Hello Everyone!

This month my piece will be short and sweet because we needed the newsletter space for all the activity and program news we have to share!

Most importantly, I am very pleased to introduce to you our new Activities/Volunteer Coordinator, Stephanie St. Germain. Stephanie is a Littleton resident and comes to us with great energy and creative gusto. She impressed us with her program ideas and organizational abilities to implement her wonderful ideas. On top of her outgoing personality she has a degree in Fine Arts and web design, as well as experience in corporate administration and an arts teacher at the Littleton Senior Center. We are very lucky to have her here with us. Please stop in and say hello!

Kathy Shelp, Director

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.

COA Staff
Director
Kathy Shelp
gcoa@townofgroton.org

Outreach Coordinator
Stacey Shepard Jones
sjones@townofgroton.org

Activities/Volunteer Co.
Stephanie St. Germain
sstgermain@townofgroton.org

Maintenance/Van Driver
Alan Sinclair
Van Driver
Hal Burnett

Selectmen Liaison
Peter Cunningham

Senior Liaison Officer
Kevin Henehan

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

Veterans, we need you!
Veterans Wall of Honor

We at the Council on Aging in Groton are so proud of our veterans and will display that pride by building a Wall of Honor here at the center with all of our beloved veterans.

We would love stories and pictures of your memories of times of service that you would like to share with us. Please feel free to send them in the mail to us at 163 W Main Street, Groton, MA 01450 with a picture, drop them off at the center, or email them to us at sstgermain@townofgroton.org. Information may include name, rank, branch, dates served, where did you serve and sharing a memory or two.

If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.

Hearing Screenings
1st Monday of the month
11am-1pm
By Appointment
Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.

Flu Shots
Thursday, October 10
10am-12:30pm
By Appointment
Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.
Hi Everyone,

As many of you know, **Medicare’s Open Enrollment** period is October 15, 2013 – December 7, 2013. Open Enrollment is a time when all people with Medicare are encouraged to review their current health and prescription coverage including any changes in costs, coverage, and benefits that will take effect next year. If you want to change your coverage for next year, Open Enrollment is the time to do it! **On October 10th, at 10:00 am** (just prior to Medicare’s Open Enrollment), Ed Roth, SHINE Regional Director, will be doing a presentation called “**MEDICARE BOOT CAMP**”. This presentation will give you the opportunity to learn new Medicare options and guidelines, as well as have your Medicare questions answered. I encourage all of you to join us.

**Exploring Your Choices**

**Long Term Care**

**Myths, Facts and Options**

Tuesday, October 22    6:30PM
at the Groton Senior Center

Trying to maneuver the path of long term care can be overwhelming and confusing. Planning ahead can help alleviate much of the anxiety by eliminating the fallacies and providing valuable and accurate information.

Join our professional panel as we provide you the tools necessary to begin this process. This program is for those that want to plan, “just in case” and for the adult children who feel they would benefit from planning ahead for themselves or their parents.

**Our professional panel includes:**

- **Nancy Catalini Chew,** *Elder Law and Estate Attorney*
- **Kathleen Hubbard,** Business Development Manager, Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
- **Robert Johnson,** Groton’s Veterans’ Service Officer
- **Margaret Perras,** Senior Director of Marketing, Rivercourt
- **Suzanne Roberts LCSW,** Cooperative Elder Services
- **Kathy Shelp,** Facilitator, Groton Council on Aging Director

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**Fuel Assistance for Winter 2013-2014 begins November 1st. Income Limits are as follows:**

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Annual Income</th>
<th>Household Size</th>
<th>Gross Annual Income</th>
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<tr>
<td>1</td>
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<tr>
<td>5</td>
<td>$71,530</td>
<td>6</td>
<td>$81,396</td>
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I have not yet received the 2013-2014 Fuel Assistance Applications. Once I do, I’m more than happy to help Groton senior residents with their applications. Please call me to set up an appointment in mid-October.

*Stacey*
**An Exploration of Meditation**
October 9—December 18
**Wednesday, 2:30PM**
(when the building is quiet)
Cost: $45 for 12 week program
Learn and try a number of different approaches to this age-old practice and join in to discuss, share and ask questions about what you’re experiencing. It’s doubtful that anyone can really explain exactly what meditation does for us. The clinical studies do show how it can positively effect our bodies - and that will be discussed. But the perceptual changes, how we experience and relate to ourselves and the typical ups and downs of our lives, can be just as interesting and amazing. Join yoga teacher MaryLu Hildreth this fall and find out for yourself!

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**Ask the Officer**
Third Wednesday each month
10am-12pm
The Council on Aging Liaison Officer, **Kevin Henehan**, will be on hand to answer your questions, problem solve and share in conversation. No appointment necessary, simply stop in! Please remember, in an emergency, please call the police department directly.

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**Day Trips**

**Thursday, October 10**
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**Waiting List Only**

**Green Mountain Railroad**
Foliage Train
White River Jct, Vt
$52.00pp
8:30am-5:00pm
Enjoy a scenic ride along the White River with a half-hour layover at Cedar Circle Farm. Conclude with an early lunch at Tuckerbox.

Lunch at Tuckerbox

**Tuesday, November 12**

**Yankee Candle**
Deerfield, Mass
$49.00pp
Time to be determined
Far more than just a candle store, it’s a special location where magic comes to life. From watching animated singing characters to celebrating Christmas year round, quite an unusual place.

Lunch at Chandlers

**Thursday, December 12**

**Bright Nights Forest Park**
Springfield Mass
Dinner at Bernie’s Dining Depot

Time and cost TBD

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**Friends of the Groton Elders & Merry Trippers**

For more information contact: Nyola Vaillancourt, nyolav@verizon.net or call her, 978-692-8608
Full detail flyers and sign ups for trips are available in the Groton Senior Center Lobby.

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**America’s Music Cities**
March 30th – April 6th, 2014

Our 8 day trip features “The Jazz Capital of the World”, New Orleans with its rich history, mouth-watering Cajun and Creole cuisine and incomparable music. Some highlights include the French Quarter, New Orleans School of Cooking and a Swamp Tour. From Louisiana we travel north to Memphis, the birthplace of the Blues, Rock’n’Roll and Soul. No visit to Memphis is complete without a tour of Graceland, the palatial home of Elvis Presley. Journey on to Nashville, “The Music Capital of the World” and a performance at the “Grand Ole Opry”.

Rates are pp dbl occupancy at $2199, Sng $2749, Triple $2169. Deposit must be made by Oct 23rd, 2013.

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**Costa Rica**
March 7-16, 2014

This 10 days/9 nights features beaches, volcanoes, tropical fruits and animals. Costa Rica is the current “go-to” place for natural beauty and tropical adventure. Exotic birds will be the highlight of a cruise in the Tortuguero National Park followed by a visit to the Green Turtle Research Station. Included will be a volcano visit and cascading waterfalls and a butterfly garden. Hiking and exploring the tropical rain forest are among the scheduled activities.

Rates are $2499 pp with a credit card and $2449 pp for the discounted cash or check option.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>10:00</td>
<td>Groton Swim</td>
<td>10:00</td>
<td>Yoga</td>
<td>10:00</td>
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<td>11:00</td>
<td>Hearing</td>
<td>10:00</td>
<td>Scrabble</td>
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<td>11:30</td>
<td>Strength Training</td>
<td>10:00</td>
<td>Lunch</td>
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<td>12:00</td>
<td>Lunch Zita</td>
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<td>Meatballs</td>
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<td>12:30</td>
<td>Cribbage</td>
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<td>Zumba</td>
<td>Lunch</td>
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<td>2:00</td>
<td>Quilting</td>
<td>2:00</td>
<td>Tai Chi</td>
<td>Bridge</td>
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**Closed for Columbus Day**
### Always Available
For more information and to register please call or better yet, stop in and see us!

<table>
<thead>
<tr>
<th>Mondays</th>
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<tbody>
<tr>
<td>COA Board Meeting</td>
<td>9:30am</td>
<td>(1st Mon)</td>
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<tr>
<td>Groton Swim</td>
<td>10:00am</td>
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<tr>
<td>Vet’s Breakfast</td>
<td>10:00am</td>
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<tr>
<td>Talk with Tom</td>
<td>10:30 (4th)</td>
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<tr>
<td>Hearing Screenings</td>
<td>11:00am</td>
<td>(1st Mon)</td>
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<tr>
<td>Strength Training - $3 per class</td>
<td>11:30am</td>
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<tr>
<td>Cribbage</td>
<td>12:30pm</td>
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<tr>
<td>Quilting</td>
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<table>
<thead>
<tr>
<th>Tuesdays</th>
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<tr>
<td>Sharing Our Losses</td>
<td>9:00am</td>
<td>(2nd Thues)</td>
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<tr>
<td>Creative Creations</td>
<td>10:00am</td>
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<tr>
<td>One Stroke Painting</td>
<td>10:00am</td>
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<tr>
<td>Line Dancing</td>
<td>11:00am</td>
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<tr>
<td>Hand and Foot Cards</td>
<td>12:30pm</td>
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<tr>
<td>Pilates Phase 1</td>
<td>4:30pm</td>
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<tr>
<td>Ballroom Dancing - $5 per class</td>
<td>7:00pm</td>
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<tr>
<th>Wednesdays</th>
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<tr>
<td>Book Club</td>
<td>9:00am</td>
<td>(2nd Wed)</td>
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<tr>
<td>Ask the Officer</td>
<td>10:00am</td>
<td>(3rd Wed)</td>
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<tr>
<td>Strength Training - $3 per class</td>
<td>10:30am</td>
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<tr>
<td>Groton Women’s Club Luncheon with Entertainment</td>
<td>12:00pm</td>
<td>(3rd Wed)</td>
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<tr>
<td>Pizza and a Flick</td>
<td>12:00pm</td>
<td>(Wed varies)</td>
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<tr>
<td>Nashoba Tech Lunch - $10</td>
<td>12:00pm</td>
<td>(Wed varies)</td>
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<tr>
<td>Holiday Celebrations</td>
<td>12:00pm</td>
<td>(Wed varies)</td>
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<tr>
<th>Thursdays</th>
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<tr>
<td>Yoga—$3 per class</td>
<td>10:00am</td>
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<tr>
<td>Supported by the Friends of Groton Elders</td>
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<tr>
<td>Scrabble</td>
<td>11:00am</td>
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<tr>
<td>Ask the Nurse</td>
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<tr>
<td>and Blood Pressure Screenings</td>
<td>11:30am</td>
<td>(2nd Thurs)</td>
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<tr>
<td>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</td>
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<tr>
<td>Zumba Gold</td>
<td>12:30pm</td>
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<tr>
<td>Hand and Foot</td>
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<tr>
<td>Tai-Chi—$40 per 8 week</td>
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<tr>
<th>Fridays</th>
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<tbody>
<tr>
<td>Shopping - $3 for van</td>
<td>9:00am</td>
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<tr>
<td>Groton Swim</td>
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<td>Strength Training - $3 per class</td>
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</tr>
<tr>
<td>Bridge</td>
<td>12:30pm</td>
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### Upcoming Events
Please reserve your seat by calling the center or stop in and register at the front desk.

**Veteran’s Breakfast**
Monday, October 21
10:00am
This breakfast is open to all veterans and their guest. The featured speaker will be announced.

**Groton Women’s Club Luncheon**
12:00pm Wednesday, October 16th

**Neil Diamond Tribute**
Reservations due by Friday, October 11, 1pm
Just in time to enjoy Baseball’s Post Season play, we can pretend we are in Fenway park as we belt out Sweet Caroline. Our October entertainment will be Neil Diamond tribute artist, Bill Reidy. Before enjoying, “Solitary Man, A Tribute to Neil Diamond,” we will be served Italian casserole, summer squash casserole, and dinner rolls with pumpkin upside down dessert.

**Nashoba Tech Lunch**
Wednesday, October 23  12:00pm

**Psychic Medium, Andrea Allen**
Reservations due by Friday, October 18, 1pm
This afternoon’s menu is a choice between sirloin tips in mushroom sauce or broiled scallops. Either choice will also be served with an autumn vegetable soup, vegetable and dessert. Following lunch will be a presentation by nationally recognized Physic Medium, Andrea Allen. Andrea will speak about her ability to connect with the spirit world, tell us about her classes in mediumship, and perhaps communicate some message from loved ones who have passed. Please tell us what you think. If there is enough interest perhaps the Senior Center can host a session of Andrea’s classes on Angel Speak or Beginner Mediumship.

**Halloween Party**
Wednesday October 30th  12:00 PM
Cost:$5.00
Reservations due by Friday, October 25, 1pm
Menu: Beef BBQ over rice, mixed vegetable and pecan/kahlua/chocolate pie (yummmm) Get a jump on those trick or treating kids one day early by celebrating at the Senior Center with a good old fashioned Halloween Party. Dig out those costumes, simple and extravagant, and enjoy!
Pizza and a Flick
Please reserve your seat by calling the center or stop in and register at the front desk. Sponsored by Right at Home

Wednesday, October 2
“Beast of the Southern Wild”
Teeming with magic, beauty and pure joy, this winner at the Sundance Film Festival has emerged as one of the years most acclaimed films. Hushpuppy, a tenacious six-year old lives in an isolated bayou community. When her tough but fun loving father, Wink, succumbs to an illness, the fierce and determined girl bravely sets out on a journey to save him.

Wellness Education
Please register by calling the center or stop in and register at the front desk. No cost. Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice

A Matter of Balance Fall Prevention
8 weeks 10am-12pm
Thursdays, October 24—December 12
It may not seem like a very lively topic but it’s vitally important. Regardless if you feel you currently have balance issues this program will help you prevent a fall and maintain your independence. Lack of balance and falls are the number one reason for loss of independence, A Matter of Balance, a national program developed by Stanford University, combines education, medication management and exercise techniques proven to give results. It is well worth your time. For more details on the curriculum please call the center.

Pain Management
Thursday, October 24
11:00am
Allison LaGuarut RN and Renee Cook will provide valuable up-to-date information on pain control techniques, medications and other options to help you live with and relieve your chronic pain.

Creative Creations
Please register by calling the center

Tuesday, October 1 and 8
Hand to Hand
Cost: none
The senior center is a reflection of all that participate and to illustrate this we would like to create hand molds of everyone! At the first class we make our molds then come back a week later and enhance them using a variety of mediums to reflect your unique personality. When they are all complete we will create a sculpture for display. (participants can take their hand home after a few weeks on display)

Tuesday, October 22
Glass Painting
Cost $3.00
When glass and paints are combined, they create amazing works of art. The art of glass painting is becoming popular, and in fact, it is not very tough to do. You can create a beautiful painting in a day and need little to no skill! A variety of glass items will be provided but feel free to bring your own piece.

Sharing Our Losses
October 8
2nd Tuesday 9-10:30am
At times loss can become overwhelming. We feel it through the death of a loved one, moving from a long time home, loss of independence through physical or mental challenges. There’s no need to face these challenges alone, join us for support & understanding.

Zumba Gold®
For The Young At Heart
Thursdays 12:30PM $5 per class
FREE "Try-It Class" for your first visit
Zumba Gold® lets you move to the beat at your own speed. It’s a fun dance-fitness class that is fresh, and exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults. Whether you’re an active adult or just starting your fitness journey - the Gold Program combines enticing international rhythms and some older, familiar tunes to create a slower-paced Zumba Gold dance-fitness class that will boost your health & energy! Come over & join the party! For more information call Barbara Longfellow, licensed Zumba® and Zumba Gold® instructor, at

Tuesday, October 29
Patriotic Pins
Cost: none
In service to our Veterans join us creating flag pins. Make one for yourself and make more to be distributed to the Veterans of Groton.
Transportation Information

Groton COA Van Schedule

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 Shopping on DW Highway, Nashua
2nd Friday Shopping in Lunenburg: Walmart, Dollar General
3rd Friday Shopping in Loaves and Fishes
4th Friday Trips around Christmas Tree Shop, Nashua

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.

Cultural Excursions

Please reserve your seat by calling the center or stop in and see us!

Fitchburg University Food for Thought Lecture

Learning From Loons
Tuesday, October 29
Depart from the center at 1:30pm
Cost: $4:00

Speaker: Dr. Mark Pokras, Associate Professor of Wildlife Medicine, former Director of the Tufts Wildlife Clinic and one of the founders of Tufts Center for Conservation Medicine. Lead poisoning is a huge problem for people, wildlife and domestic animals. This presentation will review our knowledge about the biological and ecological effects of lead in a wide variety of domestic and wildlife from cows to condors to earthworms. Our current state of knowledge on the toxicity of lead and its behavior in the environment will be examined.