Message
From Kathy

I want to begin by thanking everyone for the warm welcome I have received. I was met with graciousness, enthusiasm and kindness everywhere I went. I am humbled, grateful and blessed to be part of the Groton senior community.

As I settle in and we move forward at the Council of Aging I reflect on an old story: There was an over zealous knight that wanted to please his king and went off on his own to defeat the enemy. After a fierce battle he came to the palace exclaiming that he had gone west and destroyed all that were there. The king replied in horror “our enemies are to the east; to the west were our friends”. Had the knight not gone off on his own and instead worked with the king, they would have been going in the same direction and achieved their goal. At the Council on Aging to achieve growth and a standard of excellence we need to have a shared vision. A vision created by everyone; funders, staff, COA director, Town Manager and Selectman and most importantly, the seniors of Groton. Over the coming weeks we will be establishing goals for the Council, 1, 3 and 5 year goals. Please stop and talk with me, I need your thoughts and your vision. . . for your senior center.
gcoa@townofgroton.org Kathy

Mission Statement:
The Groton Council on Aging seeks to enrich the lives of Senior Citizens by providing opportunities for learning, leisure, creativity, health and fitness, information and referral, and social services.

Upcoming Events

Lunch by Nashoba Tech with Singer Tony Funches, former member of the Platters
Wednesday, June 5th at 12:00 PM
The last Nashoba Tech Luncheon before summer break! This month’s menu will be a choice of filet mignon or shrimp and scallop casserole. Both will be served with Creaser salad, vegetable and dessert. Rather than having a speaker following lunch, we are changing things up with a performance from singer and former Platters member Tony Funches. Tony was originally scheduled in January, but the afternoon was cancelled due to a snow storm. Now is your chance to enjoy those Motown hits you have been anxiously waiting for such as, Only you, Smoke Gets in Your Eyes, Twylite Time, and Great Pretender.
Lunch cost $10, optional $2 Tip. Sign-up at the front desk.

Annual Groton Police Picnic
Wednesday, June 12th at 12:00 PM
How can you beat a free cook-out with the best hosts around, our own Police force. Chief Palma and his staff solicit 100s of donations from area businesses to raffle off, making this afternoon so much more than just a cook-out. We really appreciate our police department and contributing area businesses. Without them, this event would not be possible. So come and enjoy a good meal, chat with Groton’s finest, and maybe win a prize. Please bring a non-perishable food item for Loaves & Fishes. Sign-up at the Senior Center front desk.

2nd Annual Grandparents’ Breakfast with the Groton Fire Department, Sponsored by Rotary
Thursday, June 27th at 10:00 AM
Calling all grandparents and great grandparents, school is out so bring the kids over for a memorable morning. All are welcome, even your grown up kids. Kick off summer vacation by having a family breakfast at the senior center. We had such a blast last year. The morning starts off with breakfast sponsored and prepared by the Groton-Pepperell Rotary. Following breakfast we will have a special kid friendly presentation by the Fire Department and EMTs, then we will head outside to “touch a truck”. Perhaps the GFD staff will let the kids wash the fire truck and ambulance again! Bring your camera and the staff will help you capture the day. Reserve your family’s spot today!

Additional Special Events Listed on Page 5
Assess the seniors of the town and find them the help they may need through information and referral, program development and advocacy. We strive to keep people in their homes for as long as possible. If you or someone you know needs some help, please call. Information shared with the outreach coordinator is confidential.

Outreach Information

The Catholic Heart Work Camp will be in Groton July 1st though July 5th (no work on July 4th). They have come to Groton the last several years, and the feedback from Groton Seniors has been very positive. This is a wonderful organization that helps Groton seniors restore their homes with repairs such as interior/exterior painting, yard clean up, installing handrails to/from door, cleaning gutters, cut/trim hedges, repair steps, etc. The homeowner only needs to provide and pay for the materials. If you have work that needs to be done in or around you home, please call me or stop into see me for more information and an application.

Farmers’ Market Coupons will be available in July, although I do not have an exact date. The coupons are available for seniors on a fixed/low income. Montachusett Opportunity Council usually provides me with 20-25 coupons, so they go quickly. If you’re interested in receiving one of these coupons, please contact me at the end of June.

Loaves & Fishes Donations: We received over 200 lbs. of donated food for Loaves & Fishes last month. I want to send a big Thank You to all of you that donated items here at the Senior Center. I never expected so much food to be donated during our first month as a donation drop-off site. Your generosity has already helped so many in need including some residents of Groton.

With summer approaching, please keep in mind that we are a cooling center. If you need to get out of the heat, we’d love to have you at the Senior Center!

I’m here to help you, so please don’t hesitate to stop by or call me! All information remains confidential.

Stacey

News from SHINE

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy through prevention. Medicare provides a number of preventive services. These services are free, whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services are listed to the right. There are very specific rules which state when and how often Medicare will pay for these listed services. For details, go to www.medicare.gov or see a SHINE counselor.

**Monthly SHINE Chat Line** - 2nd Tuesday of the month
Sponsored by the Central Massachusetts Agency Aging. Go to www.SeniorConnection.org and click on Connection for Caregiver button. Then click on the Support Groups and Chat button. Create a username and password, log in and click on SHINE.

**SHINE Appointments** - Volunteers offer free and confidential counseling on all aspects of health insurance to anyone on Medicare. For an appointment contact the Senior Center at 978-448-1170.

Examples of Preventative Services

- Mammograms
- Pap tests and pelvic exams
- Colorectal cancer screening (including colonoscopies)
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening/counseling
- Depression screening
- Obesity screening/counseling
Upcoming Summer Events

**June**
- Luncheon by Nashoba Tech with Singer Tony Funches, 5th at 12:00 PM
- Groton Police Picnic, 12th at 12:00 PM
- Lunch & a Flick - *Silver Linings Playbook*, 19th at 12:00 PM
- Maine Clambake Trip, 20th 9:00 - 4:30
- Ice Cream Social with Entertainer Larry Lee Lewis, 26th at 12:30 PM
- Grandparents Breakfast with Fire Department, 27th at 10:00 AM

**July**
- Red White & Blue Pancake Breakfast with historian Richard Howe Jr., 2nd at 10 AM
- Lunch & a Flick - *Promised Land*, 10th at 12:00 PM
- Hawaiian Luau with Hula Hooper Heidi Delisle, 24th at 12:00 PM

**August**
- Senator's & Representative's BBQ, 13th at 12:00 PM

Line Dancing Instructor Spotlight

Meet the Groton Senior Center’s Line Dancing Instructor, Alice Vlahos. On June 18th this class will have a new day and time, Tuesday mornings at 11:00 AM (formally Thursday nights).

Alice grew up in Groton and graduated from Groton High School. Although she moved a way with her family for a while, she has been back for a few years now to take care of her former mother-in-law. She is a mother to 3 sons and a grandmother to 7 boys and 1 girl.

Alice has been a dance instructor for 24 years and currently owns a studio in Brookline NH. Her love for dance began with ballroom and grew to include country line dancing as well as couples pattern dancing over the years. Now, her line dancing class is expanded to include music and rhythms for country music as well as ballroom. Alice also loves gardening, is considering taking up riding motorcycles again (perhaps a tike), and wishes to travel more.

To give back to the community she is teaching our Tuesday class with no cost to participants! Classes begin June 18th, but sign-up at the front desk today to reserve your space with Alice today!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>10:00 Groton Swim</td>
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<td>10:30 Strength Training</td>
<td>10:00 Yoga</td>
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<td>11:30 Strength Training</td>
<td>12:00 Grilled Chicken</td>
<td>HDM Broccoli Bake</td>
<td>11:00 Scrabble</td>
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<td>12:00 Roast Pork</td>
<td>12:45 Hand &amp; Foot</td>
<td>12:00 Lunch by Nashoba Tech</td>
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<td>10:00 Groton Swim</td>
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<td>12:30 Cribbage</td>
<td>4:30 Pilates Phase 1</td>
<td>12:30 Singer Tony Funches</td>
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<td>10:00 Groton Swim</td>
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<td>9:00 Book Club</td>
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<td>12:30 Movie: Silver Linings Playbook</td>
<td>2:00 Tai Chi</td>
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<td>10:00 Groton Swim</td>
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**July 1**
- 10:00 Groton Swim
- 10:00 Strength Training
- 12:00 Lunch
- 12:30 Cribbage
- 2:00 Quilting

**July 2**
- 10:00 Red, White & Blue Pancake Breakfast
- 12:00 Line Dancing
- 12:00 Lunch

**July 3**
- 10:00 Strength Training
- 12:00 Lunch

**July 4**
- Center Closed

**July 5**
- 10:00 Groton Swim
- 10:00 Strength Training
**Regular Scheduled Activities**

**Groton Swim** - Mondays & Fridays, 10:00-11:00 AM

**Strength Training with Elaine** - $3/class
Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.
Mondays at 11:30 AM
Wednesdays at 10:30 AM
Fridays at 10:00 AM

**Line Dancing** - Tuesdays, 11 AM - 12 PM
Alice Vlahos, instructor - No Cost
This beginner level class will teach you line dancing in various rhythms including waltz, cha cha, Charleston, and rumba. The class pace will be based on the comfort levels of the participants. Get ready to laugh, have fun, and “trip the light fantastic!”
Starts June 18th. **Sign-up at the front desk.**

**Toning & Pilates Phase 1** - Tuesdays, 4:30 PM
Susan Robbins, instructor - Space available in current session. Cost will be pro-rated. Join in anytime!
Boost your metabolism and burn more calories. Receive individual attention as different levels of exercise will be shown. Learn how to strength train safely for toning and prevention of osteoporosis. The second half of the class will focus on core conditioning, Pilates, for better posture, flatter abs and stronger backs. Bring with you a set of weights, a mat and water. **Sign-up at the front desk.**

**Yoga** - Thursdays, 10:00 - 11:00 AM
MaryLu Hildreth, instructor - $3/class
A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility. **Supported by the Friends of Groton Elders.**

**Tai Chi** - Thursdays, 2:00 – 3:00 PM
Jeff Coté, instructor - Fee: $40 for 8 weeks.
New students welcome anytime. Focusing the mind solely on the movements helps to bring about a state of calm and clarity, as you improve your balance and flexibility.

**Zumba Gold** - Thursdays, 5:00 - 5:45 PM
Barb Longfellow, instructor - $5/class
This aerobic class will be set to a fun playlist of music from around the world as well as some familiar tunes. Class will begin with stretching and warm-ups. Barb will make sure you feel comfortable by providing different levels of intensity. Bring water and wear comfortable, loose clothing and sneakers.
**Sign-up at the front desk.**

**Upcoming Events Continued**

**Pizza & a Flick**
**Wednesday, June 19th at 12:00 PM**
**Silver Linings Playbook**
In this 2012 film, Bradley Cooper plays Pat, someone who is newly diagnosed with bipolar disorder after a court ordered stay in a mental institution. After being released by his father, he now lives back with his parents and wishes to reunite with his estranged wife. Then, he meets Tiffany played by Jennifer Lawrence (Oscar winner for Best Actress) who offers to help him reunite with his wife, but only if he does a favor for her as well. Please note, this movie is rated R-language. Pizza provided by Right at Home Care!
Non-perishable items for Loaves & Fishes accepted.
**Sign-up at the front desk.**

**Save the Date: July 10th - Promised Land**

**Ice Cream Social**
with Entertainer Larry Lee Lewis
**Wednesday, June 26th at 12:30 PM**
Join us for a make your own ice cream Sunday party to kick off the summer. While enjoying our tasty treat we will be treated to the music styling's and comedy of entertainer Larry Lee Lewis. Everyone raved about his performance back in October, and he is back to help us kick off the summer. Come early for lunch for only $2.25, but the ice cream and entertainment are free. **Sign-up at the front desk.**

**Red, White & Blue Pancake Breakfast**
**Tuesday, July 2nd at 10:00 AM**
Come for pancakes covered in strawberries and blueberries with whipped cream. Stay for a historical talk by Middlesex North Registrar of Deeds, Richard Howe Jr. He will be discussing the artistic monuments found in the Lowell Cemetery and the lives of those buried there, an interesting cross section of American society. **Sign-up at the front desk.**

**On Going Events**

**Ask the Nurse**
**Thursday, June 13th from 11:30 -1 PM**
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice

**Book Club** - Wednesday, June 19th at 9:00 AM
**Discussion Group with Tom Hartnett**
**Monday, June 24th at 10:30 AM**
Presented by the Friends of Groton Elders
Down East Clambake  
**Thursday, June 20th**  
9:00 AM to 4:30 PM

Join us as we travel to Kittery Point Maine for a good old-fashioned Down East Clambake. We will be eating at Chauncey Creek Lobster Pier. Enjoy lunch on a large deck over the creek itself with nothing but postcard views all around. The menu would include: A bowl of Chowder, a 1 ¼ lb Lobster, Steamers, Cole Slaw, Potato Salad, Pie and Ice Tea. Tax (7%) and an 18% tip are also included.

The cost for the trip is $61; includes the full clambake and transportation.

Portsmouth Harbor & Isles of Shoals Cruise  
**Thursday, August 1st**  
10:00 AM to 6:30 PM

This outing will begin at the Roundabout Diner. Choose from their pub style lunch options or, choose breakfast which is served all day. You will also have some free time to explore the pristine Prescott Park along the Portsmouth water front.

Then, aboard the three deck M/V Thomas Laighton, you will travel through this unique working port complete with tugboats, tankers, 5 forts, 3 lighthouses and the oldest active naval yard in the nation. Once at the Shoals, a historian will narrate as the ship cruises around the 9 islands off the Portsmouth Coast.

Cost is $58; includes transportation, lunch & the cruise.

For All Trips: Sign-up at the Senior Center. Payment is required with sign-up. Checks payable to Jay Darrin.

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**Upcoming Trips**

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**Transportation Information**

Groton COA Van Schedule  
Groton Council on Aging Van was established to provide transportation to Groton Seniors in and around Groton and surrounding towns.

**Local Shopping/Medical/Social Trips**  
Mondays - Thursdays: 8:30 AM to 3:00 PM  
Fridays: 1:00 PM to 3:00 PM

**Fridays**

1st Friday, June 7th  
Shopping on DW Highway, Nashua

2nd Friday, June 14th  
Shopping in Lunenburg including Wal-Mart

3rd Friday, June 21st  
Transportation to/from Loaves & Fishes

4th Friday, June 28th  
Trips around Christmas Tree Shop, Nashua

The van can be used for:

- Shopping
- Errands
- Lunch Trips
- Banking
- Visiting Friends
- Hair Appointments
- Senior Center Visits
- Doctor’s Appointments
- Dental Appointments

**Round Trip Fees:**

- In-Town $3.00
- Out-of-Town $4.00
- 12 Ride Voucher $30.00
- 12 Ride Voucher $40.00

Scholarships are available

You are encouraged to make reservations 1 week in advance. Reservations will not be taken past 1:00 PM on the day prior to your trip. Call 978-448-1141 to schedule a ride. Special trips must be within 30 miles.

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Alternative Transportation  
Pepperell/Groton Road Runner  
Operated by the LRTA

1-800-589-5782

Must call at least 24 hours ahead of trip.

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<thead>
<tr>
<th>Out of Town Trips:</th>
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<tr>
<td>In Town Trips:</td>
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**Mondays:** Shopping/Medical in Townsend / Leominster area.

**Tuesday/Wednesday/Thursday:** Shopping/Medical within Pepperell, Groton, Townsend, Ayer, Harvard, Westford.

**Friday:** Shopping trips to Pheasant Lane Mall. Medical trips to Lowell and Nashua.

Contact the Road Runner or Senior Center for a more detailed Schedule.
COA Board of Directors

Chairman
Frances Goldbach

Vice Chairman
Marie Melican

Treasurer
Carl Flowers

Secretary
George Faircloth

Members
Charlotte Carkin
Maydelle Gamester
Mildred Wells
Vera Strickland
Eddie Wenzell

Wish List
- Postage Stamps
- Large Plastic Soda Cups
- Diet & Regular Soda
- Dishwashing Scrub Brushes
- Coffee Creamers
- Paper Towels
- Microwave Popcorn
- Decorative Napkins

We appreciate your donations.

Thank You
Board of Directors
For giving their time and support
Friends of the Groton Elders
Financially supporting select programs
Hannaford’s
Bakery items on Tuesday
Shaw’s
Food for Veteran’s Breakfast
Blood Farm
Food for Veteran’s Breakfast
Patrolmen’s Union
Donation for the Veteran’s Breakfast
Donelan’s
Plastic bags for meals on wheels
Groton Channel
Producing the Senior Spotlight

Thank you to all that give but wish not to be mentioned.