



Senior Soundings

The Newsletter of the Groton Council On Aging

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

June 2015



1-978-448-1170

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

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

Volunteering is the ultimate exercise in democracy. You vote in elections once a year but when you volunteer, you vote every day about the kind of community you want to live in."
Anonymous

On Friday, May 1, we had a breakfast at the COA recognizing the contributions of our volunteers. Using industry standards we calculate the hours donated to the COA save the town approximately \$30,000. It is a significant amount of money and should be mentioned however, I think there is a bigger story.

We, the Council on Aging, had 57 people who so strongly believe in our mission they prioritize their time to include serving the senior residents of Groton. Their gifts came in many different forms; instructors, receptionists, Meals on Wheels food delivery and preparation, painters, and gardeners. We have a dedicated Board of Directors, committee members and also those who provide direct service in a resident's home through minor repairs and maintenance and then find time to read to young students as representatives of the COA.

These volunteers are seniors and seniors to be. They are not only Groton residents but also Town employees who have given of their time on the weekends to help us meet our mission. It is a group of individuals coming together to lift us as an organization without the realization they are acting in unison without them there would be voids in our service. It was wonderful for the staff to see everyone in one room, at one time and honor them, their time and their gifts. Their support is extraordinary and our appreciation priceless.

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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Police Officer
Kevin Henehan

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George Faircloth

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Gail Chalmers

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Ellen Baxendale
Charlotte Carkin
Mildred Wells
Vera Strickland
Eddie Wenzell



POLICE PICNIC

Held at the Groton Pool and Golf Center with a shuttle available from the parking lot to the building

Wednesday, June 10

11:00am Entertainment : Music by John Murphy

12:00pm Lunch

COA Van is available at no charge to get you to the picnic.

Call for your seat on the van.

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad and a gift bag for everyone! A big thank you to Groton's Police Department for a much anticipated day.

Call the senior center, 978-448-1170 for your reservation.

NEWS FROM SHINE

JUNE 2015

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

Colorectal cancer screening (including colonoscopies)

Mammograms

Pap tests and pelvic exams

Prostate cancer screening

Bone mass measurements

Cardiovascular screening

Flu and pneumonia shots

Alcohol misuse screening and counseling

Depression screening

Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

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.

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

Spring has sprung!!! 

Once a year (usually in July), Montachusett Opportunity Council gives the Groton Council on Aging Farmers' Market Coupons. You can use the coupons to purchase fresh produce at local Farmers' Markets in and around Groton and surrounding towns. The coupons are intended for low-income senior citizens. The amount of coupons we get is limited. If you qualify and would like to receive the coupons please give me a call, and I'll put you on the list.

Some of you might not know that the GCOA has a trained SHINE counselor (serving health information needs of elders) for newly qualified seniors or those seniors that have questions regarding their Medicaid or Medicare. This is a wonderful service for seniors, as Medicare and Medicaid seem to be getting more complicated as each year goes by. If you need to speak with our SHINE counselor, please call me, and I'll put you both in touch.

Just a reminder that the GCOA has RMV Disabled Placard applications. These are special plates that are available for vehicles that are transporting medically disabled drivers and passengers. You can drop by and pick one up or simply call and we will mail one to you.

Stacey

Free Shredding Event

Please help our planet

Sponsored by Friends of Groton Elders

Saturday, June 20

9:00am-Noon

Sacred Heart Church Parking lot

Bring old fax, bank records—all paper

Paper clips and staples allowed

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 SundayAfternoon 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.

Due to our deadline with BSO, final payment must be received by June 12.

This program is open to all.

Computer Intruction

Monday, June 8

10:00am

Do you need HELP!
What do you need help with?

Groton Dunstabel Regional School IT Department will be here to begin with instruction on the internet, including;



Browsing history
Cookies
Safe websites and how to disguise the bad from the good sites

We'll answer your questions!

Join us to also discuss what you are interested in learning for a Fall computer series of instruction provided by the Groton Dunstable Regional Schools.

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

June 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	2 10:00 Positive Attitude and Stress Mgm. 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	3 10:30 Strength Training 12:00 Pizza and a Flick: "Unbroken"	4 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	5 VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
8 9:30 COA Board 10:00 Computer Internet Training 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	9 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong	10 9:00 Book Club 10:30 Strength Training 12:00 Police Picnic at the Country Club	11 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	12 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 10:00 Father's Day Breakfast 11:15 Hearing Screenings
15 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	16 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	17 10:30 Strength Training	18 10:00 Yoga 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	19 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
22 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	23 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Creative Creations 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	24 10:30 Strength Training	25 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	26 VAN Christmas Tree Shop 10:00 Rotary Breakfast and Pow Wow 10:00 Strength Training 10:00 Groton Swim
29 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	30 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	1 10:30 Strength Training 11:30 Talk with the EMT's 12:00 July 4th Celebration	2 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	3 



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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 - \$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

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

Day Trips with Curmudgeon 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.

June 22	Essex Steam Train Ride and Riverboat Cruise Depart 8:00am returning 5:30pm Waiting list only.
July 7	Schooner Fame Salem Harbor Cruise Depart 10:00am returning 5:00pm Waiting list only

We're working on the following and hope to
have details in the July newsletter:

September	Boston Duck Tour
October	Castle in the Clouds, NH
November	Newport Mansions Christmas

We are always open to your suggestions!
Please let us know if you'd like to see
something special.

Talk with Tom

Sponsored by the Friends of the Groton Elders

June 22

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, June 9

10:00am

Patriotic Paper Banner

Cost: None

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

Tuesday, June 23

10:00am

Terrariums/Rock Gardens

Cost: \$3

Add a little green to your indoor space with an eye-catching terrarium! Not only are they a great oxygen booster, terrariums are easy to create and can be made in a variety of sizes.

Pizza and a Flick

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

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".

Wednesday, July 8

12:00pm

"Selma"

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Special Events

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

Father's Day Breakfast

Friday, June 19

10:00am

Cost none



All men are invited this month as we honor the men in our lives, celebrating the contribution of fathers and father figures in the lives of our children. Following breakfast Chief Palma will be here to talk about the weapons of today's police departments.

Please make your reservation by Wed, June 17.

Rotary Breakfast and Pow Wow

Friday, June 26

10am

Cost: none

The Groton-Pepperell Rotary Club will treat us to a delicious hearty breakfast following which United Native American Culture Center **will** engage us in authentic American Indian traditions.

Please make your reservation by Wed, June 24

July 4th Celebration

Wednesday, July 1

12:00 PM

Cost: \$5.00

Endicott, NY comes to Groton in a "Spiedie". Kathy will BBQ

her hometown favorite cuisine for the seniors of Groton. The original idea for the *spiedie* was brought by Italian immigrants to Upstate New York in the early 1920s cooked with goat or lamb meat. Today they come in a variety including, lamb, pork and chicken. (We will enjoy the chicken spiedie.) They are grilled and eaten on buttered Italian bread—YUM! After lunch we will be entertained by *former Groton COA Outreach Director Debbie Thompson* and Bob Wright of the Main Street Café with their band, *Back to the Garden*.



Please make your reservation by Monday, June 29

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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.**

Health and Wellness

Please register by calling the center or stop in and register at the front desk.

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

Ask the Nurse

2nd Thursday of each month

Thursday, June 11 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

Hearing Screenings

Friday, June 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.

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.

Book Club

June 10

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.