

# 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.*

## JULY + AUGUST 2018

### JULY / AUG. Highlights

**CLOSED Wed., July 4<sup>th</sup>**  
*Independence Day!*

☞ 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

☞ Mondays at 12:00pm *Movie Afternoon*  
☞ (Wed.) July 11 (4<sup>th</sup> of July date change) + Aug. 1—10:30 *"Mystery Book Club"*  
☞ (Thurs.) July 5 + Aug. 2—10:30 *COA Social Hour*  
☞ (Tues.) July 10—9:30 *Van Trip—Ken's Mystery Ride!*  
☞ (Thurs.) July 19—9:30am *Van Trip—JFK Birthplace*  
☞ (Mon.) July 16 + Aug. 20—5:00-7:00pm *Veterans' Services* with M. Ingham (372-2351 ext.32)  
☞ (Tues.) July 24—9:30 *Van Trip—Peabody Essex Museum*  
☞ (Thurs.) July 26—10:00 *"Hearing Loss: New Tech, How They Work" w/ Merr. Med Center*  
☞ (Thurs.) Aug. 2—9:30 *Van Trip—Mystery Ride*  
☞ (Thurs.) Aug. 16—10:00 *Van Trip—Newburyport Harbor Tour*  
☞ (Wed.) Aug. 22—10:30am *"New - Real ID" with the RMV*  
☞ (Tues.) Aug. 28—9:30 *Van Trip—Salem Willows*

**"Hearing Loss —  
New Technology, Acceptance  
and How Modern Hearing  
Aides Work!"**

with Mitch Stein  
(Merrimack Medical Center—  
Northshore Office)

**Thurs., July 26**

**10:00am**

*Center Meeting Room*

Sign-up **REQUIRED!**

Light refreshments served!

**New - "Real IDs"**

With Michelle Ellicks

RMV – 20/20

**Wed., August 22**

**10:30am**

*Center Meeting Room*

Learn what documents are  
needed with a Q&A to follow!

Sign-up **REQUIRED!**

Light refreshments served!

*Lynne Stanton*

COA Director

**FRIENDS OF**

**GROVELAND COA**

**Thurs., August 30 – 3:00pm**

(Yard Sale planning session!)

*Center Meeting Room*

### B'day BBQs!



**Thurs., July 12 + Aug. 9**

**12:00pm**

*Center Room - Town Hall*

In July we'll be serving burgers/dogs and salads and in August we're offering wraps or lobster rolls (call for cost)! Enjoy yummy cake, great company, raffles, and entertainment with Russ McQueen (July) and Paul Wayne (August)!

**RESERVATIONS REQUIRED**

Reservation needed by  
Wed., July 11 + Aug. 8.

Please call early as summer  
luncheons fill quickly!

**COA BOARD OF DIRECTORS**

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



Summer hiatus – next meeting ...

**Wed., September 19**

**at 9:30am**

*Police Station Conference Room*

*All are welcome!*

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

★ Laurel Puchalski (Secretary) ★ Kathryn Alesse ★ Ron Mertens

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

**Van Drivers:** Richard McNeil - Ken Dusombre - Dave Stephenson **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 – 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.

◆ **Blood pressure + B12 shots (BYO meds) at Town Hall.** Summer hiatus! NO clinics in July/August. Call the Board of Health office for fall schedule.

◆ **Podiatrist** Dr. Lynch at Town Hall. 3<sup>rd</sup> Thursday of month: **July 19 + Aug. 16.** 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**

## "Mystery Book Club"

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

**Center Meeting Room – Town Hall**

**(Wed.) July 11 - 10:30am**

(note date change due to 4<sup>th</sup> of July holiday!)

*Close to Home* by Robert Dugan

**(Wed.) August 1 - 10:30am**

*The Crossing Places* by Elly Griffiths

(Copies available at the library. If new to the club, please contact Sue at the library so that she can make sure you get this book.) Refreshments served!

## COA Social Hour

**Thurs., July 5 + August 2**

**10:30 – Noon**

**Center Meeting Room – Town Hall**

Come for an informal, casual get together ... Chat and beat the heat!!! 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

**July 2**

*"A Wrinkle In Time"* – Fantasy/SciFi (PG)  
Oprah, Reese Witherspoon, Mindy Kaling

**July 9**

*"All I Wish"* – Drama/Comedy (Not Rated)  
Sharon Stone, Tony Goldwyn

**July 16**

*"Downsizing"* – Drama/SciFi (R)  
Matt Damon, Kristen Wiig

**July 23**

*"I, Tonya"* – Drama/Sport (R)  
Margot Robbie, Allison Janney

**July 30**

*"Wonder"* – Drama/Family (PG)  
Julia Roberts, Jacob Tremblay

**August 6**

*"The Leisure Seeker"* – Drama/Romance (R)  
Helen Mirren, Donald Sutherland

**August 13**

*"Crooked House"* – Drama/Mystery (Not Rated)  
Gillian Anderson, Christina Hendricks

**August 20**

*"Chappaquiddick"* – Drama/Thriller (PG13)  
Jason Clarke, Kate Mara

**August 27**

**"Roman J. Israel, Esq."** – Drama/Crime (PG13)

Denzel Washington, Carmen Ejogo

**Center Meeting Room -Town Hall**

★ Movies Begin at 12:00pm ★

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## **"Fall Prevention"**

with Joseph D'Angelo  
from Partners' Rehab



**Wednesday, July 18**

**10:30am**

**Center Meeting Room – Town Hall**

The single biggest cause of hospitalization among older adults is "falls." You will learn how to "fall proof" your home, techniques to strengthen important muscles, and other tips to keep yourself safe. An ounce of prevention ... !  
*Sign up needed. Light refreshments served.*

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## **Free - Legal Monday**



With Atty. Elaine Dalton

*Summer hiatus ...*

**Monday, Sept. 18 10:00-11:00am**

Call for a free 15 minute legal consultation.

Call the COA ... appointments required!

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## **"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.

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## **Reiki and Guided Meditation**

**Tuesdays - 10:00am (\$5.00 per class)**

**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.

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**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.

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## **Office Hours**

**With Groveland Selectman Bill O'Neill**

Ask questions and get help solving problems.

**July and August office hours ...**

**by APPOINTMENT only!**

Contact - Email: [boneil@grovelandma.com](mailto:boneil@grovelandma.com)

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## **Office Hours**

**With Groveland Selectman Ed Watson**

Ask questions and get help solving problems.

**(2<sup>nd</sup> Tuesday) July 10 + August 14**

**10:00-11:00am**

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

**with Richard A. Curran**

Constituent Services and Community Outreach

**(Tues.) July 24 + August 21**

**9:30-10:30am**

**Center Meeting Room—Town Hall**

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## **AMERICAN LEGION**

**(NATHAN WEBSTER POST 248)**

**VEASEY PARK**

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

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

**MEETING: WED., JULY 11 + AUG. 8**

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

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

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## **VETERANS' SERVICES**

**WITH MICHAEL J. INGHAM**

**MONDAY, JULY 16 + AUG. 20**

**(USUALLY THE 3<sup>RD</sup> MONDAY)**

**APPOINTMENTS REQUIRED –**

**CALL 978-374-2351 EXT. 32**

**OR MINGHAM@GROVELANDMA.COM**

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## **Gentle Yoga with Mary VanAbs**

**Fridays – 11:00am**

**Cost: \$5.00 per class**

**Center Meeting Room – Town Hall**

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## **Advanced Painting**

**with Frank Sadowski**

**Classes usually meet Monday at 9:30am**

**in the Center Meeting Room at Town Hall**

**Summer hiatus ... see you in September!**

## Art with Marcia Nadeau

Classes usually meet Mondays at 3:00pm  
at Pentucket High School

Summer hiatus ... see you in September!

### Thank You to ♥ Groveland's Sweethearts

**HUGE thanks ♥** to the *Groveland Congregational Church* (and deliveryman *Ron Mertens*) for the *Panera Bread* surplus ♥ **VERY SPECIAL thanks** to *Richard McNeil*, our faithful van driver, for "pinch hitting" so many additional hours / days while we searched for a new driver to replace Walt (when he began his 2<sup>nd</sup> retirement)! Thanks also go out to his beloved wife, *Erika McNeil*, for sharing him with us during that interim period! ♥ to *Catherine Annese* ♥ to *Ann Jones* ♥ to *Connie Kumph* ♥ to *Helen McGrath* ♥ to *Carl Much* ♥ and to *Elaina York* for their very generous donations!

### Ecsmith 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: Ecsmith DOES NOT accept furniture, books, TVs (electronics), or paper.**

### Groveland Congregational Church 4 King Street

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

**Saturday, July 14 + August 11**  
**11:30am-1:00pm**

Bring a friend, a neighbor or just come by yourself.  
*All are welcome!*

## Outreach Info

Are you, or someone you know, concerned about maintaining independence? Are you interested in downsizing or learning more about housing options for the future? Are you concerned about the high cost of buying groceries? Would you like someone to "check in" on you periodically? **Call Amanda Fisher at the COA anytime to set up a *private, confidential appointment*—for help filling out applications, faxing forms or to make arrangements for a home visit for you or a loved one!**

### Council On Aging Non-Perishable FOOD PANTRY

**Open Tuesdays + Thursdays**  
**10:00am – 2:00pm**

Our food pantry is now available to *Groveland residents only* (restricted due to our very small size and the pantry's growing use). All Groveland residents are welcome to register (we only need name/address/age) and come in to shop! We stock a variety of canned goods (veggies, soup, fruit, and beans of all kind), rice, pasta, tomato sauce, and cereal. We also often carry toiletries, paper products, laundry detergent and other misc. items.

### JUST ADDED - NEW Fitness Classes

#### Tai Chi + Qi Gong

"Slow, gentle, flowing movements –  
either sitting or standing!"

With Susan Tribble

**Wednesdays - 9:00am**

**\$5.00 – Drop-ins welcome!**

These two classes (*Tai Chi begins at 9:00am followed by Qi Gong at 10:00am ... or just enjoy one program*) were developed from "Active Aging,"

Parkinson's and Arthritis guidelines.

These classes are for anyone who would like to improve their posture, balance, flexibility, strength, and mobility, and better control the symptoms associated with aging. A variety of familiar, pleasant music is used.

## Groveland Van Trips



You are welcome to call ... on the  
1<sup>st</sup> 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.

### Tuesday, July 10 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 our 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

### Thursday, July 19 JFK Birthplace

JFK birthplace/National Park! As a boy, JFK's parents never expected he would grow up to be president. Yet, in his birthplace home, he learned values that inspired a life in public service. His mother, Rose Kennedy, recreated her family's first home to share her memories of those early years with visitors. In 2017, the centennial of JFK's birth, we commemorated not only his early life, but the ideas and principles he left behind.

Lunch options at Coolidge Corner.

Depart: 9:30am / Return: 3:00pm

Cost: Van \$10.00 / Admission - Free

Lunch on your own

### Tuesday, July 24 Peabody Essex Museum

Exhibits on display are Wild Designs, Japonomania! Japanese Art Goes Global, and Sally Mann: A Thousand Crossings. Full list available at pem.org. Lunch in the museum café or along the plaza. Check with the local libraries for museum passes.

Depart: 9:30am / Return: 3:00pm

Cost: Van \$10.00 / Admission \$18.00 (w/out discount library pass) / Lunch on your own

### Thursday, August 2 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 our 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

### Thursday, August 16 Newburyport Harbor Tour

Yankee Clipper Harbor Tour. Cruise along the harbor and learn about resident plant and wildlife of the area, and your crew will weave together the area's natural, economic and maritime history. Enjoy lunch at one of the local restaurants following the boat ride.

Depart: 10:00am / Return: 3:00pm

Cost: Van \$10.00 / Admission \$20.00

Lunch on your own

### Tuesday, August 28 Salem Willows

Located in historic Salem MA, Stroll along park paths, picnic grounds and beaches, take a whirl on the carousel, or enjoy an ice cream, pizza, or a seafood plate from one of the many eateries to choose from. Explore all that Salem Willows Park has to offer.

Depart: 9:30am / Return: 3:00pm

Cost: Van \$10.00 / Lunch on your own

## 2018 Motorcoach & Overnight Trip List

*with Best of Times*

[www.bestoftimestravel.com](http://www.bestoftimestravel.com)

★ Flyers are available in the COA office ★

### Tuesday, July 31 Spirit 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, 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**

**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: Full Payment due @ signup \$749pp double or \$1,049pp single.**

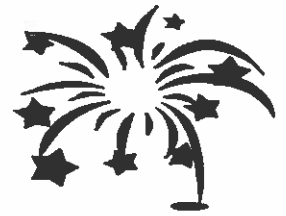
**August 19-23      Big Sky Montana -  
Featuring Yellowstone National Park**

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 or \$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.*



# JULY 2018



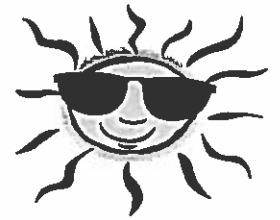
## Programs-Services-Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 11:00 Pentucket Walking Club 12:00 Movies	3 10:00 Reiki + Meditation	4 COA CLOSED Happy Independence Day!	5  10:30 Social Hour	6 11:00 Yoga w/ Mary 	7
8 	9 11:00 Pentucket Walking Club 12:00 Movies	10 9:30 Van Trip—Mystery Ride 10:00 Reiki + Meditation	11 9:00 Tai Chi  10:30 Mystery Book Club 11-1 Shopping	12 11:00 Pentucket Walking Club 12:00 Birthday Bash 	13 11:00 Yoga w/ Mary 	14 FREE Cong'l Church Community Lunch 11:30am-1:00pm
15 	16 11:00 Pentucket Walking Club 12:00 Movies  5-7pm Vets Services	17 10:00 Reiki + Meditation	18 9:00 Tai Chi 10:30 "Fall Prevention" w/ Partners Rehab. 11-1 Shopping	19 9:00 Foot Clinic 9:30 Van Trip—JFK Birthplace 11:00 Pentucket Walking Club	20 11:00 Yoga w/ Mary 	21 
22 	23 11:00 Pentucket Walking Club 12:00 Movies	24 9:30 Van Trip—Peabody Essex Museum 10:00 Reiki + Meditation	25 9:00 Tai Chi + Qi Gong 11-1 Shopping	26 10:00 "Hearing Loss" w/ Mitch Stein 11:00 Pentucket Walking Club	27 11:00 Yoga w/ Mary 	28
29 	30 11:00 Pentucket Walking Club 12:00 Movies	31 10:00 Reiki + Meditation				



# AUGUST 2018

## Programs-Services-Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9:00 Tai Chi  10:30 Mystery Book Club 11-1 Shopping	<b>2</b> 9:30 Van Trip—Mystery Ride 10:30 Social Hour 11:00 Pentucket Walking Club	<b>3</b> 11:00 Yoga w/ Mary 	<b>4</b> 
<b>5</b>	<b>6</b> 11:00 Pentucket Walking Club  12:00 Movies	<b>7</b> 10:00 Reiki + Meditation	<b>8</b> 9:00 Tai Chi + Qi Gong 11-1 Shopping	<b>9</b> 11:00 Pentucket Walking Club 12:00 Birthday Bash 	<b>10</b> 11:00 Yoga w/ Mary 	<b>11</b> FREE Cong'l Church Community Lunch 11:30am-1:00pm
<b>12</b>	<b>13</b> 11:00 Pentucket Walking Club  12:00 Movies	<b>14</b> 10:00 Reiki + Meditation	<b>15</b> 9:00 Tai Chi + Qi Gong 11-1 Shopping	<b>16</b> 9:00 Foot Clinic 10:00 Van Trip—Harbor Tour 11:00 Pentucket Walking Club	<b>17</b> 11:00 Yoga w/ Mary 	<b>18</b> 
<b>19</b>	<b>20</b> 11:00 Pentucket Walking Club  12:00 Movies <hr/> 5-7pm Vets Services	<b>21</b> 10:00 Reiki + Meditation	<b>22</b> 9:00 Tai Chi 10:30 "Real IDs" with the RMV 11-1 Shopping	<b>23</b> 11:00 Pentucket Walking Club	<b>24</b> 11:00 Yoga w/ Mary 	<b>25</b> 
<b>26</b>	<b>27</b> 11:00 Pentucket Walking Club  12:00 Movies	<b>28</b> 9:30 Van Trip—Salem Willows 10:00 Reiki + Meditation	<b>29</b> 9:00 Tai Chi + Qi Gong 11-1 Shopping	<b>30</b> 11:00 Pentucket Walking Club <hr/> 3:00 Friends of COA Meeting	<b>31</b> 11:00 Yoga w/ Mary 	



# EXEMPTION OPTIONS FOR TAX RELIEF FOR PROPERTY OWNERS

Fiscal Year 2019 (July 1, 2018 to June 30, 2019)

Completed application and all required documents must be received in the Groveland Assessors Office by April 1, 2019.

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, 2017 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, 2017 Federal Tax Return
Blind	CI 37A	None	None	Certified before 7-1-18	\$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, 2017 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, 2017 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, 2017 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.

#FreeFun  
Fridays10

10<sup>TH</sup> ANNIVERSARY

HIGHLAND  
STREET  
foundation

2018  
FREE  
FUN  
FRIDAYS!

# 10 FRIDAYS, 10 VENUES 100 THINGS TO DO 100% FREE

JUNE 29

Lyric Stage Company of Boston  
MIT Museum  
Berkshire Theatre Group  
Nantucket Whaling Museum  
The Mount: Edith Wharton's Home  
Concord Museum  
Worcester Art Museum  
Clark Art Institute  
Children's Museum in Easton  
Edward Gorey House

JULY 6

Boston Children's Museum  
Peabody Essex Museum  
Cape Cod Maritime Museum  
Battleship Cove  
Amelia Park Children's Museum  
Gore Place  
Falmouth Museums on the Green  
Hancock Shaker Village  
Pilgrim Hall Museum  
New England Quilt Museum

JULY 13

Edward M. Kennedy Institute  
Charles River Watershed Association  
Larz Anderson Auto Museum  
Chesterwood  
The Telephone Museum  
Ventfort Hall Mansion & Gilded Age Museum  
The Sports Museum  
Children's Museum at Holyoke  
International Volleyball Hall of Fame  
Mahaiwe Performing Arts Center

JULY 20

Museum of Fine Arts, Boston  
Gloucester Stage Company  
The Gardens at Elm Bank (Mass Hort)  
Chatham Shark Center  
New Bedford Whaling Museum  
Nantucket Maria Mitchell Association  
Spellman Museum of Stamps & Postal History  
Springfield Museums  
Discovery Museum  
The Hall at Patriot Place

JULY 27

Isabella Stewart Gardner Museum  
Boston Symphony Orchestra at Tanglewood  
Commonwealth Shakespeare Company  
JFK Hyannis Museum  
Fitchburg Art Museum  
Old Colony History Museum  
Boston Athenæum  
Sandwich Glass Museum  
Arnold Arboretum  
Museum of Russian Icons

AUGUST 3

Franklin Park Zoo  
Cape Cod Museum of Art  
Children's Museum of Greater Fall River  
Davis Museum at Wellesley College  
Naumkeag, The Trustees  
Worcester Historical Museum  
Osterville Historical Museum  
Historic Deerfield  
The Eric Carle Museum of Picture Book Art  
Paragon Carousel

AUGUST 10

Boston Harbor Islands National and State Park  
The Institute of Contemporary Art/Boston  
Jacob's Pillow  
Cahoon Museum of American Art  
Nichols House Museum  
Museum of the National Center of Afro-American Artists  
Wenham Museum  
Fuller Craft Museum  
The Greenway Carousel  
Freedom Trail® Foundation

AUGUST 17

John F. Kennedy Presidential Library & Museum  
Plymouth Plantation  
Commonwealth Museum  
Lynn Museum  
New England Historic Genealogical Society  
Fort Devens Museum  
Fruitlands Museum, The Trustees  
Old State House  
Berkshire Museum  
Museum of the First Corps of Cadets

AUGUST 24

Harvard Museums of Science & Culture  
Buttonwood Park Zoo  
MASS MoCA  
Heritage Museums & Gardens  
Cape Cod Children's Museum  
Smith College Museum of Art  
The Old Manse, The Trustees  
Emily Dickinson Museum  
Hull Lifesaving Museum  
Museum of African American History

AUGUST 31

Old Sturbridge Village  
EcoTarium  
Norman Rockwell Museum  
Cape Cod Museum of Natural History  
Chatham Marconi Maritime Center  
USS Constitution Museum  
Cape Ann Museum  
Griffin Museum of Photography  
Provincetown Art Association and Museum  
The Mary Baker Eddy Library & Mapparium

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Please visit [HighlandStreet.org](http://HighlandStreet.org) or call 617.969.8900 for more information.

**FRIENDS OF GROVELAND COUNCIL ON AGING, INC. FUNDRAISER**  
**TOWN-WIDE YARD SALE (Print Option)**  
**FRIENDS OF GROVELAND COUNCIL ON AGING, INC. FUNDRAISER**

**Saturday, September 15, 2018**

**8:00 am - 3:00 pm (RAIN OR SHINE)**

*The Friends of Groveland Council on Aging, Inc. (FGCOA)* are again sponsoring their Annual Town-Wide Yard Sale on Sat., Sept. 15 from 8 a.m. – 3 p.m. For the bargain price of \$30, the *FGCOA* will take care of all publicity, town maps and signs showing your location and items for sale, yard signs and advertising. You simply hold a yard sale at your (or a friend's) home in Groveland and keep the proceeds! Yard Sale customers can purchase their maps in Town Hall on Friday, Sept. 14, (8am-4pm) or Saturday, Sept 15 (7:30am - 12 noon). Those who sign up will receive a free map. If you wish to erect your own additional yard sale signs or are able to spread the news via Facebook or other media, feel free – any and all publicity helps.

*The Friends* are working with Savers Store, at 9 Plaistow Rd. (Rt. 125) Plaistow, NH, to take off your hands after the sale any left-over items which you would like to get rid of. Your items will be weighed and the *FGCOA* will be paid a certain amount per pound. Items do not need to be sorted. **JUST MAKE SURE TO TELL SAVERS EMPLOYEES THAT YOUR DONATIONS ARE FOR THE GROVELAND FRIENDS.** Deliver items to the Savers Store (Outside – left side entrance) after the sale on Saturday up to 10:00pm

**TO REGISTER FOR THE TOWN-WIDE YARD SALE** choose one of the following options:

\* **On Line (New!):** Go to [fgcoa.blogspot.com](http://fgcoa.blogspot.com). Go to **APPLICATION FORM (ONLINE OPTION)**. Fill in on the online form your name, location and list items for sale (be brief). Then enter **SELLERS** to enroll and pay: Pay via Paypal with the link shown below the purple box. (This is a new option for this year).

\* **By Mail:** Complete the form below, enclose a check for \$30 made out to *FGCOA* and mail it to:

*FGCOA Inc.*, c/o Valerie Osborne, President, 3 Pleasant St., Groveland MA 01834, *delivered* by Sept 8<sup>th</sup>.

\* **Drop-Off:** Deliver this form to COA Director Lynne Stanton's office in Town Hall during office hours by Thurs, Sept 6<sup>th</sup>. **NOTE: LATE REGISTRATIONS WILL NOT APPEAR ON THE MAP.**

Your participation fee of \$30 will benefit the numerous programs and activities for town seniors supported by the *Friends of Groveland Council on Aging, Inc.*

**FOR MORE INFORMATION** contact Valerie Osborne (President *FGCOA*) (978) 374-6253 or any member of the *Friends*.

**IF YOU ARE NOT USING THE ONLINE OPTION** please complete this section (below) and return it with your \$30 check made out to the *FGCOA Inc.* and mail/deliver to: Valerie Osborne, 3 Pleasant St., Groveland MA 01834

**PLEASE PRINT:**

----- Cut along this line -----

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Email address: \_\_\_\_\_ (for confirmation purpose only)  
My house address: \_\_\_\_\_

**Please check the type of goods/special items you will be selling (info. appears on the map listing)**

- |   |  |
|---|--|
| <input type="checkbox"/> (a) Furniture                              | <input type="checkbox"/> (f) Books                                 |
| <input type="checkbox"/> (b) Household items                        | <input type="checkbox"/> (g) Electronics                           |
| <input type="checkbox"/> (c) Infant/child furniture, toys, clothing | <input type="checkbox"/> (h) Craft items                           |
| <input type="checkbox"/> (d) Clothing                               | <input type="checkbox"/> (i) Other (specialty items or categories) |
| <input type="checkbox"/> (e) Exercise equipment                     | not listed _____   |

## Senior MassParks Pass Fee

There is a one-time, nominal fee for a Senior MassParks Pass of \$10.00. DCR will continue to honor Senior MassParks Passes previously issued by the agency.

### How to Purchase a Senior MassParks Pass

Senior MassParks Passes are available for purchase at all parks that charge a parking fee during the period that parking fees are charged.

Most parks and beaches charge parking fees from mid-May through early September, some charge through early October, and several charge parking fees year-round. Typically, Senior MassParks Passes will be available for sale at the contact station. Please keep in mind that most parks can only accept cash or check made payable to the Commonwealth of Massachusetts and cannot accept credit cards. A copy of your MA driver's license or other official proof of MA residency and age will be required.

Senior MassParks Passes can also be obtained by writing to: DCR MassParks, 251 Causeway Street – 9<sup>th</sup> floor, Boston, MA 02114, Attn: Senior MassParks Pass Coordinator. Please submit with your request a copy of your MA driver's license or other official proof of MA residency and age and a check made payable to the Commonwealth of Massachusetts. (No cash will be accepted.) You can also call 617-626-1250

The Senior MassParks Pass is not valid at campgrounds and its use is subject to available parking.

The Senior MassParks Pass is available to Massachusetts residents 62 year of age or older and is valid for the lifetime of the passholder. The pass covers day use parking fees for vehicles occupied by the pass holder, whether as driver or passenger.

## National Parks Senior Pass

\$80 Lifetime pass for U.S. citizens or permanent residents age 62 or over.

May be obtained in person at a [federal recreation site](#) or through the mail. The cost of obtaining a Senior Pass through the mail is twenty dollars (\$80) for the Senior Pass and ten (\$10) for processing the application. Applicants must provide documentation of age and residency or citizenship.

Go to: <https://store.USGS.gov/senior-pass>

May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.

Generally does NOT cover or reduce special recreation permit fees or fees charged by concessioners.

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the newsletter, kindly  
give the COA office a call.

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