

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.

JUNE 2018

JUNE 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

☞ Mondays at 12:00pm *Movie Afternoon*

☞ (Wed.) June 6—10:30 *"Mystery Book Club"*

☞ (Thurs.) June 7—10:30 *COA Social Hour*

☞ (Tues.) June 12—9:30am *Van Trip—Ken's Mystery Ride!*

☞ (Mon.) June 18—10:00am *Van Trip—Isabella Stewart Gardner Museum*

☞ (Mon.) June 18—10:00 *FREE Legal Monday w/ Atty. Dalton*

☞ (Mon.) June 18—5:00-7:00pm *Veterans' Services* with M.Ingham (978-374-2351 ext 32 for appoint.)

☞ (Tues.) June 19—1:00pm *Alzheimer's Awareness*

☞ (Thurs.) June 21—1:00pm *FREE Ice Cream Social* with Sarah Hull from *Visiting Angels*

☞ (Thurs.) June 28—9:30am *Van Trip—Perkins Cove*

☞ (Thurs.) June 28—1:00-6:00pm *American Red Cross Blood Drive* Center Meeting Room

We Go Forward!

While the new "Senior Center Initiative" failed at the ballot box on May 7th, the COA Board, staff members and hard working residents of Groveland will pull together and move forward in our effort to secure a place for seniors to call "home." Sincere thanks to all who asked thoughtful questions, attended info sessions, and VOTED at Town Meeting and on Election Day.

Alzheimer's Awareness

With Amanda Fisher
Tues., June 19 – 1:00pm
Please join us for an important program on the signs, symptoms, and treatment of this growing disease. Sign up needed. Light refreshments.

Lynne Stanton
COA Director

FRIENDS OF GROVELAND COA



Thurs., June 7 – 3:00pm
Center Meeting Room
All are welcome!

B'day Bash!



Thurs., June 14
12:00pm

Center Room - Town Hall
FREE lunch will be catered by *Panera Bread* and sponsored by *Wingate Health Care* with Jaclyn Wasmer. Enjoy yummy cake, great company, raffles, and entertainment with one of our favorites - Patrick Runnel!

RESERVATIONS REQUIRED
Reservation needed by Mon., June 4th. Call early as this luncheon will fill quickly!

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



DATE CHANGE –
Wed., June 13
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 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.

◆ **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.** Clinic: **June 14 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: **June 21.** 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)

(Wed.) June 6 – 10:30am

In Bitter Chill by Sarah Ward

(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!

COA Social Hour

Thurs., June 7

10:30 – Noon

Center Meeting Room – Town Hall

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



June 4

"Shape of Water" – Drama/Thriller (R)

Sally Hawkins, Doug Jones

June 11

"The Greatest Showman" – Drama/Romance (PG)

Hugh Jackman, Zac Efron

June 18

"Forever My Girl" – Romance/Musical (PG)

Alex Roe, Jessica Rothe

June 25

"The Post" – Drama/Thriller (PG13)

Tom Hanks, Meryl Streep

Center Meeting Room -Town Hall

★ **Movies Begin at 12:00pm** ★

Free - Legal Monday



With Atty. Elaine Dalton

Monday, June 18 10:00-11:00am

Call for a free 15 minute legal consultation.

Call the COA ... appointments required!

Ice Cream Social



Thurs., June 21 1:00 pm
FREE – Sponsored by Visiting Angels
with Sarah Hull

Center Meeting Room—Town Hall
Reservations are required. Please call the COA!

"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

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.

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 Bill O'Neill
Ask questions and get help solving problems.
(2nd + 4th Saturdays) June 9 + June 23
10:00-11:00am
Back Meeting Room—Town Hall

Office Hours

With Groveland Selectman Ed Watson
Ask questions and get help solving problems.
(2nd Tuesday) June 12
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.) June 19
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., JUNE 13
FOR MORE INFO RE. NEXT MEETING ...
CALL DAVE TUTTLE AT 978-360-8107

WELCOME ...
to our new van drivers!



Ken Dusombre will join the COA team on
Monday, June 4th as our Monday/Tuesday van
driver and David Stephenson, our
substitute/back-up driver, began on May 6th.
Please give a big wave and a warm welcome to
the latest additions to the COA.
Both gentlemen bring kindness, empathy
and a stellar driving record to our department!
(P.S. Richard McNeil's still here.)

VETERANS' SERVICES
WITH MICHAEL J. INGHAM
TUES., DAY, JUNE 18
(USUALLY THE 3RD MONDAY)
APPOINTMENTS REQUIRED —
CALL 978-374-2351 EXT. 32
OR MINGHAM@GROVELANDMA.COM

Gentle Yoga with Mary VanAbs

Fridays – 11:00am
Cost: \$5.00 per class
Center Meeting Room – Town Hall

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 ♥ to *Carol Patnaude* from the *Congregational Church* ♥ to *Ken and Jane Field* ♥ to *Ann Jones* ♥ to *Liz Jones* ♥ to *Helen McGrath* ♥ to *Carl Much* and ♥ to *Ken Savage* for their very generous donations! ♥ Special thanks to the folks at *Penacook Place*, especially *Roseanne Estep*, for their delicious "Penacookies." ♥ Special thanks to *Joe Rampulla, Jack Bevilaqua, and David Kowalski* of the *Groveland Democratic Party* for delivery of their very generous pantry donations!

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.**

Groveland Congregational Church 4 King Street

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

**Saturday, June 9
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, June 16

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



"Kilroy Was Here"

Senior Matinee Performance

Thursday, June 7

3:00pm – FREE

Pentucket Middle School
Auditorium

The Pentucket Regional Middle School Theater program and the Pentucket Arts Foundation invites all Seniors and Military veterans to come view a FREE Middle School production of "Kilroy Was Here" on Thursday June 7th at 3:00 pm in the Middle School auditorium. Refreshments will be served and there will be a raffle for gift cards to local stores. **In addition, there will be an exhibition of local military Veteran photographs taken by PRHS senior Max Masterson outside of the auditorium.**



Blood Drive

Thurs., June 28

1:00-6:00pm

Center Meeting Room – Town Hall

Please call 1-800-733-2767 or visit Redcrossblood.org and enter: GROVELAND to schedule an appointment!



JUNE 2018

Programs-Services-Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 11:00 Yoga w/ Mary 	2
3 	4 11:00 Pentucket Walking Club 12:00 Movies	5 10:00 Reiki + Meditation	6 10:30 Mystery Book Club 11-1 Shopping 12:30 Game Day	7 10:30 Social Hour 11:00 Pentucket Walking Club 3:00 Friends Meeting 3:00 PR Middle "Kilroy Was Here"	8 11:00 Yoga w/ Mary 	9 FREE Cong'l Church Community Lunch 11:30am-1:00pm
10 	11 11:00 Pentucket Walking Club 12:00 Movies	12 9:30 Van Trip—Mystery Ride 10:00 Reiki + Meditation	13 9:30 COA Board Meeting 11-1 Shopping 12:30 Game Day	14 <i>Flag Day</i> 9:00-11:30 Blood Pressure Clinic (only) 11:00 Pentucket Walking Club 12:00 Birthday Bash 	15 11:00 Yoga w/ Mary 	16 St. James Episcopal Church Parish Hall BEAN SUPPER 4:00-6:00pm
17 HAPPY FATHER'S DAY	18 10:00 Van Trip—Isabella Stewart Mus. 10:00 Atty. Dalton 11:00 Pentucket Walking Club 12:00 Movies 5-7pm Vets Services	19 10:00 Reiki + Meditation 1:00 Alzheimer's Awareness	20 11-1 Shopping 12:30 Game Day	21 9:00 Foot Clinic 11:00 Pentucket Walking Club 1:00pm Free Ice Cream Social	22 11:00 Yoga w/ Mary 	23
24 	25 11:00 Pentucket Walking Club 12:00 Movies	26 10:00 Reiki + Meditation	27 11-1 Shopping 12:30 Game Day	28 9:30 Van Trip—Perkins Cove 11:00 Pentucket Walking Club 1:00-6:00pm BLOOD DRIVE	29 11:00 Yoga w/ Mary 	30

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.

Tuesday, June 12 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

Monday, June 18 Isabella Stewart Gardner Museum

During your visit, you may be surprised to find that many of the artworks on display are not identified by labels on the wall. Visitors are encouraged to take advantage of the room guides provided in each room, daily free tours, and to speak with the knowledgeable museum volunteers in the Living Room and in the galleries (wearing buttons that read "Ask Me") to learn more about the collection.

Depart: 10:00am / Return: 4:00pm

Cost: Van \$10.00 / Admission \$12.00

Lunch on your own

Thursday, June 28 Perkins Cove

Located in Ogunquit, Maine you may enjoy walking the Marginal Way or boardwalk, shopping, or having lunch at one of the many restaurants in the area. There are art studios, jewelry shops, and more. This is sure to be a great trip!

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

★ Flyers are available in the COA office ★

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 1970s. Location: Danversport Yacht Club Danvers, MA. Meal choice: Stuffed chicken breast or baked schrod. **Cost: \$92pp**

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

June 30-July 1 Boston Red Sox vs. NY Yankees

Join *Best of Times Travel* as we head to New York City to watch the Boston Red Sox and the New York Yankees go head to head at the Yankee Stadium and enjoy an amazing New York city tour!
Cost: \$389pp double, \$489 single, \$100 deposit (Full Payment due @ signup)

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 or \$1049pp 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.

REAL ID (New Driver's License)



REAL ID is a Federal Security Standard for IDs that was created in 2005 as a result of increased federal security measures after the September 11, 2001 terrorist attacks. REAL ID will be available beginning March 26, 2018; however, you will NOT need a REAL ID UNTIL October of 2020. If you have an active passport and don't mind carrying it, you will never need a REAL ID. After October of 2020, you will need either a passport or REAL ID when you fly in the U.S. or enter certain federal buildings. Many Massachusetts residents may not need a REAL ID. To find out if REAL ID is right for you, answer a few questions online. Go to: <https://secure.RMV.state.ma.us/realid> Watch the video for more detailed information on REAL ID and Standard credentials and what you need to get one. Remember, you don't need a REAL ID until October of 2020!



PROTECT yourself and your loved ones from
ABUSE, NEGLECT, and EXPLOITATION.
LET'S STOP ELDER ABUSE TOGETHER!

Are you or someone you know...

- Without needed care
- Isolated from friends or family
- Being yelled at or hurt at home
- Going without food or other basic necessities

Call us. We can help.

1-800-922-2275
(24 hours a day, 7 days a week)

Elder Services of the Merrimack Valley, Inc.



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