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

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.
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 flyers 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.

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

Outreach Corner
Stacey Shepard Jones, Outreach Coordinator

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.

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.

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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.

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

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**Some Games We Play**

<table>
<thead>
<tr>
<th>Game</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mahjong</td>
<td>Tuesdays and Thursdays</td>
<td>1:00pm</td>
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<tr>
<td>Cost: none</td>
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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.

<table>
<thead>
<tr>
<th>Game</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Cribbage</td>
<td>Mondays</td>
<td>12:30pm</td>
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<td>Cost: none</td>
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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.
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<thead>
<tr>
<th>MONDAY</th>
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**Join Us and Be Part of Our Growth**
Tuesdays 10:00am

The Garden Club will be meeting Tuesdays at 10am. You've seen what we did last year, just think what we could do with you joining us!
**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

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

**Fridays**
- Shopping - $4 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

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**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

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**Talk with our EMT’s**

**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.

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**Ask the Officer**

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

**May 20**
The Council on Aging Liaison Officer, Kevin Henehan, 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
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
Emerson Hospital Home Care

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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.