Part of doing the business of a senior center requires evaluation of our programs and services. A portion of that is evaluating the satisfaction of the senior participant and the second portion is assessing the impact of the senior center on the lives of seniors. These measures enable staff to better serve the seniors and but can be, at times, difficult to measure. We can ask you if you liked a program, if you felt happier for participating and how we can do it better. Those are fairly black and white questions with black and white answers. The bigger question, how does the senior center impact your life, for some may be an easy measure but for others it’s difficult to quantify.

On May 1 we recognized the contributions of the volunteers at the center and as we prepared for the event I found it very difficult to measure the impact a volunteer. We can analyze the hours they spend here and how that would transpose into dollar savings for the town which is extraordinarily valuable however, the human side of volunteer work is immeasurable. The smiles and conversations shared when a meal is delivered, collaborative committee work, the peace of mind a homebound senior has knowing someone will check on them, the guidance and support of an experienced board of directors, the welcoming smile of a receptionist, knowledge shared by an educated instructor, and amateur chefs providing monthly luncheons. They are all ideals that we are taught early in life; smile, share, cooperation, give and quite simply the underlying ideal, love. We can’t measure the impact of those gifts because they are limitless. I believe that gratitude is the memory of the heart and the staff at the Groton Council on Aging has very full hearts. Thank you to our fabulous volunteers, your contribution is immeasurable.

Kathy, Director

POLICE PICNIC

Held this year at the Groton Pool and Golf Center with a shuttle available from the parking lot to the building

Wednesday, June 11  12:00PM

COA Van is available at no charge to get you to the picnic. Call for your seat on the van.

Groton’s finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad and a gift bag for everyone! A big thank you to Groton’s Police Department for a much anticipated day.

Call the senior center, 978-448-1170 for your reservation.
Hi Everyone,

Spring is here! I hope you'll stop by and see our new garden!!! There's still a lot of work to do, so if you have an interest in gardening and would like to join us, please feel free to stop in or call for more information anytime.

***THE CATHOLIC HEART WORKCAMP***
Mark your calendars!!! The campers will be here Monday, June 30th, through Thursday, July 3rd. They will be working at senior’s homes doing everything from weather-striping, installing new locks, installing new doorknobs, fixing or replacing screens, cleaning walls, painting interior/exterior (no higher than the second floor), repairing steps, cut/trim hedges, raking leaves, cleaning out gutters, etc. They prefer to stay away from anything roof related. They will do all of this work for free. Senior residents only have to provide the materials. If you’d like to have the campers do some work for you, please stop by and pick up a work order form. They are a wonderful organization, so I hope you’ll take advantage of the services they offer. If you have any questions, please stop by or give me a call.

Farmers Market Coupons
During the summer months, the USDA provides Farmers Market Coupons to seniors are living on a fixed/low incomes. Seniors can use these coupons to buy fresh fruits and vegetables at local Farmers Markets. We usually receive the Farmers Market Coupons around the beginning of July. Distribution is on a first-come, first-served basis. Please call me at the end of June to be put on a list to receive these coupons.

Stacey

NEWS FROM SHINE JUNE 2014
Medicare and Mental Health Benefits
Starting in January 2014, Original Medicare increased its payment for most outpatient mental health services to the same level as other Medicare Part B services, 80 percent of the Medicare approved amount. You or your supplemental insurance must pay the remaining 20 percent coinsurance. Medicare Advantage plans have to cover the same services as Original Medicare. However, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services as usual.

You can get mental health services in an outpatient hospital program, a doctor’s or therapist’s office or a clinic. Medicare will help pay for outpatient mental health services you receive from general practitioners, nurse practitioners, physicians’ assistants, psychiatrists, clinical psychologists, clinical social workers, or clinical nurse specialists, as long as they are Medicare providers. Psychiatrists are more likely than any other type of provider to not accept Medicare.

Medicare covers yearly screenings to detect depression. Medicare prescription drug plans (Part D) must cover almost all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Remember: You should ask any provider if they take Medicare before you begin receiving services.
**Day Trips**

To ensure your place on the bus please sign-up.

**Thursday, July 17**

*Rum Runner II*

**Newport Harbor Cruise**

Newport, RI

$58 includes transportation, lunch, and cruise

Our narrated cruise of the harbor and beyond will be aboard a sleek wooden yacht used by smugglers during Prohibition. After our cruise we’ll head to Easton’s Beach to enjoy our twin lobster roll or clam roll lunch.

---

**Wellness Education**

Please register by calling the center or stop in and register at the front desk. No cost.

**Ask the Nurse w/ eye screenings**

2nd Thursday of each month

**Thursday, June 12** 11:30 -1 PM

Sharon Fata, R.N. Town of Groton nurse will be on hand to check your blood pressure, or simply answer your questions. Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice

**Hearing Screenings**

Monday, June 2 and July 7

1st Monday of each 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.

---

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

By Nyola Vaillancourt,

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

**ALPINE ADVENTURE**

featuring Innsbruck, Fussen, Salzburg, Munich, Dolomite Mountains & Berchtesgaden.

September 18 – 26, 2014 $2839.* pp/dbl (cash/check) $2899.* pp/dbl (credit card).

This lovely trip takes us to Germany, Austria and Italy. Celebrate Octoberfest in the pleasant fall days. Visit the fairy tale castle of King Ludwig II, Neuschwanstein. The magnificent Dolomite Mountains in Italy. Visit Hitler’s mountain retreat, Eagle’s Nest and a boat cruise on Konigsee. Salzburg, home of Mozart, a beautiful city to explore. Trip includes transportation from Groton, air, hotels, motorcoach, tour escort, many meals & much more.

Please see the flier for full details.

**ALBUQUERQUE BALLOON FIESTA**

featuring Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Santa Fe, Loretto Chapel, Santa Fe School of Cooking. $2279.00 per person, double occupancy.

Welcome to a veritable “land of enchantment”. New Mexico is a place diverse in culture and scenic beauty. In both Albuquerque and Santa Fe you will discover cities rich in multiculturalism, natural beauty and profound history. Join in this annual extravaganza of hot air ballooning and experience what has grown into one of the world’s most photographed events. So much more. Please see the flier for full details.

**BAVARIAN & AUSTRIAN CHRISTMAS MARKETS:**

8 Days/6 Nights **November 29 – December 6, 2014**

Arriving in Munich, Germany we will check into our hotel, visit the city and the traditional Christmas Market. A visit to the Nymphenburg Palace and an evening of dinner and music at the Hofbrauhaus are also in Munich. Travel to Austria to visit several enchanting cities, Salzburg, Steyr and Vienna which include palaces, cathedrals and picturesque medieval locations as well as more Christmas Markets. An enchanting time of year to visit this area during a magical time of year. Transportation, round-trip to Logan, air transport, potterage of luggage, 6 nights accommodations, breakfast each morning and 3 dinners, sightseeing with a guide and much more. $2599.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>9:30</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>VAN</td>
</tr>
<tr>
<td>COA Board</td>
<td>Groton Swim</td>
<td>Painting Club</td>
<td>Yoga</td>
<td>DW Highway Nashua</td>
</tr>
<tr>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td>Groton Swim</td>
<td>Line Dancing</td>
<td>Garden Club</td>
<td>Scrabble</td>
<td>Groton Swim</td>
</tr>
<tr>
<td>11:30</td>
<td>10:00</td>
<td>10:00</td>
<td>12:30</td>
<td>10:00</td>
</tr>
<tr>
<td>Strength Training</td>
<td>Garden Club</td>
<td>Tai Chi</td>
<td>Strength Training</td>
<td>Strength Training</td>
</tr>
<tr>
<td>12:30</td>
<td>12:45</td>
<td>1:00</td>
<td>12:30</td>
<td>12:30</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Hand &amp; Foot</td>
<td>Mahjong</td>
<td>Hand &amp; Foot</td>
<td>Bridge</td>
</tr>
<tr>
<td>1:00</td>
<td>4:15</td>
<td>12:45</td>
<td>12:45</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td></td>
<td>1:00</td>
<td>12:45</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td></td>
<td>4:15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>9:00</td>
<td>10:00</td>
<td>10:00</td>
<td>VAN</td>
</tr>
<tr>
<td>Groton Swim</td>
<td>Sharing our Losses</td>
<td>Book Club</td>
<td>Yoga</td>
<td>Walmart, Dollar Tree</td>
</tr>
<tr>
<td>11:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td>Hearing Screenings</td>
<td>Creative Creations</td>
<td>Strength Training</td>
<td>Scrabble</td>
<td>Father's Day Breakfast</td>
</tr>
<tr>
<td>11:30</td>
<td>10:00</td>
<td>10:00</td>
<td>11:30</td>
<td>10:00</td>
</tr>
<tr>
<td>Strength Training</td>
<td>Painting Club</td>
<td>Police Picnic</td>
<td>Ask the Nurse</td>
<td>Groton Swim</td>
</tr>
<tr>
<td>12:30</td>
<td>10:00</td>
<td>12:00</td>
<td>12:30</td>
<td>10:00</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Line Dancing</td>
<td>Held at the Groton Pool and Golf Center</td>
<td>Tai Chi</td>
<td>Strength Training</td>
</tr>
<tr>
<td>12:45</td>
<td>12:45</td>
<td>12:45</td>
<td>12:45</td>
<td>12:45</td>
</tr>
<tr>
<td>Hand &amp; Foot</td>
<td>Garden Club</td>
<td>Hand &amp; Foot</td>
<td>Hand &amp; Foot</td>
<td>Bridge</td>
</tr>
<tr>
<td>1:00</td>
<td>1:00</td>
<td>12:30</td>
<td>4:15</td>
<td></td>
</tr>
<tr>
<td>Mahjong</td>
<td>Mahjong</td>
<td>Tai Chi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td>4:15</td>
<td>12:30</td>
<td>4:15</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td>Pilates</td>
<td>Tai Chi</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>9:00</td>
<td>10:30</td>
<td>10:00</td>
<td>VAN</td>
</tr>
<tr>
<td>Groton Swim</td>
<td>Sharing Our Losses</td>
<td>Strength Training</td>
<td>Yoga</td>
<td>Open appointments</td>
</tr>
<tr>
<td>11:30</td>
<td>10:00</td>
<td>12:00</td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td>Strength Training</td>
<td>Creative Creations</td>
<td>Pizza and a Flick: Saving Mr Banks</td>
<td>Scrabble</td>
<td>Groton Swim</td>
</tr>
<tr>
<td>12:30</td>
<td>10:00</td>
<td>12:00</td>
<td>12:30</td>
<td>10:00</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Painting Club</td>
<td>Police Picnic</td>
<td>Tai Chi</td>
<td>Strength Training</td>
</tr>
<tr>
<td>12:45</td>
<td>12:45</td>
<td>12:45</td>
<td>12:45</td>
<td>12:45</td>
</tr>
<tr>
<td>Hand &amp; Foot</td>
<td>Garden Club</td>
<td>Hand &amp; Foot</td>
<td>Hand &amp; Foot</td>
<td>Bridge</td>
</tr>
<tr>
<td>1:00</td>
<td>1:00</td>
<td>12:30</td>
<td>12:30</td>
<td></td>
</tr>
<tr>
<td>Mahjong</td>
<td>Mahjong</td>
<td>Tai Chi</td>
<td>Tai Chi</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td>4:15</td>
<td>12:30</td>
<td>12:30</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td>Pilates</td>
<td>Tai Chi</td>
<td>Tai Chi</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>VAN</td>
</tr>
<tr>
<td>Groton Swim</td>
<td>Paint - One Stroke</td>
<td>Strength Training</td>
<td>Yoga</td>
<td>Christmas Tree Shoppe</td>
</tr>
<tr>
<td>10:30</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td>Talk with Tom</td>
<td>Line Dancing</td>
<td>Rotary Breakfast</td>
<td>Scrabble</td>
<td>Groton Swim</td>
</tr>
<tr>
<td>11:30</td>
<td>10:00</td>
<td>12:30</td>
<td>12:30</td>
<td>10:00</td>
</tr>
<tr>
<td>Strength Training</td>
<td>Garden Club</td>
<td>Rotary Breakfast</td>
<td>Tai Chi</td>
<td>Strength Training</td>
</tr>
<tr>
<td>12:30</td>
<td>12:45</td>
<td>12:30</td>
<td>12:30</td>
<td>10:00</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Hand &amp; Foot</td>
<td>Tai Chi</td>
<td>Tai Chi</td>
<td></td>
</tr>
<tr>
<td>12:45</td>
<td>1:00</td>
<td>12:45</td>
<td>12:45</td>
<td></td>
</tr>
<tr>
<td>Mahjong</td>
<td>Mahjong</td>
<td>Hand &amp; Foot</td>
<td>Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td>4:15</td>
<td>1:00</td>
<td>12:30</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td></td>
<td>4:15</td>
<td>12:30</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td></td>
<td>Pilates</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>30</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>10:30</td>
<td>10:00</td>
<td>10:00</td>
<td>VAN</td>
</tr>
<tr>
<td>Groton Swim</td>
<td>Paint - One Stroke</td>
<td>Strength Training</td>
<td>Yoga</td>
<td>Christmas Tree Shoppe</td>
</tr>
<tr>
<td>10:30</td>
<td>12:00</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00</td>
</tr>
<tr>
<td>July 4th Celebration Entertainment by: Debbie Thompson and Back to the Garden</td>
<td>Line Dancing</td>
<td>Yoga</td>
<td>Scrabble</td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td>12:45</td>
<td>10:00</td>
<td>12:30</td>
<td>12:45</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Garden Club</td>
<td>Tai Chi</td>
<td>Hand &amp; Foot</td>
<td>Hand &amp; Foot</td>
</tr>
<tr>
<td>12:45</td>
<td>1:00</td>
<td>12:30</td>
<td>12:45</td>
<td></td>
</tr>
<tr>
<td>Hand &amp; Foot</td>
<td>Mahjong</td>
<td>Tai Chi</td>
<td>Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td>4:15</td>
<td>12:30</td>
<td>4:15</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td></td>
<td>12:30</td>
<td>4:15</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td></td>
<td>Pilates</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Mondays
COA Board Meeting (1st Mon) 9:30am
Groton Swim 10:00am
Vet’s Breakfast (2nd Mon) 10:00am
Sponsored by Groton Police
Talk with Tom - Current Events (4th Mon) 10:30am
Supported by the Friends of Groton Elders
Hearing Screenings (1st Mon) 11:00am
Strength Training - $3 per class 11:30am
Cribbage 12:30pm

Tuesdays
Sharing Our Losses (2nd Tues) 9:00am
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Creative Creations 10:00am
One Stroke Painting Club 10:00am
Line Dancing 10:00am
Hand and Foot Cards 12:30pm
Pilates Phase 1 4:30pm

Wednesdays
Book Club (2nd Wed) 9:00am
Strength Training - $3 per class 10:30am
Groton Women’s Club Luncheon (3rd Wed) 12:00pm
with Entertainment
(Sponsored by Groton Trust Lecture Fund
Pizza and a Flick (Wed varies) 12:00pm
(Sponsored by Right at Home
Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
Holiday Celebrations (Wed. varies) 12:00pm
Scrapbooking 6:00pm

Thursdays
Yoga—$3 per class 10:00am
Supported by the Friends of Groton Elders
Scrabble 11:00am
Ask the Nurse
and Blood Pressure Screenings (2nd Thurs) 11:30am
Presented by Nashoba Associated Boards
of Health & Nashoba Nursing Service & Hospice
Hand and Foot 12:30pm
Tai-Chi—$40 per 8 week 2:00pm

Fridays
Shopping - $3 for van 9:00am
Groton Swim 10:00am
Strength Training - $3 per class 10:00am
Bridge (1st and 3rd Fri.) 12:30pm

The Groton Senior Center offers a variety of opportunities for an afternoon lunch. Many of our meals are provided and subsidized by Montachusett Opportunity Council Elder Nutrition Program. We also provide options from Nashoba Technical High School, Groton Women’s Club, Pizza sponsored by Right At Home and once in awhile the COA staff cooks! Prices vary for each meal and are as listed below. Reservations are necessary for all meals. 

Bon Appetite!

2 Baked Salmon $2.25
3 Lasagna $2.25
4 Luau Hawaiin Chicken $4.00
5 Chicken ala King $2.25
6 Meatballs w/BBQ sauce $2.25
9 Shaved Steak Stir Fry $2.25
10 Chicken Breast w/Picata Sauce $2.25
11 Police Picnic at the Pool and Golf Center
12 Roast Pork w/gravy $2.25
13 Chicken Alfredo $2.25
16 Breaded Chicken $2.25
17 Fish Sticks $2.25
18 Pizza! Sponsored by Right at Home Free
19 Sweet and Sour Chicken $2.25
20 Broccoli Bake $2.25
23 Roast Pork $2.25
24 Breaded Chicken $2.25
25 Beef Bolognese $2.25
26 Cold Plate; Egg Salad and Pasta Salad $2.25
27 Salisbury Steak $2.25
30 American Chop Suey $2.25
1 Chicken Kielbasa $2.25
2 Chicken Breast w/gravy $2.25
3 Meatballs $2.25
4 Building Closed Happy Forth!
Upcoming Events
Please reserve your seat by calling the senior center

Wednesday, June 4  12:00 PM  Cost: $5.00
Break out the Hawaiian shirts and flip flops and join us for an afternoon of great entertainment and great food. On the menu is Hawaiian Chicken over rice with vegetable and pineapple upside-down cake for dessert. Following lunch we will be entertained with traditional Hawaiian and Caribbean music.

Please make your reservation by Friday, May 30.

Father’s Day Breakfast
Friday, June 13        10:00 AM       Cost: none
All men are invited this month as we honor the men in our lives, celebrating the contribution of fathers and father figures in the lives of our children.

Please make your reservation by Wednesday, June 11

Annual Rotary Breakfast
Thursday, June 26
10:00am
Cost: none
The Groton-Pepperell Rotary prepares and serves a hardy breakfast for everyone! A great time to get together with friends and catch up over a delicious meal!

Free Shredding Event
Please help our planet
Sponsored by Friends of Groton Elders
Saturday, June 21
(please note date change)
9:00am-Noon
Sacred Heart Church Parking lot
Bring old fax, bank records—all paper
Paper clips and staples allowed

Pizza and a Flick
Please reserve your seat by calling the center or stop in
Sponsored by Right at Home

Wednesday, June 18
“Saving Mr. Banks”
Inspired by the extraordinary story of how Disney’s classic “Mary Poppins” made it to the screen. When Walt Disney’s daughters begged him to make a movie of their favorite book, “Mary Poppins,” he made them a promise—one that he didn’t realize would take 20 years to keep. In his quest to obtain the rights, Walt comes up against a curmudgeonly, uncompromising writer who has absolutely no intention of letting her beloved magical nanny get mauled by Hollywood.

Wednesday, July 9
“The Secret Life of Walter Mitty”
Walter Mitty is a daydreamer who escapes his humdrum life through his wild imagination. Most people who know him think of him as odd, but it’s his best way of dealing with the disappointment that his life is nothing extraordinary.
Transportation Information

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

1st Friday  Shopping on DW Highway, Nashua
2nd Friday  Shopping in Lunenburg including Wal-Mart
3rd Friday  Open of appointments
4th Friday  Trips around Christmas Tree Shop, Nashua

Round Trip Fees:
In-Town $3.00  12 Ride Voucher $30
Out-of-Town $4.00  12 Ride Voucher $40

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. **When you make your reservation please let staff know if you are transported by wheelchair.**
Call 978-448-1141 to schedule a ride.

New Retirement Financial Planning

Tuesday, June 17, 2014  6:30 – 8PM
The workshop will be held at the Groton Public Library

George and Steve Pessotti, local retirement planners and guest speakers from SOFA (The Society for Financial Awareness) will conduct an educational workshop on **New Retirement Planning Strategies** presented by the Groton Council on Aging and the Groton Public Library.

Topics included:
- 12 Risks of retirement -- will you outlive your assets?
- Estate Planning -- Wills vs. Trusts -- learn to avoid probate and guardianship
- Life Estates -- how to prevent capital gains taxes on deeded homes and how to protect your home from nursing home liens
- Lifetime income, like Social Security -- learn how to create a new income you can't outlive
- 401K’s and IRA’s are 100% taxable -- learn an alternative tax-free retirement strategy to provide 100% tax-free income at retirement and beyond
- New Medicaid rules -- learn about the 5 year look back period and asset limitations for single and married taxpayers.

This program is free and does not promote any specific financial products.

Please call the Senior Center to register, 978-448-1170.

Creative Creations

Please register by calling the senior center

Tuesday, June 10  10am
Ceramic Flowers
Cost $3.00

Come join us to create some beautiful white flowers in clay. It is a very nice process in which we use cookie cutters to form the initial flower and then press layer by layer until there is a flower! A nice gift for a friend or a present for yourself, easy to make into a candle holder or an ornament, come join us for some clay fun!

Tuesday, July 8  10am
Lampshade Slipcover
Cost: $3.00

Enhance the décor of any room! Using wallpaper, we will fold our way creating a lampshade slipcover to change the look of any room.

Creative Writing

This class was originally scheduled to be end April 29 however, the participants want to keep going!
Join anytime!
Tuesdays, 10:00am

Author and Groton resident Richard Meibers, author of four published works and book editor for several independent publishers will lead a Creative Writing class.

Participants will write short essays, memoirs and short stories then present them to the group and discuss strategies for improvement.

This is a great opportunity to jump start your thought process and write the stories you hold.

Call the center to register, 978-448-1170.