



Senior Soundings

July 2013



The Newsletter of the Groton Council On Aging
"We are in the Center of it all..."

1-978-448-1170

163 West Main St. (Rt.225) Groton, MA 01450

gcoa@townofgroton.org

Dear Friends,

Not many years ago I had three dogs; a 15 year old beagle, 7 year old vizsla and a golden doodle only 6 months. It was spring and as was our routine I let them out back but this time there was one modification, I had removed the cover on the pool. The previous months they were use to running across the cover with no thought to what lay below them.

Today was going to be different. As they ran for the yard the beagle, the oldest of the three, avoided the pool completely. The middle aged dog ran right to the edge, dipped in a paw, took a drink and look longingly at the water. The baby of the bunch went head first into the icy spring water with no thought of consequences.

Age had the advantage. We sometimes forget the gifts of aging. The wisdom that comes with life's experiences cannot be duplicated in the young. It allows us to put life in perspective, know what really matters and never take a moment for granted. The sun is brighter, laughter becomes music and relationships are deeper. Wisdom is earned. It is the gift that comes with years lived: appreciate it, wallow in it, brag about it.

Celebrate aging!

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

2nd Annual Red, White & Blue Pancake Breakfast

Tuesday, July 2nd at 10:00 AM

What is a Red, White & Blue Pancake Breakfast? The name comes from pancakes smothered in the red, white and blue colors of strawberries and/or blueberries topped with whipped cream. In addition to Pancakes we will serve bacon, sausage and scrambled eggs. Following breakfast we will have a historical presentation by Middlesex North Registrar of Deeds, Richard Howe Jr. Richard gives guided tours of the Lowell Cemetery and will be joining us on the 2nd to give us a virtual tour of this garden cemetery founded in 1841. He will show us many of the artistic monuments found within the Cemetery, and the lives of those buried there. These interesting anecdotes of the people buried there, represents a cross section of American society.

Cost for the breakfast is \$3. Sign-up at the front desk.

Hawaiian Luau with Hula Hooper

Wednesday, July 24th at 12:00 PM

It's time to break out those tropical motif shirts and limbo on down to the senior center for a fun afternoon of great food, entertainment and some laughs. Don't worry, we are not really going to limbo, but we are going to Hula Hoop. Joining us for the afternoon will be the hula hooping extraordinaire, Heidi Delisle, as well as her 80 something year old father who also hoops. Heidi makes and demonstrates these hoops as a fundraiser for Cystic Fibrosis, and she will show us that it is easy to hula hoop once you try the right hoop. Before we are dazzled by this father-daughter hooping duo, we will have a Hawaiian lunch of tropical grilled chicken over rice and peas with pineapple upside down cake for dessert. **Cost for the Lunch is \$4. Sign-up at the front desk.**

End of Summer Bash!

Friday, September 6th at 6:00- 8:30PM

The Groton Senior Center will celebrate summer's end with a **BASH!** Live music and hors d'oeuvres with a cash bar at the Groton Country Club for only \$5pp. Check for details in the August newsletter.



Outreach Corner, by Stacey Shepard Jones, Outreach Coordinator

Outreach Department 978-448-1170 email: sjones@townofgroton.org



Outreach Department Mission

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.

Examples of Outreach Help & Information

- Chores
- Food Stamps
- Phone Wellness
- Transportation
- File of Life
- Fuel Assistance
- Home Delivered Meals
- Friendly Visits
- Declaration of Homestead
- RMV Disabled Placards

Outreach Information

Hi Everyone,

I hope your all enjoying the wonderful weather we're having!!! There are a couple of things I'd like you to be aware of:

The Friends of the Groton Elders

I'd like to take this opportunity to thank The Friends of the Groton Elders. In the almost two years I've been in this position, they have worked with me to help many Groton senior residents. They are a wonderful organization and the residents of Groton are very fortunate to have them!

Emergency Preparedness Forms will be in your August Electric Light Bill

The Groton Council on Aging Outreach Program works in collaboration with the Groton Police, Groton Fire and Groton Emergency Services. Over the last few years, we have experienced some very severe weather that has left many without power, heat, food, water, medications, air conditioning, transportation, etc.

In order to keep residents as safe as possible in a severe weather emergency, we have created an Emergency Preparedness Form for senior and/or disabled residents to fill out. All information remains confidential and is kept in our database. In the event of such an emergency, you will be contacted to make sure that you are safe and have what you need such as medications and food.

In your August Groton Electric Light bill you will find the Emergency Preparedness Form. I strongly urge all senior residents to take a few minutes to fill it out, and return it to me at the address listed at the bottom of the form. Some of you may have already filled out this form, but please return this new one to me with any changes. If you have any questions, feel free to call me at 978-448-1170.

Farmers' Market Coupons

I have been in touch with Montachusett Opportunity Council. We will be receiving Farmers' Market Coupons sometime in July for those senior residents who qualify. The coupons are limited and are first come first serve. If you believe you qualify, and are interested in receiving these coupons, please call me and I will put you on the list.

As always, I'm here to help. Please feel free to stop in or call anytime!

Sincerely,
Stacey

P.S. Thanks, again, to all those who have brought in non-perishable food and/or personal care items for our Loaves & Fishes donation bin. Please keep these donations coming!

Merry Trippers & Friends of the Groton Elders

By Nyola Vaillancourt,

978-692-8608, nyolav@verizon.net, 1081 Lowell Road, Groton, MA 01450

Merry Trippers - Lake Como & Switzerland, September 21-29, 2013

Trip features: Lake Como, Saint Moritz, Bergamo, Lake Maggiore, The Borromean Islands, Milan and Lugano. Our 9 day, 7 night itinerary includes roundtrip transportation from Groton to Logan International Airport, all flights, all transfers and daily sightseeing on a deluxe motorcoach, 7 nights at a 4-star hotel on Lake Como, a substantial breakfast and dinner each evening, boat cruises on Lake Como and Lake Maggiore, funicular railway in Bergamo and many other services. Our Durgan tour includes not only the scenic beauty of the Lakes region of Italy but some of the outstanding beauty of the Palazzos, palaces and Cathedrals. Da Vinci's mural painting, *The Last Supper*, will be in the rectory of the Renaissance Church of Santa Maria delle Grazie for viewing. In Lugano, Switzerland we will tour the famous Belvedere Garden and our visit to Saint Moritz will include some majestic scenery as well as historic landmarks. Rates are per person double occupancy at \$2699 (credit card) or \$2649 (cash/check). Single add \$480.

The Friends of Groton Elders, Inc. - Museum of Russian Icons, Tuesday, July 9th, 2013

Price: \$40.00 (includes bus transportation, admission, lunch, & driver's gratuity.)

This Museum is an old mill building in Clinton, MA which has been masterfully transformed by Gordon Lankton into a display of Russian Icons. In fact, it is considered the largest and best display of Russian Icons outside of Russia and exhibits more than 500 artifacts, spanning six centuries. A feature of our trip will be viewing the special traveling exhibit of Russian Nesting Dolls. This exhibit includes 83 Matryoshka sets. These are lavishly painted wooden nesting dolls of decreasing size. Several decades of dolls will be on display including pre-WWII dolls as well as dolls from the Soviet and post-Soviet periods. Following our tour we will have free time at the Russian Tea Room and gift shop. We will then go to **The Old Timer**, a well-known Clinton restaurant for our included lunch. Menu choices are as follows: Baked stuffed boneless breast of chicken, Pot roast of beef, or Baked haddock with crumb topping. The bus will leave from Buckingham Bus Station on Station Avenue at 10:15 AM with expected trip return around 3:30 PM. Checks made out to, Friends of Groton Elders, Inc. and are due by June 30th.

The Friends of Groton Elders, Inc. - American Textile Museum, Tuesday, August 6th, 2013

Price: \$30 (Includes transportation, museum entrance, tour, & driver's gratuity)

Behind the Veil: Brides and Their Dresses is a special exhibit with an intimate look at generations of wedding dresses and the women who wore them. Whether extravagant or frugal, traditional, or fashion-forward, the story behind a bride's dress tells us much about her life, and our culture. Explore how brides over more than 100 years have chosen their wedding dresses, a decision shaped by fashion, family, and finances. Full of culture and American heritage, this exhibit is one not to miss. A great generational visit if you wish to include some younger members of your family to share experiences. Our bus leaves Buckingham Bus Station at 10:00 AM and departs the museum to return home at 2:00 PM. After our museum tour, we will us to have lunch on our own at the Museum Café. Checks made out to, Friends of Groton Elders, Inc. and are due by July 27th.

Summer's Upcoming Events

July

Red White & Blue Pancake Breakfast with historian Richard Howe Jr., 2nd at 10 AM

Pizza & a Flick - *Promised Land*, 10th at 12 PM

Hawaiian Luau with Hula Hooper, Heidi Delisle, 24th at 12 PM

August

Classic Car Breakfast - 5th at 10 AM

Pizza & a Flick - *Argo*, 7th at 12 PM

Senator's & Representative's BBQ, 13th at 12 PM

Hotdogs & a Flick - *Cloud Atlas*, 21st at 12 PM

Zumba Gold Instructor Spotlight

New Class Time: Thursdays at 12:30 PM



This is exciting news. The class instructor, Barb Longfellow, is a NH native residing in Hollis with her husband, JR Bristol, 2 dogs, 3 cats, and about 36 chickens. Barb is a graphic artist with two grown children, daughter, Shelby, and son, Ryan. Ryan is planning a wedding for next

June and Shelby helps their mom with the Zumba classes she teaches in Brookline, NH. In her spare time Barb and her husband plan an annual tractor pull in memory of his father. Barb says, "It's quite the undertaking pulling this event together every year!" Now, Barb is focused on fitness for all ages and abilities. She loves Zumba, because it has made a big difference in her life, losing weight while gaining strength and confidence. So join Barb, on Thursdays for Zumba's new time at 12:30 PM. You will get a great workout to fun music and perhaps some fresh eggs too!

July 2013

HDM - Home Delivered Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00 Strength Training 12:00 Groton Swim 12:00 Fish Sticks 12:30 Cribbage	10:00 Red, White & Blue Pancake Breakfast 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Apricot Chicken 12:45 Hand & Foot 4:30 Pilates Phase 1	10:00 Strength Training 12:00 Pulled Pork	Center Closed 	Senior Center Closed 12:00 Groton Swim
8	9	10	11	12
10:00 Strength Training 12:00 Groton Swim 12:00 BBQ Beef Rib 12:30 Cribbage	10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Turkey Ham Salad 12:45 Hand & Foot	9:00 Book Club 10:00 Strength Training HDM Teriyaki Chicken 12:00 Pizza Lunch 12:30 Movie: Promised Land	8:30 Awesome Abs, Pilates 10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse 12:00 Turkey w/ Gravy 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi	VAN Lunenburg 10:00 Strength Training 12:00 Groton Swim
15	16	17	18	19
10:00 Strength Training 12:00 Groton Swim 12:00 Breaded Chicken 12:30 Cribbage	10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Potato Fish 12:45 Hand & Foot	10:00 Strength Training 12:00 Pasta w/ Meatballs	8:30 Awesome Abs, Pilates 10:00 Yoga 11:00 Scrabble 12:00 Broccoli Bake 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi	VAN Loaves & Fishes 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
22	23	24	25	26
10:00 Strength Training 12:00 Groton Swim 12:00 Chicken Chili 12:30 Cribbage	10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Amer. Chop Suey 12:45 Hand & Foot	10:00 Strength Training HDM Chicken Breast 12:00 Hawaiian Grilled Chicken 12:30 Hawaiian Luau & Hula Hooper	8:30 Awesome Abs, Pilates 10:00 Yoga 11:00 Scrabble 12:00 Chef's Salad 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi	VAN Christmas Tree Shop 10:00 Strength Training 12:00 Groton Swim
29	30	31	August 1	August 2
10:00 Strength Training 12:00 Groton Swim 12:00 Roast Pork 12:30 Cribbage	10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Turkey Salad 12:45 Hand & Foot	VAN Kimball's Trip 10:00 Strength Training 12:00 Mac & Cheese	8:30 Awesome Abs, Pilates 10:00 Yoga 11:00 Scrabble 12:00 Chicken w/ Gravy 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi	VAN DW Highway 10:00 Strength Training 12:00 Groton Swim

Fitness Classes

Groton Swim - Mondays & Fridays, 12:00-1:00 PM
At the Groton Country Club for the summer.

Strength Training without Elaine - Free Class
Mondays, Wednesdays & Fridays at 10:00 AM
Although Elaine is off for July & August the Strength Training Class still meets and works out to her DVDs.

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.**



Pilates Basics for Awesome Abs -
Thursdays, 8:30 - 9:30 AM, Susan Robbins, instructor.
July 11th - August 22nd - \$84 for the 7 week session.
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 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, 12:30 - 1:15 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 desk.**



Upcoming Events Continued

Pizza & a Flick
Wednesday, July 10th at 12:00 PM
Promised Land

Matt Damon plays a corporate sales man for a natural gas company who is sent to a small town hit hard by the economic downturn. Getting the town residents to agree to allowing the company the right to drill on their properties seems like an easy sell. However, when a well respected teacher (Hal Holbrook) and an environmental activist (John Krasinski) rally the town, the salesman finds himself challenged both personally and professionally. **Sign-up at the desk.**

Movie Save the Dates:
August 7th - Argo with Pizza Lunch
August 21st - Cloud Atlas with Grilled Hotdog Lunch

ROMEOS' Breakfast
(Retired Men Eating Out)
Thursday, July 18th at 10:00 AM

All senior men are invited to join us for a complimentary breakfast of French toast, scrambled eggs, bacon, and sausage. Following breakfast, please stay for a conversation with staff about increasing and improving Groton Senior Center programs and services for retired men in our community.

Bring your appetite and ideas!
Sign-up at the desk.

On Going Events

Book Club
Wednesday, July 10th at 9:00 AM
Date change: 2nd Wednesday of the month, now on.
July's Book: *The Golden Hour*, Margaret Wurtele
August's Book: *Mary Coin*, Marisa Silver

Ask the Nurse
Thursday, July 11th from 11:30 - 1 PM
Sharon Fata, R.N. will be on hand to check your blood pressure, or just answer your questions.
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Offered Monthly on the 2nd Thursday

Discussion Group with Tom Hartnett
Resumes in September
Presented by the Friends of Groton Elders

Upcoming Trips



Lunch Trip to Kimball's
Wednesday, July 31st
at 11:30 AM

Who can resist a lunch outing to Kimball's in Westford? They have a tasty grill & seafood shack with a wide range of menu items to choose from. In addition, we all know how much we love their ice cream. There is no pre-arranged menu for this trip and we will be ordering individually. Seating is under shade tents as we sit at picnic tables where the atmosphere is quintessential summer.

Take the COA van for \$4 or drive yourself and meet us there. The van will depart the senior center at 11:00 AM. Home pick ups will be before 10:45 AM.

Sign-up at the Senior Center.

Portsmouth Harbor & Isles of Shoals Cruise
Second Trip Scheduled for Wednesday, August 21st
10:00 AM to 6:30 PM

The trip on August 1st filled so fast that we decided to add a second trip date on the 21st. 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 Lughton, 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 & cruise. Sign-up at the Senior Center. Payment required with sign-up. Checks payable to Jay Darrin.



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

9:00 AM - 1:00 PM Special Social & Shopping Trips

(A 4 person minimum may be required for Friday Trips.)

- 1st Friday, July 5th** Shopping on DW Highway, Nashua
- 2nd Friday, July 12th** Shopping in Lunenburg including Wal-Mart
- 3rd Friday, July 19th** Shopping in Leominster, Whitney Field Mall
- 4th Friday, July 26th** Trips around Christmas Tree Shop, Nashua

The van can be used for:

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

Round Trip Fees: In-Town \$3.00 12 Ride Voucher \$30.00
 Out-of-Town \$4.00 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.



Alternative Transportation

Pepperell/Groton Road Runner
Operated by the LRTA

1-800-589-5782

Must call at least 24 hours ahead of trip.

Out of Town Trips: \$1.50
 In Town Trips: \$1.00

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.

This newsletter is supported in part by the Executive Office of Elder Affairs.

In This Issue
 Red, White & Blue Pancake Breakfast
 Hawaiian Luau with Hula Hooping Father & Daughter Pair
 Lunch Trip to Kimball's Ice Cream in Westford

Groton Council
 On Aging
 173 Main Street
 Groton, MA 01450
 978-448-1170



Vital Numbers

Elder Affairs/ SHINE
 800-243-4636
 (800-AGE-INFO)
 TDD/TTY
 800-872-0166

Elder Abuse Hotline
 800-922-2275
 Elder Abuse TTY
 800-922-2275

**Attorney General's
 Elder Hotline**
 888-243-5337

Social Security Admin.
 800-772-1213

Medicare
 800-633-4227
 (800-med-icare)

**Medicare Fraud &
 Abuse Hotline**
 800-368-5779

Staff

Director
 Kathy Shelp
 gcoa@townofgroton.org

Outreach Coordinator
 Stacey Shepard Jones
 sjones@townofgroton.org

Activities/Volunteer Co.
 Bethany Loveless
 bloveless@townofgroton.org

Maintenance
 Alan Sinclair

Van Driver
 Hal Burnett

Selectmen Liaison
 Peter Cunningham

Senior Liaison Officer
 Kevin Henahan

**COA Board of
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Wish List

- Paint Brushes, Rollers, Painters' tape, & Paint Trays
- Pine Cones & Acorns
- Craft Supplies
- Large Plastic Soda Cups
- Coffee Creamers
- Paper Towels
- Microwave Popcorn
- Wrapped Candies
- Decorative Napkins
- Diet & Regular Soda

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

Mr. & Mrs. Anonymous Dish Washing Brush, Paper Towels & Coffee Creamer

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