

# 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](mailto:LStanton@GrovelandMA.com) Website: [www.GrovelandMA.com](http://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.*

## JANUARY / FEBRUARY 2020

### January/February Highlights

**CLOSED Wed., Jan. 1<sup>st</sup>**  
(New Year's Day)

**Mon., Jan. 20**  
(Martin Luther King, Jr. Day)  
**and Mon., Feb. 17**  
(Presidents' Day)

☉ Mon. & Thurs. at 11:00am – Pentucket Walking Club at PRHS  
☉ Tuesdays—NEW TIME 9:30am – Reiki / Meditation w/ Sue Cullen  
☉ Tuesdays—11:15-12:15 – Get Movin' with Leah Miller  
☉ Fridays—9:00-10:00am – Get Movin' with Leah Miller  
☉ Fridays from 10:45-11:45am – Yoga with Mary Van Abs  
☉ Mondays—12:00pm Movie Afternoon  
☉ (Tues.) Jan. 7 + Feb. 4—1:00 Social Games  
☉ (Wed.) Jan. 8 + Feb. 5—10:30 Mystery Book Club  
☉ (Wed.) Jan. 8 + Feb. 12—12:30 TMobile Tablet Training  
☉ (Thurs.) Jan. 9—9:00—Van Trip—Museum of Fine Arts  
☉ (Wed.) Jan. 15—10:30 Home Care Options for Seniors  
☉ (Wed.) Jan. 22—2:00 Watercolor Art Class w/ Peggy Poppe  
☉ (Tues.) Jan. 21 + Feb. 18 (Holiday changes)—5:00-7:00pm Veterans' Services  
☉ (Wed.) Jan. 23—12:30 Lunch/Learn – Crime Lab Case Files

☉ (Tues.) Jan. 28 + (Tues.) Feb. 11— 9:00 Van Trip—Encore Casino  
☉ (Tues.) Feb. 25—1:00 Lunch/Learn – Hist. of the Revolutionary War w/ Buttonwoods  
☉ (Thurs.) Feb. 27—10:30 Van Trip—Wentworth By-the-Sea

**Groveland Fire Dept.**  
**"Senior Open House"**  
Central Fire Station – 183 Main St.

**Fri., January 17<sup>th</sup>**  
**11:00am – 12:00pm**  
**(Refreshments served!)**

All are invited to an open house at the Central Fire station! Meet our new Fire Chief, Robert Valentine, and learn more about smoke alarms and carbon monoxide detectors.

**Lunch & Learn - \$5.00**  
**Thurs., January 23 at 12:30**  
**"Crime Lab Case Files"**  
With Paul Zambella

**Tues., February 25 at 1:00**  
**"Hist. of Revolutionary War"**  
With Buttonwoods Museum Curator  
*Payment due at sign up ... guarantees reservation!*

### Monthly (Thursdays) B'Day Bash!



**Jan. 16 + Feb. 13**

**Doors DO NOT OPEN**  
**until 12:00pm**

January's lunch will be pot pie – February's will be pasta / meat balls + salad, yummy cake, great company, raffles and musical entertainment with **Howie Newman (Jan.) and Patrick Runne (Feb.)!** Payment (\$8.00 per person) **RESERVATIONS REQUIRED** to reserve your spot by ... **Tues., Jan. 14 + Feb. 11**

**FRIENDS OF COA**  
**Thurs., March 5 - 3:00pm**  
**Center Meeting Room**  
(No meetings Jan. or Feb.)

**COA BOARD OF DIRECTORS**  
**Wed., Jan. 15 + Feb. 19**  
**9:30am**  
**Police Station Conference Room**  
**All are welcome!**

**Board of Directors:** Kathryn Alesse (Chairman) ★ Ron Mertens (Vice Chairman) ★ Dot DiChiara (Treasurer)  
★ Laurel Puchalski (Secretary) ★ Frank Sadowski  
**Director:** Lynne Stanton **Programs/Data/Transportation:** Nisha Burke **Outreach:** Amanda Fisher  
**Van Drivers:** Ken Dusombre – Frank Sapianti **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
- ◆ **Plaza Shopping – Wednesdays – Pick Up Time: 9:00am (11:30am return) – FREE**
- ◆ **Westgate (call COA) Thurs. for \$5.00 round trip**
- ◆ **Shopping at The Markets at Our Neighbors' Table – Amesbury Pantry – Van Pick Up Time: 12:00pm – Van is \$5.00 (Groceries are FREE – van is ½ the usual fare to Amesbury!)**

## 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 .45 cents (NEW RATE) 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"—Call **MINIMUM 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.

◆ **Blood Pressure Clinic** 9:30 – 11:30 held on the 3<sup>rd</sup> Friday of each month in the Board of Health office (978-372-3942). *Next clinics: Jan. 17 + Feb. 21*

## "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 reg./release form.

## Social Games



Tues., Jan. 7 + Feb. 4



1:00 – 3:00pm

Center Meeting Room – Town Hall

Come to play Rumi Cube, Scrabble, work on coloring/word searches or just drop by for an informal, casual get together ... chat and beat the blahs! Stop in for coffee, conversation and a chance to meet new folks. You'll also get the inside scoop on news / events happening at your COA. Beverages offered - BYO snacks!

## "Mystery Book Club"



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

(Wed.) January 8 - 10:30am

*Members - voting and sharing!*

(Wed.) February 5 - 10:30am

*Bring Me Back* by B.A. Paris

*(Mystery Book Club is currently at capacity.*

*To attend, and to be placed on their wait list, please contact Sue Nakanishi at the library at 978-372-1732)*

*Copies available at the library.*

*Refreshments served!*

## FREE - Legal Monday

With Atty. Elaine Dalton



January 13 + February 10

10:00-11:00am (15 min. appts.)

Call the COA ... *appointments required!*

## Home Care Options for Seniors

With Altie Bird from Amedisys Home Care

**Wed., Jan. 15 at 10:30am**

**Center Meeting Room – Town Hall**

If you or a loved one, are recovering from an illness, having special needs, or just want to help with the activities of daily living, services are available for short or long term needs.

Learn about these options.

*Light refreshments offered!*

**Sign up is REQUIRED. Please call Nisha at the COA at 978-372-1101.**

## TMobile Registration and Tablet Training

With Brandon Jung

Wed., January 8 + February 12

12:30pm

Center Meeting Room—Town Hall

Sign up is **REQUIRED** by Mon., Jan. 6

Would you like to learn how to use a tablet? Preloaded with news, Facebook, Google, Weather, Libby (a library service) and other apps, these free tablets are available on a first come – first served basis. Tablets offered free with two (2) years of unlimited service/data. NO WiFi or Internet connection needed in your home. . Offered as part of a "Senior Technology" grant, plus additional funding through "Age Friendly Collaborative" (Groveland, Haverhill, West Newbury) grant with the Wadleigh Foundation. Call early to secure your device and training slot!  
**TRAINING IS REQUIRED** to receive a tablet!

## Groveland Fire Dept. Senior Open House

Fri., January 17 - 11:00 am - Noon

The Groveland Fire Dept. would like to invite all Groveland Seniors to an open house at the Central Fire Station! We will discuss the topic of Smoke Alarms and Carbon Monoxide Detectors. Stop in and see us ... coffee and light snacks will be provided!

## NEW - Watercolor Painting

with Peggy Poppe

Wednesdays beginning January 22

2:00 - 3:45pm

Center Meeting Room—Town Hall

**\$5.00 per class**

**(4 week sessions - sign up REQUIRED!)**

Join accomplished Northshore watercolor artist, Peggy Poppe, for a great experience honing your current painting skills and/or learning new techniques and perspectives. Peggy will bring

supplies for the first class for everyone, and will give a list of what is needed for the 4 week session. DO call early to secure your spot!

## Monday Movies



January 6

*"Maiden" – Sport/Documentary (PG)*

Tracy Edwards and Crew

January 13

*"Downton Abbey" – Drama/Historical Period(PG)*

Maggie Smith, Michelle Dockery

January 27

*"Where'd You Go Bernadette" – Drama/Mystery (PG13)*

Cate Blanchett, Billy Crudup

February 3

*"The Goldfinch" – Drama (PG)*

Finn Wolfhard, Sarah Paulson

February 10

*"Judy" – Drama (PG13)*

Renee Zellweger, Finn Wittrock

February 24

*"Ad Astra" – Drama/Fantasy (PG13)*

Brad Pitt, Ruth Negga

★ **Movies Begin at 12:00pm** ★

Center Room—Town Hall

**MR. FIX-IT SHOP CLOSED FOR NOW**

Call the COA to see if / when repairs will resume!

**GROVELAND RESIDENTS ONLY**

## Reiki and Guided Meditation Tuesdays at 9:30 (new start time)

(\$5.00 per class)

Join Sue Cullen from High Vibration Wellness, Inc. for "Reiki and Guided Meditation." Sue will guide the group through a meditation and relaxing Reiki.

You will be sitting, focusing on breath while listening to soothing music.

## NEW ... Get Movin' with Leah! Tuesdays – 11:15 / Fridays – 9:00am

Center Meeting Room—Town Hall

(\$5.00 per class)

Join AFAA Group Fitness instructor Leah Miller to improve your strength, endurance, flexibility, and balance! Have fun, meet new friends, and get more energy during this aerobic program for seniors!

**Start your day feeling good!**

## **Gentle Yoga with Mary VanAbe**

**Fridays – 11:00am**

Cost: \$5.00 per class

**Center Meeting Room—Town Hall**

---

## **Selectman Ed Watson Office Hours**

Ask questions and get help solving problems.

**(2<sup>nd</sup> Tuesday) Jan. 14 + Feb. 11**

**10:00-11:00am – Back Meeting Room**

---

## **Sen. Bruce Tarr's Office Hours**

with Mary Ann Nay

## **Rep. Lenny Mirra Office Hours**

Constituent Services and Community Outreach

**(3<sup>rd</sup> Tues.) Jan. 21 + Feb. 18**

**1:00-2:00pm – Back Meeting Room**

---

## **Art with Marcia Nadeau**

**Mondays - 3:00pm**

**(NO class Jan. 20 + Feb. 17)**

**in the Art Room at Pentucket High School.**

---

## **AMERICAN LEGION**

**(NATHAN WEBSTER POST 248)**

**VEASEY PARK**

**USUALLY 2<sup>ND</sup> WEDNESDAY AT 7:00PM**

**MEETING: WED., JAN. 8 + FEB. 12**

**FOR MORE INFO RE. NEXT MEETING ...**

**CALL DAVE TUTTLE AT 978-360-8107**

---

## **VETERANS' SERVICES**

WITH MICHAEL J. INGHAM

**TUES., JAN. 21 + FEB. 18**

**(USUALLY THE 3<sup>RD</sup> MONDAY) 5:00-7:00PM**

**APPOINTMENTS REQUIRED —**

**CALL MIKE AT 978-973-2118**

**(GROVELAND RESIDENTS ONLY)**

**OR MINGHAM@GROVELANDMA.COM**

---

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

**HUGE thanks to the *Friends of the Groveland COA* for partial funding of our December "*Edwardian Christmas Tea*" ♥ Special thanks to the following companies/good folks who donated raffle goodies ... *Baker Katz Nursing/Rehab* (and *Norma and Devon*), *Elder Services of the Merrimack Valley* (and *Bonnie Sisson* and *Justin Jordan*), *High Vibration Wellness* (and owner/Reiki master *Sue Cullen*), *Keller-Williams Realtors* (and beloved *Bridget Hovan*), *Darlene Meagher* and daughter for the scrumptious cupcakes/cookies, *Merrimack Valley***

*Philharmonic Orchestra* (and *Bonnie Glazier*), *Nancy Nataloni* for the festive paper goods, *NEET – Northern Essex Elder Transport* (and *Ginny Salem*), *Irene Sirr* for the gorgeous holly bouquets, and to *Wingate Residences / Rehab of Haverhill* (and *Jackie Wasmer*). You all made the day a festive and happy success!

Continuing thanks ♥ to the *Groveland Congregational Church* for picking up and delivering the *Panera Bread* surplus!

♥ **Special Thanks** to *Dr. Martin Shuman* for his VERY generous donation ♥ **Thanks** to *Tony Desimone* and *Carol Patnaude* for Congregational Church pantry donation delivery ♥ to *Ken and Jane Field* ♥ to the always fabulous *Theresa Fitzgerald* ♥ to another treasure *Judith McCaffrey* ♥ to *Tracy Gilford* ♥ to *Ann Jones* ♥ to *Helen McGrath* ♥ to *Terry Neff* ♥ to *Doug Soper* ♥ to *Lisa and Phil Wright* ♥ and to *Dot DiChiara* and *Anita Wright* for assembling and transporting the beautiful "*Richard Sciacca Memorial Bench*" that now rests by our office in Town Hall!

**Dining together is one of the best ways to squelch loneliness! Come ... meet new people and share a delicious dinner.**

---

## **Groveland Congregational Church** **4 King Street**

### **"FREE Community Luncheon"**

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

**Saturday, Jan. 11 + Feb. 8**

**11:30am-1:00pm**

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

**All are welcome!**

---

## **St. James Episcopal Church** **119 Washington St. – Parish Hall**

### **"Bean Supper"**

**Saturday, Jan. 18 + Feb. 15**

**4:00-6:00pm**

**Cost: Adults - \$10.00 / Children under 10 – FREE**

**Featuring homemade baked beans (both pea and kidney), hot dogs, salads galore, mac & cheese, coleslaw and scrumptious homemade desserts!**

**All are welcome!**

## Groveland Van Trips



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

*Trips fill up fast! Our van only seats 10 people. If you'd like to volunteer to help collate the newsletter, you can enjoy the perk of first dibs on van trips. Call the office for more info.*

### Thursday, January 9 Museum of Fine Arts

Visit the Museum of Fine Arts to see: "Ancient Nubia Now" discover the kingdoms of ancient Nubia, a region in today's southern Egypt and northern Sudan that was home to a series of dynamic civilizations. Highlighting more than 400 objects drawn from the MFA's vast collection of Nubian art—the largest and most important outside of Sudan—"Ancient Nubia Now" sheds light on these powerful African kingdoms and places them in their rightful position among the great cultures of antiquity. Check with the local libraries for museum passes.

**Depart: 9:00am / Return: 4:00pm**

**Cost: Van - \$10.00 / Admission - \$23.00**

**Lunch on your own**

### Tuesday, January 28 Encore Casino in Everett

Encore Casino in Everett! This trip is on your own. Time for table games, slots, 15 dining options, exhibits, and spa. Sign up for a free membership card ahead of time or when you arrive. (Space is Limited Call Early!)

**Depart: 9:00am / Return: 4:00pm**

**Van: \$10.00 / Lunch on your own**

### Tuesday, February 11 Encore Casino in Everett

Encore Casino in Everett! This trip is on your own. Time for table games, slots, 15 dining options, exhibits, and spa. Sign up for a free membership card ahead of time or when you arrive.

**Depart: 9:00am / Return: 4:00pm**

**Van: \$10.00 / Lunch on your own**

### Thursday, February 27 Wentworth By-the-Sea

Enjoy fine dining at the Wentworth Hotel. This has become a favorite trip for our seniors! Executive Chef Daniel Dumont creatively crafts regional favorites using fresh, local ingredients to update traditions without losing their classic taste. 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: 3:00pm**

**Van: \$10.00 / Lunch on your own**

## 2020 Overnight Trips

### Collette Vacations

Full catalogue available in the office

### Iceland's Magical Northern Lights March 9-15

7 days / 10 meals - Highlights: Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Lava exhibition center, and Blue Lagoon. **Cost: \$500 deposit pp - \$3699**

**Double / \$4449 Single**

### Bluegrass Country & The Smoky Mountains

#### September 17-25

9 days / 12 meals - Highlights: Churchill Downs, Kentucky Derby Museum, Old Louisville walking tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains National Park & Dolly Parton's Stampede & Dinner Show.

**Cost: \$500 deposit pp - \$2949 Double / \$3849**

**Single.**

## 2020 Overnight Trips

### Grand American Tours

### Alaska Escorted Celebrity Cruise September 3-11

9 days / 8 nights Highlights: Seattle Washington, Ketchikan, Alaska, Endicott Arm & Dawes Glacier, Juneau, Alaska, Skagway, Alaska, Sail – Inside Passage, Victoria, British Columbia. **Cost: \$350 deposit pp – Double occupancy / \$700 deposit for Singles. (Total cost of trip will be based on cabin choice.)**

### Ten Tips for Healthy Aging (Your COA Helps!)



- Live an active life. Regular exercise is one of the greatest keys to physical and mental wellbeing.
- Eat healthy foods
- Maintain your brain
- Cultivate your relationships
- Get enough sleep
- Reduce stress
- Practice prevention
- Take charge of your health
- Make community connections
- Complete your advance directive

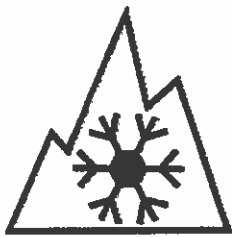


# JANUARY 2020

## Programs-Services-Events




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>Dec. 31</b> <b>COA CLOSED</b> <i>Happy New Year's Eve!</i>	<b>1</b> <b>COA CLOSED</b> <i>Happy New Year!</i>	<b>2</b> <i>11:00 Pentucket Walking Club</i>	<b>3</b> <i>9:00 Get Movin' w/ Leah</i> <i>10:45 Yoga w/ Mary</i>	<b>4</b>
<b>5</b>	<b>6</b> <i>11:00 Pentucket Walking Club</i> <i>12:00 Movies</i>	<b>7</b> <i>9:30 Reiki + Meditation</i> <i>11:15 Get Movin' w/ Leah</i> <b>1:00 Social Games</b>	<b>8</b>  <i>10:30 Mystery Book Club</i> <i>9-11:30 Plaza</i> <i>12-2 Amesbury Pantry</i> <i>12:30 Tablet Training #1</i>	<b>9</b> <i>9:00 Van Trip-MFA Boston</i> <i>11:00 Pentucket Walking Club</i>	<b>10</b> <i>9:00 Get Movin' w/ Leah</i> <i>10:45 Yoga w/ Mary</i>	<b>11</b> <b>11:30am-1:00pm</b> <b>FREE Cong'l Church Community Lunch</b>
<b>12</b>	<b>13</b> <b>10:00 Legal Monday</b> <i>11:00 Pentucket Walking Club</i> <i>12:00 Movies</i>	<b>14</b> <i>9:30 Reiki + Meditation</i> <i>11:15 Get Movin' w/ Leah</i>	<b>15</b> <i>9:30 COA Board Meeting</i> <i>9-11:30 Plaza</i> <b>10:30 Home Care</b> <i>12-2 Amesbury Pantry</i>	<b>16</b> <i>11:00 Pentucket Walking Club</i> <b>12:00 B'day Bash</b>	<b>17</b> <i>9:30-11:30 Blood Pressure Clinic in BOH</i> <i>9:00 Get Movin' w/ Leah</i> <i>10:45 Yoga w/ Mary</i> <b>11-12 Fire Dept. Open House</b>	<b>18</b> <b>9:00 Cong'l Church Men's Breakfast</b> <hr/> <b>St. James Episcopal Church Parish Hall BEAN SUPPER 4:00-6:00pm</b>
<b>19</b> 	<b>20</b> <b>COA CLOSED</b> <b>Martin Luther King, Jr. Day</b>	<b>21</b> <i>9:30 Reiki + Meditation</i> <i>11:15 Get Movin'</i> <hr/> <i>5-7pm Veterans' Services</i>	<b>22</b> <i>9-11:30 Plaza</i> <i>12-2 Amesbury Pantry</i> <b>NEW</b> <i>2:00 Watercolor Painting</i>	<b>23</b> <i>11:00 Pentucket Walking Club</i> <b>12:30 Lunch + Learn: "Crime Lab Case Files"</b>	<b>24</b> <i>9:00 Get Movin' w/ Leah</i> <i>10:45 Yoga w/ Mary</i>	<b>25</b>
<b>26</b>	<b>27</b> <i>11:00 Pentucket Walking Club</i> <i>12:00 Movies</i>	<b>28</b> <i>9:00 Van Trip -Encore</i> <i>9:30 Reiki + Meditation</i> <i>11:15 Get Movin'</i>	<b>29</b> <i>9-11:30 Plaza</i> <i>12-2 Amesbury Pantry</i> <b>NEW</b> <i>2:00 Watercolor Painting</i>	<b>30</b> <i>11:00 Pentucket Walking Club</i>	<b>31</b> <i>9:00 Get Movin' w/ Leah</i> <i>10:45 Yoga w/ Mary</i>	



# FEBRUARY 2020

## Programs-Services-Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 11:00 Pentucket Walking Club 12:00 Movies	4 9:30 Reiki + Meditation 11:15 Get Movin' w/ Leah 1:00 Social Games	5  10:30 Mystery Book Club 9-11:30 Plaza 12-2 Amesbury Pantry 2:00 Watercolor Painting	6 AARP Tax Prep 11:00 Pentucket Walking Club	7 9:00 Get Movin' w/ Leah 10:45 Yoga w/ Mary	8 11:30am-1:00pm FREE Cong'l Church Community Lunch
9	10 10:00 Legal Monday 11:00 Pentucket Walking Club 12:00 Movies	11 9:00 Van Trip -Encore 9:30 Reiki + Meditation 11:15 Get Movin' w/ Leah	12 9-11:30 Plaza 12-2 Amesbury Pantry 12:30 Tablet Training #2 2:00 Watercolor Painting	13 11:00 Pentucket Walking Club 12:00 B'day Bash! 	14 9:00 Get Movin' w/ Leah 10:45 Yoga w/ Mary	15 9:00 Cong'l Church Men's Breakfast St. James Episcopal Church Parish Hall BEAN SUPPER 4:00-6:00pm
16 	17 COA CLOSED Presidents' Day	18 9:30 Reiki + Meditation 11:15 Get Movin' <hr/> 5-7pm Veterans' Services	19 9:30 COA Board Meeting 9-11:30 Plaza 12-2 Amesbury Pantry 2:00 Watercolor Painting—2nd Session	20 AARP Tax Prep 11:00 Pentucket Walking Club	21 9:30-11:30 Blood Pressure Clinic in BOH 9:00 Get Movin' w/ Leah 10:45 Yoga w/ Mary	22
23	24 11:00 Pentucket Walking Club 12:00 Movies	25 9:30 Reiki + Meditation 11:15 Get Movin' 1:00 Lunch + Learn	26 9-11:30 Plaza 12-2 Amesbury Pantry 2:00 Watercolor Painting	27 10:30 Van Trip Wentworth-by-the Sea 11:00 Pentucket Walking Club	28 9:00 Get Movin' w/ Leah 10:45 Yoga w/ Mary	29

# EXEMPTION OPTIONS FOR TAX RELIEF FOR PROPERTY OWNERS

Fiscal Year 2020 (July 1, 2019 to June 30, 2020)

Completed application and all required documents must be received in the Groveland Assessors' Office by April 1, 2020.

Program	MGL, Ch 59, Sec 5	Income Limit	Asset Limit	Other Limitations	Exemption Amount	Forms
Elderly	CI 17D	None	\$40,000	Age 70 MA resident 5 yrs	\$175	Application, Birth Certificate, 1098, 1099, 2018 Federal Tax Return
Elderly	CI 41C	Single \$20,000 Married \$30,000	Single \$40,000 Married \$55,000	Age 65 MA resident 5 yrs	\$1,000	Application, Birth Certificate, 1098, 1099, 2018 Federal Tax Return
Blind	CI 37A	None	None	Certified before 7-1-19	\$437.50	Application, Blind Certificate
Veterans	CI 22	None	None	10% Service Related Disability, MA resident 5 years	10% \$400 100% \$1,000	Application DD214, Statement of Employment 22E Letter
Real Estate Tax Deferral	CI 41A	\$20,000	None	Age 65, MA resident 10 years	Delay up to 100% of property value in RE taxes until sale of property	Application, Birth Certificate, 1098, 1099, 2018 Federal Tax Return
Real Estate Tax Work-Off (work to be done in calendar year )	CI 51K	Single \$40,000 Married \$55,000	None	Age 60 +	\$1,000	Application, Approved Work-Off Form, 1098, 1099, 2018 Federal Tax Return, two (2) months consecutive bank statements
Veterans' Work Off Program - "Valor Act"	CI 51N	Single \$40,000 Married \$55,000	None	Honorably Discharged Veterans	\$1,000	Application, Discharge Papers, Approved Work-Off Form, 1098, 1099, 2018 Federal Tax Return, two (2) months consecutive bank statements

Please contact the Assessors Office at (978) 556-7218 for additional information and the application forms.

Deb Webster at the Assessors' Office or staff at the Council On Aging are available to assist with the completion of the application.



## Friends of Groveland Council on Aging, Inc. 2020

Please consider becoming a member of the *Friends of Groveland Council on Aging, Inc.* for 2020, either through your \$10 annual membership \* and/or through your help with our fundraising projects for town residents aged 60 and over. Your continued support and generosity keeps us going – thank you. (\* This is the first and only hike of the membership fee since the *Friends* were formed in 1981)

We were saddened to have to cancel our very popular annual event, the Town-wide Yard Sale in September, due to unanticipated health issues, but we sincerely hope to pick up the reins again on Sept. 19, 2020, IF WE GET THE SUPPORT OF A FEW NEW, DEDICATED VOLUNTEERS. Could this be YOU? Because our core, older members are beginning to find the work of organizing the sale more than they can handle, we are looking for a few folk willing to be trained to help ease the burden. For example, we need: (1) folk with a computer background to learn how to handle the yard sale map setup and signups, starting in late July-August, (2) people able to set up and retrieve the “arrow” signs around town the week before the sale, (3) volunteers to drive, deliver and retrieve the homeowners’ numbered yard signs, again, just before and after the sale. All these volunteers will be trained. We have had numerous calls hoping that the sale will continue. IT WILL, but only with your help. Please call 978 374-6253 if you think you can help or want to know more – and thanks!

The *Friends* continue to support C.O.A. Director Lynne Stanton, her staff, and the C.O.A. Board with funding for special projects, programs, parties and entertainers. We are always looking for new members – some of our newest have come up with great ideas for fundraisers and projects, always much appreciated. Could YOU have an idea which would help us raise funds? If so, come to our next regular meeting on March 5, 2020 at 3 p.m. in Town Hall, call or just come and meet us, by sitting in on a meeting. We would truly like to make your acquaintance. We do not meet in July/August, or December to February.

Thank you, S. Valerie Osborne, President, *F.G.C.O.A.*

---

**Membership Application, *FGCOA Inc.* 2020. (Jan – Dec.)**

**Mail to – Friends of Groveland COA, PO Box 301, Groveland MA 01834**

Name \_\_\_\_\_ Date \_\_\_\_\_

Tel: \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Amount enclosed \_\_\_\_\_ New/former member? Circle one.

## AARP Tax Prep Assistance

Appointments for low to moderate income folks are available beginning on February 6. AARP tax prep volunteers usually schedule appointments every other week on a Thursday. Gather your documents now. Be prepared! Do call early, as appointments fill quickly.

**N.E.E.T.**



**Drivers Wanted**

Are you interested in volunteering in your community? Please consider becoming a Groveland NEET (Northern Essex Elder Transport) driver. This unique program offers Groveland seniors (those 60+) transportation to medical (and other) appointments. Pick your own days and hours. *Willingness to drive as little as one day per month is a help!* Drivers volunteer their time, but are reimbursed for their mileage through the NEET program.

NEET also covers liability insurance.

**For more information, contact Nisha Burke at -  
Groveland COA at 978-372-1101.**

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.

Pre-Sort Standard  
U.S. Postage PAID  
Haverhill MA 01830  
Permit 300

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