



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

March 2015



1-978-448-1170

On January 29 and 30 the Council on Aging hosted Sandi Johnson as our guest. Sandi is an on-site peer reviewer representing the National Council of Senior Centers and her responsibility was to perform an on-site inspection of our senior center as part of our application for national accreditation. Several months ago we submitted the required documentation which included nine standards we had to meet; Governance, Administration and Human Resources, , Program Development and Implementation, Fiscal and Asset Responsibility, Facilities and Operation, Evaluation, Purpose and Planning, Records and Reports, and Community Connections. At times the process felt a bit like an IRS audit but it was a valuable tool for our staff and board to evaluate not only our strengths but also areas for growth. Once the paper work was approved the visit was scheduled with the request for two specific meetings; one with a representation of our collaborators and one with our key volunteers. Thursday evening we met with a variety of Town of Groton department colleagues including police, fire, Town Clerk, accounting and Human Resources. Also present that evening was representatives from the Friends of Groton Elders and Groton Women's Club. The following day we met with the COA Board of Directors, and volunteers who serve us through Meals on Wheels, reception and the garden committee. Both meetings were lively conversations about current programs and services of the senior and also how each group envisioned our future. Once Sandi gathered her information she compiled her findings and submitted it to the National Council of Senior Centers for consideration for accreditation with the final report expected the beginning of March. Prior to her departure she observed that in the past 15 years she has done about 50 of these on-site reviews and this center stood out for its spirit and energy. Sandi added "The level of collaboration between the municipality and volunteers is not often seen within a community." She also remarked on the COA Board of Directors and how vested they were in our mission and their willingness to be present and to share their thoughts and opinions. We won't know for a few more weeks if we have reached the standards for accreditation but regardless of the outcome, she could not have paid the COA, it's volunteers and the Town of Groton a higher compliment.

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

Director

Kathy Shelp
gcoa@townofgroton.org
kshelp@townofgroton.org

Outreach Coordinator

Stacey Shepard Jones
sjones@townofgroton.org

Activities/Volunteer Co.

Kathy Santiago
ksantiago@townofgroton.org

Maintenance

Tryna Walsh
Jimmy Kuzmitch

Van Driver

Hal Burnett
Alan Sinclair

Selectmen Liaison

Peter Cunningham

Senior Liaison

Police Officer
Kevin Henehan

COA Board of Directors

Chairman

Maydelle Gamester

Vice Chairman

Marie Melican

Treasurer

George Faircloth

Secretary

Gail Chalmers

Members

Ellen Baxendale
Charlotte Carkin
Mildred Wells
Vera Strickland
Eddie Wenzell



Wednesday, April 1
12:00PM Cost: None
Held at the Fire Station

The 4th annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us, but this time we'll eat with the firemen in their house! After lunch, Groton Fire and EMS personnel will be reviewing the File of Life, smoke detector, carbon monoxide detectors and other fire safety programs with us. It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

AARP Tax Service

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

Thursdays, March 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, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival..

AARP SUGGESTS EVERYONE FILE A RETURN TO PROTECT YOUR ID, EVEN IF YOU HAVEN'T FILED IN A FEW YEARS.

We have all heard of the **exponential increase in stolen ID's**. The thieves aren't after just the wealthy; they will use any person's social security number to set up fraudulent accounts. The IRS has set up a large section of about 1200 people to handle stolen ID's. Last year AARP started a new procedure when completing tax returns, filing the federal return regardless of whether it was required. This was done to preclude another person from using the taxpayer's social security number, and also to check whether someone had already used it to file a fraudulent return. We found two possible stolen local ID's last year and expect more in the future. We believe it might be useful for people who don't ordinarily file a return consider making an appointment to complete a federal return for their protection. Doing this might also uncover a few who are eligible for the Massachusetts Senior Circuit Breaker credit (up to \$1050 for 2014). We know there are still people who do not know about the credit. We can file for three past years which might give them up to about \$4100 total.

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

Hi Everyone,



I hope you are all doing as well as you can with all of this snow. I have a couple of things I'd like to tell you about.

Massachusetts Rehabilitation Commission has a state loan program that could help you or a loved one live more independently at home. Any homeowner who is an elder, has a disability or has a household member who is an elder or has a disability is eligible. Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant. The proposed modifications must relate to the functional limitation of the beneficiary as documented by a professional with who there is a client history. This program is not a home repair program. For more information, you can contact Alan Trebat at 1-978-654-5741 or by email atrebat@comteam.org. He is part of Community Teamwork, Inc., in Lowell.

I am still looking for a few volunteers to read to 3rd and 4th graders at the Florence Roche School one or two times a month on Tuesday mornings. The children love visitors, so if you're interested, please call me.

Finally, if you are a Groton senior resident and received fuel assistance through Community Teamwork 2014-2015, you may qualify for additional fuel assistance. For more information about this program, please give me a call.

Stacey

NEWS FROM SHINE MARCH 2015

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes.

Some plans offer the Silver Sneakers program.

Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers.

Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center, 978-448-1170 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number and a volunteer will call you back. Also, you can now visit us on the internet at shinema.org

Day Trips with Crumudgeon Jay Darrin

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

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.

Bridge of Flowers and Great Falls Discovery Center

Thursday, May 21

\$42 includes:

transportation, tour & lunch

We'll head out the Mohawk trail stopping to stroll across the magnificent Bridge of Flowers. Next we'll drive to the Port's Seat Tower for a commanding view of Greenfield. After a lunch at Hope & Olive we'll visit the Great Falls Discovery Museum to explore the river.

IKEA and Curtain Outlet

Thursday, April 9

Hitch a ride with us for the shopping experience of IKEA. After you enjoy lunch on your own we will head to the Curtain Outlet for the best bargains in the country on curtains! Cost TBD

Friends of the Groton Elders & Merry Trippers

September 25- October 9, 2015,

"EXPORING BRITAIN & IRELAND"

featuring England, Ireland, Scotland and Wales"

highlights include London, Stonehenge Bath, Blarney Castle, Dublin, Edinburgh and much more.

\$4549 pp, double occupancy. \$250 deposit with reservation made prior to March 15, 2015.

December 29, 2015 – January 2, 2016,

CALIFORNIA NEW YEAR'S GETAWAY

featuring the Tournament of Roses Parade, highlights include Float Viewing, Bandfest, New Year's Eve Party, Tournament of Roses Parade.

\$2399 pp double occupancy. \$250 deposit with reservation by July 18, 2015.

**Rhine and Danube River Cruises are still
available in September.**

See fliers at the senior center for details.

As always, transportation is provided from Groton to Logan Airport, roundtrip. Some of the fliers but not all are included. 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.

Four Weeks of Walt Whitman

*This program is made possible through the
funding of the
Friends of the Groton Elders*

with Stephen Collins

Fridays, April 3, 10, 17 and 24 10:00am

Cost: none

This lively six week seminar will delve deeply into the life and work of American's beloved poet Walt Whitman. The impact of his writing is still felt today. Whitman found inspiration in the everyday life of America; he saw and wrote of "a teeming nation of nations". He wanted to help Americans understand their past, experience their present, and anticipate their future. "The United States themselves are essentially the greatest poem," he said, adding, "Past and present and future are not disjoined but joined."

A list of the poems that will be discussed will be sent in advance. If students wish to read a biography, *Walt Whitman, a Cultural Biography* by David S. Reynolds is recommended.

Stephen Collins' style of teaching has been described as a hybrid between teaching and performance, with each seminar providing an interactive learning experience.

Groton Senior Center Activities

March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>3</p> <p>9:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>4</p> <p>10:30 Strength Training 12:00 Pizza and a Flick:</p>	<p>5</p> <p>8:30 AARP Taxes 10:00 Waking 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:30 Hand & Foot 12:45 Mahjong</p>	<p>6</p> <p>VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>9</p> <p>10:00 Veterans Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>10</p> <p>9:00 Garden Club 10:00 Creative Creations 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>11</p> <p>9:00 Book Club 10:30 Strength Training</p>	<p>12</p> <p>8:30 AARP Taxes 10:00 Yoga 10:00 Scrabble 10:00 Walking 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	<p>13</p> <p>VAN Walmart, 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings 12:00 Frozen BBQ</p>
<p>16</p> <p>10:00 Groton Swim 10:30 Strength Training 12:30 Cribbage</p>	<p>17</p> <p>9:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong</p>	<p>18</p> <p>10:30 Strength Training 11:30 Ask the Officer 12:00 Groton Womens Club Luncheon Entertainment : Irish Music w/ Bill Reidy</p>	<p>19</p> <p>8:30 AARP Taxes 10:00 Yoga 10:00 Scrabble 10:00 Walking 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	<p>20</p> <p>VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>23</p> <p>10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage</p>	<p>24</p> <p>9:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>25</p> <p>10:30 Strength Training 11:30 Talk with EMTs 12:00 Nashoba Tech Luncheon Music of the Silent Movies</p>	<p>26</p> <p>10:00 Yoga 10:00 Scrabble 10:00 Walking 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	<p>27</p> <p>VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim</p>
<p>30</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>31</p> <p>9:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>Join Us and Be Part of Our Growth Tuesdays 9:00am The Garden Club is back from a much needed break and will be meeting Tuesdays at 9am. You've seen what we did last year, just think what we could do with you joining us!</p>		



Call David Tellier today!
Find out how much your property is worth in today's market.

Cell: 978-448-3400 | Office: 978-448-8288
Email: david@homefitter.com



DAVID TELLIER
The Homefitter

This Space Available

For Information On Advertising, Please Call Our Representative



Susanne Carpenter
1-800-888-4574 x3451 or
email: scarpenter@4lpi.com



Liturgical Publications Inc.
Connecting Your Community™

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

Frozen BBQ

Friday, March 13 12:00pm

Cost: \$3

Join us and perk up your winter blues!

Embrace the winter weather with us for a showing of the ever popular movie "Frozen" and enjoy grilled hotdogs, potato salad and frozen treats for lunch! The movie Frozen seems to have taken over the world with everyone from young children to college students, Military personel and adults alike belting out the popular song "Let It Go".

Talk with our EMTs



Wednesday, March 25, 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

March 18

The Council on Aging Liasion Officer,
Kevin Henehan, will be on hand to
answer your questions, problem solve
and share in conversation. No appoimntment
necessary , simply stop in!
Please remember, in an emergency, please call
the police department.

Talk with Tom

March 23

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

Walk the Winter Away



Get some exercise without ice, snow and cold!

Thursdays in March, 10:00am

Inside at the Groton Pool and Golf Center

The Groton Pool and Golf Center will be open for indoor walking Thursday mornings, 10am. COA staff will meet you there, play some music to boost the energy then we start chatting and walking!

Creative Creations

Please register by calling the senior center

Tuesday, March 10 10:00am

Spring Rag Wreaths

Cost \$4.00

From rags to riches! Re-using scraps of materials we'll make a gorgeous wreath for your door or wall helping to welcome spring

Tuesday, April 14

Easter Baskets

Cost \$2.00

What do you get when combine a balloon and bits of themed paper.....a gorgeous Easter Basket! Join us!

Pizza and a Flick

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

Wednesday, March 4

"My Old Lady"

Mathias Gold (Kevin Kline) is a down-on-his-luck New Yorker who inherits a Parisian apartment from his estranged father. But when he arrives in France to sell the vast domicile, he's shocked to discover a live-in tenant who is not prepared to budge. His apartment is a viager - an ancient French real estate system with complex rules pertaining to its resale - and the feisty Englishwoman Mathilde Girard (Maggie Smith) is claiming her stake.

Wednesday, April 8

"The Judge"

Robert Downey Jr. plays an urban lawyer who heads back to his rural home when his father, a judge, is implicated as a murder suspect in this comedy-drama.

Special Events

Please make your reservation by calling the center,
978-448-1140

Veteran's Breakfast

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

Monday, March 9 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, March 18

Entertainment: Irish Music with Bill Reidy

Sponsored by Groton Trust Lecture
and Program Fund

This year the Women's Club is offering a new Irish meal with delicious Irish Guinness Stew, Wedge Salad, Soda Bread and Mint Chocolate Chip Ice Cream.

To complete our celebration

Bill Reidy, whose ancestors originally came from Castleisland in County Kerry, offers an entertaining show that includes Irish ballads, pub songs, and folk tunes.

Please make your reservation by Friday, March 13

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, March 25

12:00pm

Entertainment:

Make Em' Laugh at the
Silent Movies



Today become immersed in the silent movie while listening to authentic piano accompaniment.

Menu: Tuscan Chicken or
Baked Stuffed Shrimp

Did you send in your COA census survey?



HELP PROTECT YOUR FAMILY

Installing a Security System may qualify you for a discount on your Homeowners Insurance

CALL NOW! 1-888-862-6429



ALETA MANUGIAN

Attorney at Law

Real Estate
Wills and Trusts
Elder and Estate Planning

112b Boston Road
Groton, Massachusetts 01450
aleta@manugianlaw.com
978.448.8800
978.448.8801 fax



Thank You to our
Sponsors for their support



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified. For a referral or evaluation,
call **978-287-8300** or **1-888-220-5343**.



Janet Jennings Home Hair Care

For your convenience or for the homebound client
Services for Men and Women
978-449-9685



Nashoba Nursing Service & Hospice

"Your Community, Your Choice Since 1931"

*A community partnership
established in 1931 under
the auspices of Nashoba
Associated Boards
of Health*

**Providing Home
Health Care, Hospice
and Public Health
Services**

24 hours/day - 7 days/week



**Tel: (978) 425-6675
(800) 698-3307**

Two Shaker Rd., Suite D225
Shirley, MA 01464

www.nashoba.org

Ashburnham • Ashby • Ayer • Berlin • Bolton • Boxborough
Dunstable • Groton • Harvard • Lancaster • Littleton
Lunenburg • Pepperell • Shirley • Townsend
and surrounding communities

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**



SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.

Show them your support!



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

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.**

Wellness Education

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

Ask the Nurse with Vision Screenings

2nd Thursday of each month

Thursday, March 12 11:30 -1 PM

Ophthalmologist, Dr Dambrosio will be at the senior center to screen for cataract and glaucoma and will be available to answer your vision questions. 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

Friday, March 13

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.

Advance Directives/MOLST

Tuesday, April 7

10:00am

Ever wonder what "living will", "advance care planning", "health care proxy" or "DNR/MOLST" mean? Advanced Care Planning will provide an overview of what these terms mean and discuss what each one of us should have in place to assure that our preferences for health care are honored in the event that we cannot speak for ourselves.

Presented by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

Strength Training

Mondays at 11:30 AM

Wednesdays at 10:30 AM

Fridays at 10:00 AM

Summer hours 10am M,W and Fri

Cost: \$3 per class

Elaine Corsetti, instructor

Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.