Do you have a fear of getting old (FOGO)? If you do you're not alone, everyone has a little FOGO (its now become an actual acronym), but that doesn't mean you have to be okay with it. As we age we tend to hold on to what the stereotypes of getting old looked like and fear that we will become that stereotype. When I was young and my grandparents were 65 they were OLD now at 65 we're hitting a new stride. My brother-in-law is turning 65 in a few weeks and my kids were shocked by it, after all Uncle Scott plays the guitar and wears Allman Brother Band t-shirts, works full time, and has an energy level that can put them all to shame. How could he possibly be 65 years old? I asked my them, who are adults by the way, what 65 looks like and they weren’t sure but certainly didn’t think it was rock and roll, biking and beer. I pointed out the Beatles, Rolling Stones and every other classic rock era musician is reaching 70 now!

The face of aging has changed and at the Groton COA we work to change too and while the average age someone comes to a senior center is 75, 75 is the new 60 and we have to keep up with that. There will be a day when a Grateful Dead tribute band will be entertainment at the senior center Women’s Club luncheon and that day may not be that far off. In the meantime we strive to be relevant and somewhat trendy offering programs that meet the cravings of seniors today, those who want to be challenged; mind, body and spirit. Let’s spend less time worrying about getting older and enjoy it, embrace it and hit our new stride. The less we fear it, the more we'll enjoy it. In fact, it can be the best time of our lives.

Kathy

9/11 Memorial & First Responder’s Recognition Luncheon

Held at the new fire station

Thursday, September 11 11:30am
Cost: $5.00

On the solemn anniversary of 9/11, please join us at our new fire station, as we honor Groton’s First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated. The afternoon will include a brief ceremony prior to lunch of homemade beef BBQ and tortellini salad.

The COA van is available for transportation at no charge
Hi Everyone,

I hope your all enjoying this beautiful weather! Check out our garden…it’s bursting at the seams with fresh veggies, butterflies, and humming birds! Groton senior residents can help themselves to any of the veggies!!! I just wanted to mention a few other things to all of you:

**EMERGENCY PREPAREDNESS FORMS** – The 2014 Groton Emergency Preparedness forms will be mailed to everyone’s residence in the August Groton Electric bill (which you will probably receive at the beginning of September). The forms are a light blue color. Please take a few minutes to fill this form out, and return it to me. You may have filled it out in previous years, but please fill it out again to ensure we have your most current information. 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 Groton senior citizen/disabled 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, we will be in contact with you to make sure that you are safe and have what you need, i.e., medications, food, etc.

**MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM** – If you, or if you know of someone that has a hearing, speech, motion, vision, or cognitive disability, MassEDP may be able to provide specialized equipment for little or no cost. In order to be eligible, you must be a MA resident, you must have a licensed MA physician verify your permanent disability, and you must have a land-line home phone. Please stop by if you would like an application.

**VERIZON - LIFELINE DISCOUNT PROGRAM** – This is a government assistance program that offers telephone discounts to qualified low-income customers. If you qualify for the Lifeline discount service, you are eligible to receive a reduced rate on your Verizon monthly bill. If you receive Fuel Assistance and/or SNAP, there is a good chance you will be eligible for this program. Please stop by if you would like an application.

**ASK THE OFFICER - KEVIN HENEHAN** – Just a reminder that our Senior Liaison Officer, Kevin Henehan, will be resuming his hours at the Senior Center this month. Kevin will be here the 3rd Wednesday of the month between 11:00 am – 12:00 pm, to answer any questions you may have. If you need privacy, please just let Kevin know. Any conversation you have with Kevin remains confidential. Please remember to always call 911 in an emergency.

If I can ever help you with anything, please always feel free to stop in or call.

*Stacey*

---

**NEWS FROM SHINE**

Don’t Ignore Your Medicare Mail!

It’s that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Also, trained SHINE (Serving Health Information Needs of Everyone) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call Stacey at the senior center and ask for a SHINE appointment.

On Friday, October 24 at 10:00am we will be conducting our Medicare Open Enrollment Update Meeting at the Groton Senior Center to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2015 plan year. Please be sure to attend by calling the senior center, 978-448-1170.
Day Trips
To ensure your place on the bus please sign-up by
calling the senior center.

Portsmouth New Hampshire
Lunch Special Tasting Tour

Friday, September 26
$59 includes transportation, guided tour and
5-course lunch

We will visit 5 restaurants for a delicious lunch tour
discovering the specials of the day. The easy walking
tour of 1/2 mile will allow time to sit and enjoy each stop
as well as the historical sites along the way. The tour is
cleverly designed, so that by the time of our concluding
bakery stop you will have enjoyed a wonderful 5-course
lunch. You will also receive a nice brochure with a map
listing of all our stops for your future visits

Cocheco River & Great Bay
Fall Foliage Cruise
Portsmouth, NH

Tuesday, October 7
$53 includes transportation, cruise
and brunch

We’ll start with a hearty brunch at
the Roundabout Diner and they
head to Portsmouth Harbor for a narrated cruise up the
Piscataqua River and into the Great Bay, second only to
the Chesapeake Bay as the largest estuary on the coast.

Advice for Life
If you had one piece of advice to give to
someone about life,
about the lessons you have learned,
the mistakes you’ve made,
and/or your successes.
What would you say?
Share with us your words or the words of
others that you live by.
Once we’ve collected the Advice for Life
we will scrapbook each contribution and
display them at the center. Write down and
hand it to us, email it, or dictate it and we’ll
write it down, just share with us!
It will be a collaborative work,
Groton’s Advice for Life.

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

Hearing Screenings
Friday, September 12
2nd Friday of each month 11:15am-1pm
By Appointment

Christopher Streeter, hearing specialist, will conduct
free hearing screenings and hearing aid cleanings.
Please be sure to make an appointment.

Ask the Nurse
2nd Thursday of each month
Due to the 9/11 program Ask the Nurse will be
cancelled in Sept

Thursday, October 9 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

Creative Creations
Please register by calling the senior center

Fall Wreaths
Cost: $4.00

Celebrating the beauty of Autumn colors we will use
both natural and man made items to create a
wreath suitable to display at your entrance to
welcome you and your guests home!

Art with a Splash
This program is made possible through
the generous support of the
Friends of the Groton Elders

Wednesday, October 29
at the Groton Country Club
6pm—9pm

$10 seniors $40 all others

Our instructors will walk you through, step by step, as
you recreate an original piece of artwork, all while
enjoying a glass of wine or beer(for purchase). We’ll
provide all the art materials and promise, whether
you’re an aspiring artist or you’ve never touched a paint
brush, you will be amazed at what you create and we
garuntee a great time!

Register now by calling the senior canter,
978-448-1170. (registrations for non-seniors opens 10/1 )
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10:00 Groton Swim</td>
<td>10:00 Painting Club</td>
<td>10:30 Strength Training</td>
<td>10:00 <strong>No Yoga today</strong></td>
<td>VAN DW Highway, Nashua</td>
</tr>
<tr>
<td>11:30 Strength Training</td>
<td>10:00 Garden Club</td>
<td>10:00 Scrabble</td>
<td>10:00 Strength Training</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>12:30 Cribbage</td>
<td>12:45 Mahjong</td>
<td>12:30 Tai Chi</td>
<td>12:30 Groton Swim</td>
<td>12:30 Bridge</td>
</tr>
<tr>
<td>1:00 Mahjong</td>
<td>1:00 Hand &amp; Foot</td>
<td>1:20 Mahjong</td>
<td>1:20 Mahjong</td>
<td></td>
</tr>
<tr>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>10:00 Veteran’s Breakfast</td>
<td>9:00 Sharing our Losses</td>
<td>9:00 Book Club</td>
<td>10:00 Yoga</td>
<td>VAN Walmart, Dollar Tree</td>
</tr>
<tr>
<td>10:00 Groton Swim</td>
<td>10:00 Painting Club</td>
<td>10:30 Strength Training</td>
<td>10:00 Scrabble</td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td>11:30 Strength Training</td>
<td>10:00 Garden Club</td>
<td><strong>11:30 Honoring Our First Responders At the Groton Fire Station</strong></td>
<td><strong>12:00 Pizza and Flick: Movie: Heaven is for Real</strong></td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>12:30 Cribbage</td>
<td>10:00 Creative Creations</td>
<td>12:00 Groton Swims Club Luncheon</td>
<td>12:30 Tai Chi</td>
<td>11:15 Hearing Screenings</td>
</tr>
<tr>
<td>10:00</td>
<td>12:45 Hand &amp; Foot</td>
<td><strong>Entertainment : Mel Simons</strong></td>
<td>12:45 Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>1:00 Mahjong</td>
<td>1:00 Mahjong</td>
<td>1:00 Mahjong</td>
<td>1:00 Mahjong</td>
<td></td>
</tr>
<tr>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>11:30 Strength Training</td>
<td>10:00 Painting Club</td>
<td>10:30 Strength Training</td>
<td>10:00 Yoga</td>
<td>VAN Westford Market Basket Plaza</td>
</tr>
<tr>
<td>12:00 Groton Swim</td>
<td>10:00 Garden Club</td>
<td><strong>Groton Womens Club Luncheon</strong></td>
<td>10:00 Scrabble</td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td>12:30 Cribbage</td>
<td>12:30 Hand &amp; Foot</td>
<td><strong>Entertainment : Mel Simons</strong></td>
<td>12:30 Tai Chi</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>10:00</td>
<td>1:00 Mahjong</td>
<td>12:45 Hand &amp; Foot</td>
<td>12:45 Hand &amp; Foot</td>
<td>12:30 Bridge</td>
</tr>
<tr>
<td>4:15 Pilates</td>
<td>4:15 Pilates</td>
<td>1:00 Mahjong</td>
<td>1:00 Mahjong</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>10:00 Groton Swim</td>
<td>10:00 Paint - One Stroke</td>
<td>10:30 Strength Training</td>
<td>10:00 Yoga</td>
<td>VAN Christmas Tree Shoppe</td>
</tr>
<tr>
<td>10:30 Talk with Tom</td>
<td>10:00 Garden Club</td>
<td><strong>Nashoba Tech Luncheon</strong></td>
<td>10:00 Scrabble</td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td>11:30 Strength Training</td>
<td>12:45 Hand &amp; Foot</td>
<td><strong>Speaker: Allison Dolbear Pollenating Gardens</strong></td>
<td>12:30 Tai Chi</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>12:30 Cribbage</td>
<td>1:00 Mahjong</td>
<td></td>
<td>12:45 Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>1:00 Mahjong</td>
<td>4:15 Pilates</td>
<td></td>
<td>1:00 Mahjong</td>
<td></td>
</tr>
<tr>
<td>4:15 Pilates</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Join us for Mahjong!**
Now were playing on Tuesdays **and Thursdays**
1:00PM
Play one or both days, just stop in!
**Always Available**
For more information and to register please call or better yet, stop in and see us!

**Mondays**
- COA Board Meeting (1st Mon) 9:30am
- Groton Swim 10:00am
- Vet’s Breakfast (2nd Mon) 10:00am
  - Sponsored by Groton Police Association
- 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
- 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

**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 12:30pm
- Mahjong 1:00pm

**Fridays**
- Shopping - $3 for van 9:00am
- Groton Swim 10:00am
- Strength Training - $3 per class 10:00am
- Hearing Screenings (2nd Fri) 11:15am
- Bridge (1st and 3rd Fri.) 12:30pm

---

**Groton Senior Center September Menu**
Daily 12:00pm
Please call the senior center for your reservation

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!*

1. Labor Day building closed
2. Chicken Breast w/Red Pepper Pesto $2.25
3. Pizza sponsored by Right at Home Free
4. Roast Pork $2.25
5. Diced Chicken w/Cacciatore Sauce $2.25
6. Chinese Kielbase $2.25
7. Breaded Fish $2.25
8. Honey Mustard Chicken Breast $2.25
9. 9/11 Honoring Our First Responders at the new fire station : Beef BBQ $5
10. Broccoli Bake $2.25
11. American Chopped Suey $2.25
12. Chicken Breast w/Tarragon Gravy $2.25
13. Women’s Club Luncheon Chicken Lo Mein Free
14. Chicken Alfredo $2.25
15. Burger w/mushroom gravy $2.25
16. Sweet and Sour Meatballs $2.25
17. Beef Bolognese Ziti $2.25
18. Nashoba Tech Stuffed Haddock or Chicken Cordon Bleu $10
19. Roast Turkey w/gravy $2.25
20. Fish Sticks w/ Mac and cheese $2.25
21. Shepard’s Pie $2.25
22. Diced Chicken w/teriyaki sauce $2.25

If you would like a copy of our monthly newsletter e-mailed to you, please call us at the senior center, 978-448-1140 or email us, gcoa@townofgroton.org
with Stephen Collins

Tuesdays October 14, 21, 28 and November 4
10:00am

Stephen Collins’ style of teaching has been described as a hybrid between teaching and performance. To make sense of The Bard, he believes a reader of his works must approach the text much like an actor to make it come alive. We will work together to demystify the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating. Finally, in addition to the plays, we will study at least 8 of his sonnets.

Let’s go to the Theater

Thursday, October 2    10:00am

Our newly forming Theater Group has gone to our first performance of “Chicago” on Sunday, August 3rd at the U Mass Lowell Theatre with great success. We are looking forward to attending a performance by the Merrimack Repertory Theater in September and still have space available for those interested. Please join us in sharing your ideas for activities. All are welcome. You may call Nyola at 978-692-8608 with any questions.

Pizza and a Flick

Please reserve your seat by calling the center or stop in
Sponsored by Right at Home

Wednesday, September 10
“Heaven is for Real”

Based on the #1 New York Times best-selling book of the same name, HEAVEN IS FOR REAL brings to the screen the true story of a small-town father who must find the courage and conviction to share his son’s extraordinary, life-changing near death experience with the world.

Wednesday, October 1
“Belle”

BELLE is inspired by the true story of Dido Elizabeth Belle, the illegitimate mixed race daughter of Admiral Sir John Lindsay. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle’s lineage affords her certain privileges, yet her status prevents her from the traditions of noble social standing.

Special Events

Please reserve your seat by calling the center,
978-4481170

Veteran’s Breakfast
Sponsored by the Groton Police Association, Blood Farms and Shaw’s Market

Monday, September 8    10:00am
Cost: None

Open to all Veteran’s and their guests, head chef, Police Chief Donny Palma will serve eggs, sausage, bacon and hash brown potatoes with other town employees following his lead. Speaker to be determined. Please call the senior center for your reservation.

Groton Women’s Club Luncheon
Open to everyone

Following your lunch of Chicken Lo Mein, Broccoli Salad and Ice Cream Sundae You will be entertained by Mel (WBZ Radio) as he astounds you with the great songs and fascinating anecdotes with Comedy and Music.

Please make your reservation by Friday, Sept 12

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, September 24
12:00pm
Speaker: Allison Dolbear
Pollinating Gardens
Cost: $10 pp with tip optional

Menu: Stuffed Baked Haddock or Chicken Cordon Bleu

Following lunch Allison Dolbear, environmental educator, will speak on the need for pollinating gardens and their essential place in our environment. She will also discuss how to plan and design your own garden to attract butterflies and hummingbirds.

Please make your reservation by Friday, Sept 19
Transportation Information

Lahey, Mass General, Brigham and Women’s, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

NEW Serving outlying Medical services

Boston, Concord, Burlington, and the VA
This service is also open to residents in surrounding towns, however the van will leave from the Groton Senior Center for non-residents.

Tuesdays: Serving Boston area hospitals:
Mass General, Dana Farber, Brigham & Women’s, Boston VA
Please make your appointments between the hours of 11am and 1pm.

Thursdays: Serving Emerson, Lahey and Bedford VA
Please make your appointments between the hours of 10am and 2pm.

Round Trip Fees: Boston $15, Emerson $5, others $10
No charge for the VA
This is a new service with policies subject to change. Please call if you absolutely cannot get an appointment within the requested hours and we will do our best to accommodate you.

Local Trips
within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Medical Social Shopping

Mondays, Tuesdays, and Thursdays: Appointments begin 9am and must be completed by 2:30pm.

Wednesdays: Appointments begin 10:30am and must be completed by 2:30pm.

Fridays: Due to Friday special shopping trips, appointments begin 1:30pm and must be completed by 2:30pm.

Friday Special Shopping: 9:00 AM - 1:00 PM
1st Friday: Shopping on DW Highway, Nashua
2nd Friday: Shopping in Lunenburg: Wal-Mart
3rd Friday: Westford Market Basket Plaza
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

Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.
Reservations will not be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. When you make your reservation please let staff know if you are transported by a wheelchair.

Music Wellness
In collaboration with Indian Hills Music

Tuesdays at 12:00pm

It's not about inspiring extraordinary music-making. It's about inspiring extraordinary living. Music wellness provides relaxation, self-reflection and community through participation together. The group starts with a brief relaxation and meditation, to calm and focus, followed by a shared music listening experience, while we begin to create artwork which is then shared and analyzed for its themes and understanding of ourselves and each other. There is no prior experience in music or art required by the participants.

Instructor: Kara Wetzel
B.M., Music Education, Miami University, M.A., Expressive Therapies (specialization in Music Therapy), Lesley University

Writing Creatively
In collaboration with Groton Lifelong Learning

There are many people who know how to write, but may not know how to write creatively. In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas into prose. The final product will be something you're happy with.

Tuesdays, 10:00-11:30 a.m.
September 30-December 16. Ten sessions.
No meeting Nov. 11 or Nov. 25

Leader: Richard Meibers. After graduating from Hunter College in the 60’s and working as a therapist, Richard began his career as a professional writer. His most recent work includes the novel, Falling off the Wind (2012), but he has also written non-fiction, The Fitchburg Watch: History of a Masterpiece (2002). He has been a Groton resident for over forty years.