechee Gorge, Simon Pearce Glassblowing Factory and King Arthur Factory. Location: Woodstock, VT. Meal choice: Roasted Shetland salmon or Tamarack Farms lamb burger.

Cost: \$119pp

Thursday, October 11 Buddy Holly Tribute

Join Best of Times Travel with the ultimate tribute to Buddy Holly, Ritchie Valens, and The Big Bopper featuring "Not Fade Away." Songs include, That'll Be the Day • Peggy Sue • Fool's Paradise • Chantilly Lace • Little Red Riding Hood • White Lightnin' • Location: Lake Pearl Wrentham, MA. Meal choice: Stuffed chicken breast or baked schrod. **Cost: \$92pp**

Thursday, November 15 Rod Stewart Tribute

Rod Stewart has had 16 top ten singles in the US, with four reaching #1 on the Billboard Hot 100. Impersonator Rob Caudill has been touring the globe with the world famous Legends in Concert show out of Las Vegas for the past 15 years. He's truly the world's # 1 Tribute to Rod Stewart! Don't miss out! Location: Venus De Milo Swansea, MA. Meal choice: Chicken parmesan or baked schrod. **Cost: \$92pp**

Tuesday, December 4 The Sicilian Tenors: Christmas Amore

After a sell-out at Carnegie Hall, The Sicilian Tenors are ready to bring the joy of all our favorite Christmas songs to life on our Best of Times Travel stage. The Sicilian Tenors bring together three marvelous Tenor voices, each singing their own interpretation of the world's best music. Location Danversport Yacht Club Danvers, MA. Meal choice: Stuffed chicken breast or baked schrod. **Cost: \$92pp**

Overnight Trips

June 29-July 3 Nova Scotia w/ Tattoo Fest

This fantastic tour features the Royal Nova Scotia International Military Tattoo Festival, The Bay of Fundy, Halifax, Saint John, and the beautiful Annapolis Valley in Nova Scotia! 5 days / 4 nights. **Cost: \$100pp deposit/\$50pp insurance (due @ signup) \$1,199pp double, \$1,499pp single.**

July 10-13 Montreal & Quebec Getaway

Join Best of Times Travel as we explore two of Canada's great cities in this wonderful 4 Day / 3 Night program. Montreal is the second largest city in Canada and the largest city in the province of Quebec. Originally called Ville-Marie, or "City of Mary," the city takes its present name from Mont Royal, the triple-peaked hill located in the heart of the city, whose name was also initially given to the island on which the city is located. **Cost: \$50pp deposit / \$50pp insurance (due @ signup) \$749pp double, \$1,049pp single.**

August 19-23 Big Sky Montana Featuring Yellowstone National Park

Welcome to Big Sky, Montana, an amazing piece of heaven that is the perfect resort location for visiting Yellowstone National Park. This incredible 5 Day adventure has so much to offer: The ultimate scenic view and high point of your summer is at the top of Lone Peak an experience of a lifetime to stand at an 11,166 ft. summit and view two national parks, three states, and many mountain ranges. **Cost: \$100pp deposit / \$50pp insurance (due @ signup) \$2,999pp double \$3,549pp single.**

If there is a travel destination you are interested in that is not listed, we have full catalogues available in the office that show all trips offered.

COMING ATTRACTIONS . . .

COA Senior Day



**Thursday, May 10
Center Meeting Room
Town Hall**

- | | |
|------------|---------------------------------------------------------------------------------------|
| All Day | Exhibition of Seniors' Art and Hand Work |
| All Day | Info Table – Health and Wellness lit., Medicare and Social Security, Travel brochures |
| 9:00-11:30 | Coffee and Conversation |
| 12:30 | Presentation of "Truly Eleanor" with the Delvena Theatre Company |



“National Drug Take Back Day”



Saturday, April 28

10:00am – 2:00pm

Groveland Police Station—181 Main Street

Drop off your expired, unused or unwanted medications to the Groveland Police department.

These items can be placed in the disposal bin, which will be located in the department’s lobby from 10am – 2pm.

Remember ... the department CAN NOT ACCEPT “sharps” or needles. If you are dropping off liquid medications, please have them placed into a “ziplock” style bag first.

Information on this event will also be posted on the department’s website and the town’s website as well as the digital message board outside the town complex.

RETURN SERVICE REQUESTED

Please support PHOENIX PRINTING—
without them, we would not be in print!

READERS—Please help us save
money and keep our Mailing List
up-to-date! IF YOU WOULD
PREFER NOT TO RECEIVE
the newsletter, kindly
give the COA office a call.

Groveland Council On Aging
Town Hall
183 Main Street
Groveland MA 01834

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