



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

May 2015



1-978-448-1170

Happy Spring Everyone!

It is wonderful to see people out and about after a very long winter. It never fails to intrigue me how we fall in love with the beauty of the first snow of the season and by the last we are cursing it. Human beings are funny creatures.

We are pleased to welcome John Mannigan to our team of van drivers. John is a retired firefighter and currently drives the Pepperell COA van part-time. We are very happy to have him and grateful Pepperell would share him with us. Right now he will be working on-call if Hal or Alan cannot make it to work and he will fill in for Hal on the local trips when the van needs to go to Boston or one of the outlying towns. Please say hello if you see him and welcome him to Groton.

On Monday, May 18 and Friday, May 29 please note that the van will not be in service. The entire staff will be participating in mandatory drivers training those two days. This training is required by our van funders, Lowell Regional Transit Authority and ensures the safety of our riders. We have chosen to train all staff, including the two Kathys and Stacey, in an effort to reduce the risk of service cancellation due to a lack of driver. I apologize for the inconvenience of cancelling service on the 18th and 29th.

Our Needs Assessment survey that went out with your census is moving right along. We have begun to tally all 670 of them and are already seeing some patterns. It will be interesting if the current percentages and patterns hold true through the entire process. April 30 is our goal to complete the input of data which will then be compiled into a user friendly report and publically available. There is much valuable data that will be used by the COA, and also other town departments and organizations that serve seniors in Groton. Thank you again for your participation.

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.

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Charlotte Carkin

Mildred Wells

Vera Strickland

Eddie Wenzell

Groton Women's Club Luncheon

*Sponsored by the Groton Trust Program and Lecture Fund,
the Groton Women's Club & Donelan's of Groton*

Wednesday, May 20 12:00PM

Gay 90's Celebration

Held at the Groton Country Club

We invite everyone to come out and celebrate the lives of Groton residents turning 90 and those 91 and older!

Following a lunch of rotini salad, egg salad and birthday cake, we will enjoy the carefree and easy sounds of the crooners; Frank Sinatra, Bing Crosby, Dean Martin, Peggy Lee, Doris Day & more

Due to the expected turnout of the Gay 90's please obtain a ticket at the senior center. There is no cost, however a ticket will be necessary the day of the event.



*Please obtain your
ticket by
Friday, May 15.*

Day Trips with Crumudgeon Jay Darrin

To ensure your place on the bus please stop by the senior center. **We request payment at registration.** If you are unable to pay at registration, please see Stacey to make alternate arrangements.

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.

Friends of the Groton Elders & Merry Trippers

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. You may receive additional information or clarification by calling Nyola at 978-692-8608 or email nyolav@verizon.net.

Coming in June

Sign-up anytime

| | |
|---------|--|
| June 3 | Movie: "Unbroken" |
| June 10 | Police Picnic |
| June 12 | Tanglewood deadline |
| June 19 | Father's Day Breakfast |
| June 20 | Friends of Groton Elders Public Shredding Event |
| June 26 | Rotary Breakfast and Pow Wow |

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

Dear Friends,



Spring is here! The Catholic Heart WorkCamp will be coming to Groton Monday, June 22nd through Thursday, June 25th (roughly 8:30 am – 3:00 pm each day). For those of you who aren't familiar with them, they are a group of 300+ teenagers that spend 4 days in Groton helping senior residents with home repairs (painting, fixing screens, washing windows, repair porches, weeding, etc.), who are in need financially and/or physically.

The Catholic Heart WorkCamp has changed a few things that you should be aware of:

- They can no longer accept ½ day projects. They prefer at least a full day, and don't mind doing 2, 3, or 4 day projects.
- They love to build ramps, decks, and sheds. They insist that you have the proper building permits and materials prior to their arrival.
- They cannot work on roofs or houses that need work higher than the 2nd floor. This includes houses that technically are 2 story homes, yet have a basement.
- The homeowner is responsible for all of the materials. The campers will do the work for free.

If you are interested in having The Catholic Heart WorkCamp come to your home and do some work for you, please stop by for an application. Applications must be returned by Wednesday, May 27.

Stacey

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).

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

July: A Month of Mozart

at the Groton Senior Center Call to register : 978-448-1170

Sponsored by Friends of the Groton Elders

Learn about Mozart, his life and his music and then join us for a superb afternoon at Tanglewood for the **All Mozart** concert.

Monday, July 6 10:00am

Enjoy the 1985 movie *Amadeus*

The incredible story of Wolfgang Amadeus Mozart, told by his peer and secret rival Antonio Salieri from his confinement in an insane asylum.

Monday July 13 10:00am

From the BBC Great Composer Series : Mozart

"It's retrospectively that we've constructed this myth of this amazing angel with a supernatural talent, who then was taken away from us too soon."

The above quotation comes from the beginning of this documentary that presents the life and works of whom many consider to be the greatest composer who ever lived, Wolfgang Amadeus Mozart (1756 to 1791). Besides learning about the man behind the music we also get to hear, through actual performances, beautiful extracts of his music.

Monday, July 20 10:00am

Dissecting the Symphonies

We will review the Mozart pieces for the upcoming Tanglewood Concert: Symphonies No. 39, 40 and 41, Jupiter. Instructor TBD

A Sunday Afternoon

at Tanglewood

Boston Symphony Orchestra

All Mozart Program

Sunday July 26

Cost: \$72 for seniors \$97 for non seniors

Includes: transportation, ticket, dinner and drivers gratuity

We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. While in transit Groton resident and previous symphony chorus member John Murphy will share the history of Tanglewood then once we arrive you will have a few hours to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner (TBD) and then make our way home arriving at approximately 9:00pm.

Your reservation needs to be made by June 12 with a minimum deposit of \$35.

Some
Games
We
Play

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.

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.

Groton Senior Center Activities

May 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>Join Us and Be Part of Our Growth Tuesdays 10:00am The <i>Garden Club</i> will be meeting Tuesdays at 10am. You've seen what we did last year, just think what we could do with you joining us!</p> | | | | <p>1</p> <p>VAN DW Highway, Nashua</p> <p>10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p> |
| <p>4</p> <p>9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p> | <p>5</p> <p>10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong 7:30 Meet the Candidates</p> | <p>6</p> <p>9:00 Book Club 10:30 Strength Training 12:00 Cinco DeMayo Celebration</p> | <p>7</p> <p>10:00 Yoga 10:00 Mother's Day Breakfast 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p> | <p>8</p> <p>VAN Walmart</p> <p>10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings</p> |
| <p>11</p> <p>10:00 Veterans Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p> | <p>12</p> <p>10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:00 Women's Heart Health 12:45 Hand & Foot 1:00 Mahjong</p> | <p>13</p> <p>9:00 Book Club 10:30 Strength Training 12:00 Pizza and a Flick: The Theory of everything</p> | <p>14</p> <p>10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p> | <p>15</p> <p>VAN Westford Market Basket Plaza</p> <p>10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p> |
| <p>18</p> <p>10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage</p> | <p>19</p> <p>10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p> | <p>20</p> <p>10:30 Strength Training 11:30 Ask the Officer 12:00 Groton Womens Club Luncheon Gay 90's At the Groton Country Club</p> | <p>21</p> <p>10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p> | <p>22</p> <p>VAN Christmas Tree Shoppe</p> <p>10:00 Strength Training 10:00 Groton Swim</p> |
|  | <p>26</p> <p>10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p> | <p>27</p> <p>10:30 Strength Training 11:30 Tak with the EMT's 12:00 Nashoba Tech Luncheon</p> | <p>28</p> <p>10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p> | <p>29</p> <p>VAN No van sevice today</p> <p>10:00 Strength Training 10:00 Groton Swim</p> |



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If you would like a copy of our
monthly newsletter e-mailed to
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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</i> | |
| <i>of Health & Nashoba Nursing Service & Hospice</i> | |
| Hand and Foot | 12:30pm |
| Tai-Chi | 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 |

Concert

The Glen Mill Orchestra

Friday, July 10
NARA Park Amphitheater
Acton

Cost: \$10.00

The concert begins at 7pm however we will depart
the senior center in our vans at 5:30pm to get
seating. Food vendors are available, coolers are
not permitted. It is an outdoor venue with no seating
so bring a folding chair!

Payment is needed at registration.

In the event the concert is cancelled due to weather,
the tickets are non-refundable but would be honored
at future events at the amphitheater

Talk with our EMTs



Wednesday, May 27, 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

May 20

The Council on Aging Liason Officer,
Kevin Henehan, will be on hand to answer
your questions, problem solve and share
in conversation. No appoinmtment necessary,
simply stop in!

Please remember, in an emergency, please call the
police department.



Talk with Tom

Sponsored by the Friends of the Groton Elders

There will be no Talk with Tom in May due to the Memorial Day Holiday.

4th Monday of the month

10:30 AM

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

Creative Creations

Please register by calling the senior center

Tuesday, May 5 10:00am

Card Assortment

Cost: None

Join Marian creating one of a kind assortment of birthday, get well and all occasion cards.

Tuesday, June 9 10:00am

Patriotic Paper Banner

Cost: None

Display your patriotism with this unique vertical banner that reflects our country's past.

Pizza and a Flick

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

Wednesday, May 13 12:00pm

"The Theory of Everything"

The extraordinary story of one of the world's greatest living minds, Stephen Hawking. After receiving an earth-shattering diagnosis at 21 years of age he embarks on his most ambitious scientific work, studying the very thing he now has precious little of - time.

Wednesday, June 3 12:00pm

"Unbroken"

Olympian and war hero Louis "Louie" Zamperini, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII, only to be caught by the Japanese navy and sent to a prisoner-of-war camp. Based on the book "Unbroken: A World War II Story of Survival, Resilience, and Redemption".

Special Events

Please make your reservation by calling the center,
978-448-1170

Veteran's Breakfast

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

Monday, May 11 10:00am

Cost: None

Speaker: TBD

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. Please call the senior center for your reservation.



Wednesday, May 6 12:00pm

Cost: \$5.00

Cinco de Mayo originated with Mexican-American communities in the American West as a way to commemorate the cause of freedom and democracy during the first years of the American Civil War. Today the date is observed in the United States as a celebration of Mexican heritage and pride. We will celebrate Mexican heritage with a taco bar for lunch and George Parker entertaining us with Mexican music!

Mother's Day Breakfast

Thursday May 7 10:00am Cost: none

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures!

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, May 27

12:00pm Cost: \$10 w/optional tip

Entertainment: Country Musician Tim Barret

Tim Barrett is a pure country singer. His clear expressive voice is all he needs to make you feel the songs he writes and sings.

Menu: Meat Lasagna or Rosemary Shrimp

Please make your reservation by Friday, May 22

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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: Special shopping trips and senior center activities

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:

Trips to Senior Center no charge

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.**

Wellness Education

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

Hearing Screenings

Friday, May 8

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.

Womens Heart Health

Tuesday, May 12

10:00am

Heart disease affects men and women in vastly different ways. Come and learn the facts and myths about heart disease, as well as how to perform "hands-only" CPR. Presented by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

Ask the Nurse

2nd Thursday of each month

Thursday, May 14 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*

Positive Attitude and Stress Management

Tuesday, June 2

10:00am

Learn how your thoughts can affect your mood and your stress level. Other stress management techniques and tips will also be discussed. You have the power to have a positive attitude!

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

Book Club

May 13

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.