



Senior Soundings

The Newsletter of the Groton Council On Aging

It's not about age, it's about attitude!

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

Hours: M-F 8:00am - 4:00pm

January 2015



1-978-448-1170

Dear Friends,

As we begin a new year the COA is looking ahead, not only to 2015 but five and ten years beyond. We have completed step one in our process with the distribution and tally of a senior center utilization survey. We distributed the survey at Fall Town Meeting and through our newsletter with approximately 75 returned. This is what we learned from the limited responses:

- 25% of respondents do not participate in COA programs at all or only once a year.
- The reasons for not participating include;
 - "Still working", "nothing interests me", "too busy", "I have no idea".
 - 10% it was location of the COA
 - 10% don't know about COA programs
 - 10% COA does not offer programs that interest them
 - 15% don't have time
 - 1% has no transportation
- 90% of the total respondents stated they would participate at the COA if there were programs that interested them. (75% already participate)
- 60% would attend programs on the weekend
- 30% would attend in the evening
- 20% would attend on weekend evenings
- 90% would attend programs at a community center
- 52% believe the COA is at a convenient location
- 35% believe the location of the COA is not convenient. Reasons include
 - "Not big enough", "long drive", "need to be closer to town", "too far", "out of the way"
- 10% stated the location of the senior center prevents them from participating.
- 99% are aware of the COA van services
- 50% would use the van for services in Boston, Emerson and Lahey

This survey was small with 75% of the participants already using the COA however it's also important when establishing long range goals to understand why those that are eligible to participate choose not to use our services. In January your census will include a much more in-depth needs assessment, please take time to complete it and encourage your friends to do likewise. The results of that survey will offer a detailed picture of the needs of our residents 60 and older, including both unmet needs and those that may be currently provided by the COA or through other programs in Groton. It is our goal to support the senior residents of Groton through engagement in activity, whether that be through our programs or those provided through the library or other venues in town.

After all, it takes a village

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.

Staff

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COA Board of Directors

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Vice Chairman

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Gail Chalmers

Members

Ellen Baxendale
Charlotte Carkin
Mildred Wells
Vera Strickland
Eddie Wenzell



Outreach Corner

Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

We are excited about some new opportunities at the senior center! We hope you join us.

COA Mobile Library Program

The Senior Center is happy to announce that we are working in collaboration with the Groton Public Library to offer a COA Mobile Library Program with pick-up, delivery, and return of books, tapes, DVDs, etc. to homebound seniors, and those that may need this service just on a temporary basis.

Groton Channel Producer/Director

The Groton Channel offers training on their audio and visual equipment that enables you to produce and direct their programming. The COA tapes a monthly show and would love to have seniors behind the scenes for each one.

Reading in Classroom Would you like to connect with elementary age children through reading or letter writing? We are in the beginning stages of this program and would like to know if you are interested.

Instructors

Do you have a skill or knowledge on a specific subject that you would like to share with others. We would love to have you come and teach a class at the senior center

Friendly Callers

Some members of our community are unable to leave their home on a regular basis and would welcome a daily call from someone as a simple check-in to ensure their safety. This is a great opportunity for someone that is home themselves or has some extra time every morning

Please call if you are interested in any of these programs, we'd love to hear from you

Stacey, Notary

Garden Club



**Join Us and Be Part of
Our Growth
January 13 10:00AM**

The **Garden Club** is taking a much needed break but we will be back beginning the second Tuesday of January! You've seen what we did last year! Just think what we could do with you joining us!

Book Club

January 14
2nd Wednesday 9:00 AM

Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members.

Meals On Wheels

Would you or someone you know benefit from a home delivered meal and a daily visit from a volunteer. Meals on Wheels provides meals to seniors who need help preparing their meals and are homebound with the added benefit of a daily friendly hello.

The service can help:

1. On temporary basis if you've just had surgery or have been ill.
2. On a long-term basis.

Volunteers from Groton will deliver you meal between 11:30am and 12:30pm, Monday—Friday (except for holidays).

A voluntary, confidential contribution of \$2.25 per meal to help cover costs is suggested.

For more information, please call the COA Outreach Director, Stacey Shepard Jones, 978-448-1170.

Day Trips

To ensure your place on the bus please stop by the senior center. **We request payment at registration.**



IMAX Double Feature

Pandas the Journey Home
and
Mystery of the Maya

Cheers for lunch

Thursday, January 9
9:30am –4:30pm

\$56 includes transportation, lunch and movies

We'll start the adventure by enjoying an early lunch at Boston landmark, Cheers. Following lunch we'll head to the Museum of Science where we'll use their 5-story IMAX screen to enjoy our films!

Warren Sugarhouse

Monday, March 16

\$48 includes:

transportation, tour with gifts, & lunch

Rather than just visiting a maple shack, we will experience a narrated walk through the history of maple sugaring, including samples along the way. You will receive a jug of syrup, recipe book, hot-spiced cider and a slice of maple cheesecake.

Following the tour we'll eat together at the Black and White

Grille in Spencer, MA for lunch.



Friends of the Groton Elders & Merry Trippers

River Cruises have become quite popular and if you have never tried one this may be the year. There are several offered and they are unique by allowing constant location changes without constant packing/repacking. Your travel is generally during the night and daily tours are included in your cruise price.

September 21-29

Rhine River Cruise:

Amsterdam to Nuremberg

September 21-October 6

Rhine and Danube Grand

European River Cruise Amsterdam to Budapest

September 28-October 6

Danube River Cruise

Eastbound: Nuremberg to Budapest

September 25-October 9

Exploring Britain and Ireland

featuring England, Ireland, Scotland and Wales

As always, transportation is provided from Groton to Logan Airport, roundtrip. Fliers are available at the Groton Senior Center. You may receive additional information or clarification by calling me at 978-692-8608 or email nyolav@verizon.net.

Wellness Education

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

Hearing Screenings

Friday, January 9

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

Thursday, January 8 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*

Creative Creations

Please register by calling the senior center

Valentines for Yourself and Others

Tuesday, February 10 10:00AM

Cost: none

Join us to create lovely Valentine Cards: a few for yourself and a few to give away to those who need a little love in their life.

Groton Senior Center Activities

January 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2 VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
5 9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	6 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	7 10:30 Strength Training 12:00 Pizza and a Flick: "Hundred Foot Journey"	8 IMAX Trip 10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	9 VAN Walmart, Dollar Tree 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings
12 10:00 Veterans Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	13 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong	14 9:00 Book Club 10:30 Strength Training	15 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	16 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
19 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	20 10:00 Paint - One Stroke 10:00 Garden Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	21 10:30 Strength Training 11:30 Ask the Officer 11:30 Prescription Support 12:00 Groton Womens Club Luncheon Entertainment : Swing Musician Brian Kane	22 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	23 VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim
26 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	27 10:00 Paint - One Stroke 10:00 Garden Club 10:00 Wrting Creatively 12:45 Hand & Foot 1:00 Mahjong	28 10:30 Strength Training 11:30 Talk with Our EMTs 12:00 Nashoba Tech Luncheon Entertainer: Dav	29 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	30 VAN Russian ICON Museum 10:00 Groton Swim



Always Available

For more information and to register
please call or better yet, stop in and see us!



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

Mondays

COA Board Meeting (1st Mon)	9:30am
Groton Swim	10:00am
Vet's Breakfast (2nd Mon)	10:00am
<i>Sponsored by Groton Police Association</i>	
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Hearing Screenings (1st Mon)	11:00am
Strength Training - \$3 per class	11:30am
Cribbage	12:30pm

Tuesdays

Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Hand and Foot Cards	12:30pm
Mahjong	1:00pm
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	
<i>Sponsored by Groton Trust Lecture Fund</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Right at Home</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm

Thursdays

Yoga—\$3 per class	10:00am
<i>Supported by the Friends of Groton Elders</i>	
Scrabble	11:00am
Ask the Nurse	
and Blood Pressure Screenings (2nd Thurs)	11:30am
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi—\$40 per 8 week	12:30pm
Mahjong	1:00pm

Fridays

Shopping - \$4for 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

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 scrapebook 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!

Talk with our EMTs



January 28, 11:30am

At each Nashoba Tech luncheon,
11:30am - 12:30pm
a representative from our EMT and Fire
Department will join us to address
common safety issues and answer any
of your questions.

Ask the Officer



Third Wednesday each month
11:30am-12:30pm

January 21

The Council on Aging Liaison Officer,
Kevin Henahan, 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.

Talk with Tom

January 26

4th Monday of the month
10:30 AM

Join Tom Hartnett, previous Town of Groton
Treasurer, for a stimulating conversation about
current events. Topics are driven by participants

Medication Support and Education

Do you need help understanding your prescriptions or paying for them? Massachusetts College of Pharmacy will be here to help.

Wednesday, January 21 11:30-1:00pm
(same time as the Women's Club Luncheon)

The Massachusetts College of Pharmacy will join us offering the following services:

- Medication Information and education
- Assistance with drug costs
- Information on Medication Assistance
- Medicare Drug Benefits



Stop by with your questions or concerns.
No appointment is necessary.

AARP Tax Service

AARP Volunteers will be here the following dates to process your tax returns:

Thursdays, February 5, 12 and 19

Appointments are currently being accepted and may be made for 8:30am, 9:30am, 10:30am or 11:30am
An Intake form will be required prior to your appointment.

Pizza and a Flick

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

Wednesday January 7

"The Hundred-Foot Journey" Wednesday,

Starring Helen Mirren, the Kadam family clashes with Madame Mallory, proprietress of a celebrated French restaurant, after they open their own nearby eatery, until undeniable chemistry causes the Madame to take gifted young chef Hassan under her wing.

Wednesday, February 4
"And So It Goes"

Starring Jack Nicholson and Diane Keaton, There are a million reasons not to like realtor Oren Little and that's just the way he likes it. Oren's life gets turned upside-down when his estranged son appears out of the blue, asking him to temporarily care for the nine-year-old old .granddaughter he never knew existed.

Special Events

Please reserve your seat by calling the center,
978-448-1140

Veteran's Breakfast

*Sponsored by the Groton Police Association,
Blood Farms and Shaw's Market*

Monday, January 12 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. Bring your Christmas stories to share. Please call the senior center for your reservation.



Groton Women's Club Sponsored Luncheon

Wednesday January 21 12:00PM
Entertainment by Swing Musician Brian Kane

*This program is sponsored by the
Groton's Trust Fund Lecture Fund*

Following a lunch of turkey kielbasa on kale, onions and yellow rice with Oreo Ice Cream cake for dessert, returning to the stage at the Groton Senior Center is Brian Kane swing musician. He wowed us in January with his ability to play multiple instruments and bring back the classic swing tunes. Join us, tap your toes and sing along.

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, January 28

Entertainment: The Marvelous Amusing Medicine Quack Show

The ever entertaining David Downs will be here to explore the medical techniques practiced during the 18th and 19th century in his unique comical way.

Cost: \$10pp with tip optional

Menu: Shrimp Scampi or Roast Pork

Please make your reservation by Friday, Jan 23

Chinese New Year Celebration 2015: The Year of the Snake



February 11 12PM Cost: \$5.00

We will be celebrating with a Chinese food for lunch followed by surprise entertainment.....
one hint, it's the year of the snake!

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: Visit to Loaves and Fishes (no charge for this) and appointments beginning 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

Cultural Excursion

transportation on the COA van



Russian Icon Museum

Friday, January 30
Depart from the center at
9:30am
Cost: \$8.00

We need a minimum of
8 for tour

Guided tour of the Russian Icon Museum. The Museum of Russian Icons was founded in 2006 as a nonprofit educational institution by Massachusetts art collector and industrialist Gordon B. Lankton. Including more than 1000 Russian icons and artifacts, the collection is the largest of its kind in North America, and one of the largest private collections outside Russia. .

Some Games We Play

Cribbage

Mondays 12:30pm

Cost: none

Visually, cribbage is known for its scoring board, a series of holes on which the score is tallied with pegs but it is a card game for 2-4 players per board. Join us for great play and great conversation! If you don't know how to play we will teach you.



Hand & Foot

Tuesday and Thursdays

12:30pm

Cost: none

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the **hand**, which is played first, and the **foot**, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!

Mahjong

Tuesdays and Thursdays 1:00pm

Cost: none

Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games,

Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards.

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.**