



Senior Soundings

The Newsletter of the Groton Council On Aging

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

December 2015



1-978-448-1170

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

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

At the COA we often get phone calls from residents looking for help at home; snow plowing, handyman services, electricians, computer assistance, plumbers and the like. We don't maintain a list here of contractors and their services due to liability issues and to avoid any conflicts of interest. It is frustrating to us and to the resident. In hopes to remedy this we've created a referral board that residents can post the name of the contractors they use. We talk with our friends explaining our woes of getting the snow plowed and the friend responds, "I've got a guy"! Well, we want your guy. In essence it's a friend letting another friend in on their "guy". (Mind you I mean no disrespect to women, I am one after all, it's just an expression). There is now a white board located at the top of the stairway at the senior center where you can leave the name of your guy or you can come and find a "guy".

Here are our guidelines for leaving a contractor's name:

1. You must leave your name too. This adds credibility to the referral.
2. For complete transparency please let us know if you are related to the contractor.
3. Contractors cannot post their own information. This again maintains the integrity of the postings.
4. You can call us with the information or stop in see us.

We hope this becomes a reliable avenue to share information and to help our residents. Please let us know how it's working out.

Kathy

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.

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.

Hand & Foot

Tuesday & 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!

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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Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

Did you know the Groton Fire Department will:

- Install new Smoke Detectors
- Install new Carbon Monoxide Detectors.
- Put up house number signs, in a visible spot for the police and fire to see in an emergency.
- They will also check existing Smoke Detectors and Carbon Monoxide Detectors to make sure they are in good working condition and they are installed in the correct places in your home.



These services are provided free of charge to Groton Senior Residents!!! If you would like to receive any of these services, please call the COA at 448-1170 or stop in and see us at the Senior Center.

The Community Preservation Act Tax Exemption

If you are a resident with low or moderate income, you may qualify for this exemption. Income qualifications depend upon the number of people in the household. Then it goes by income for persons over 60 and under 60. One person 60 or older must not exceed income of \$67,480. One person under 60 must not exceed \$53,984. The amount of allowable income increases as the number living in the household increases. The amounts saved yearly depends on how much taxes are paid. The forms can be filled out and returned to the Assessor's Office on or before April 1.

Rena Swezey, the Town Assessor, will be here to discuss this exemption at the Women's Club Luncheon on December 16th @ 12:30 pm.

Accredited by
National Institute of
Senior Centers



NEWS FROM SHINE DECEMBER 2015

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2016, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is the best one to use with your plan.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

If you'd like to make an appointment with the Groton Shine Counselor, please call the Council on Aging at 448-1170, and we will put you in touch with her.

Talk with Tom

December 28

4th Monday of the month
10:30 AM

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

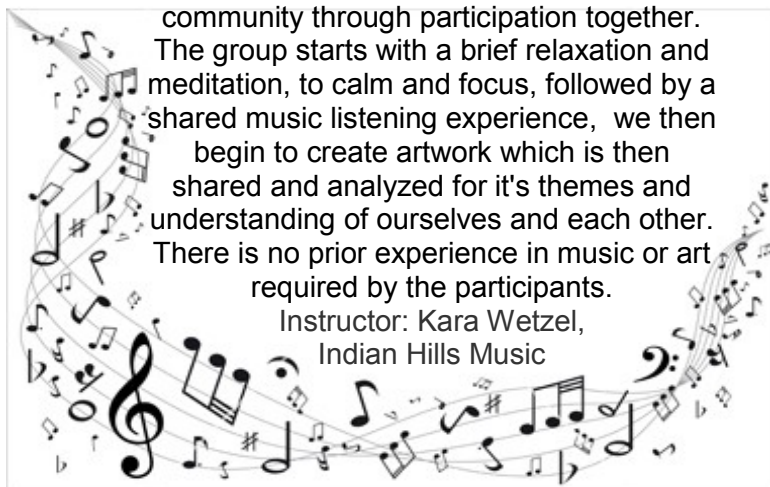
Music Wellness

Collaboration with Indian Hill Music
held at the Groton Senior Center

8 Tuesdays at 1:00pm
January 5—February 23

It's not about inspiring extraordinary *music*-making, it's about inspiring extraordinary living. Music wellness provides relaxation, self-reflection and community through participation together. The group starts with a brief relaxation and meditation, to calm and focus, followed by a shared music listening experience, we then begin to create artwork which is then shared and analyzed for it's themes and understanding of ourselves and each other. There is no prior experience in music or art required by the participants.

Instructor: Kara Wetzel,
Indian Hills Music



Please call the COA, 978-448-1170 to register

Focus on Footcare

December 22
Appointments beginning at 12:30pm

During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage.

Each appointment is \$30

Provider:

Sarah Kinghorn: BSN RN CFCN

Talk with Tom

Discussion Group with Tom Hartnett
December 28

4th Monday of the month
10:30 AM

Join Tom Hartnett, previous Town of Groton Treasurer, for a stimulating conversation about local stories and politics. Topics are driven by participants.

Special Events

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

Monthly Veterans Breakfast

Monday, December 7

10:00

Speaker:

Share you Holiday Memories

To honor our Veterans, Groton Police Union sponsor a free breakfast for our area's veterans and spouses. Head Chef, Police Chief Palma will serve eggs, sausage, bacon and hash brown potatoes with the assistance of his officers and other town employees. Please call the senior center for reservations, 978-448-1170.

Nashoba Tech Culinary School Luncheon
at the senior center

Wed, December 9

12:00pm



Entertainment: Groton School Choir

We will delight in the extraordinary holiday music of the Groton School choir.

Menu: Beef Stroganoff or Baked Haddock
Reservations needed by Fri., Dec 4

Groton Women's Club Sponsored Luncheon

Wed, December 16

12:00pm

Cost: none

For lunch we will delight in a holiday meal of honey mustard chicken, fruit cup with peppermint ice cream with chocolate sauce. *Please make your reservation by Friday December 11.*

Following lunch

Groton-Dunstable High School Chorus

As tradition has dictated the extraordinary Groton-Dunstable High School Choir will be here to raise our spirits with their holiday program.

A big thank you to Buckingham Bus for transporting the students!



Groton Senior Center Activities

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	2 10:30 Strength Training 12:00 Pizza & a Movie McFarland USA	3 9:00 Yoga 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	4 VAN DW Highway Nashua 10:00 Strength Training 10:00 Groton Swim 11:00 COA Board Mtg. 12:30 Bridge
10:00 Veteran's Breakfast 7 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	8 10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	9 9:00 Book Club 10:30 Strength Training 12:00 Nashoba Tech Luncheon Entertainment: Groton School Choir	10 9:00 Yoga 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	11 Blithewold Tour VAN Walmart 11:15 Hearing Screening 10:00 Strength Training 10:00 Groton Swim
14 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	15 10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	16 9:00 Book Club 10:30 Strength Training 11:30 Ask the Officer 12:00 Women's Club Luncheon Entertainment: GDRS Chorus	17 9:00 Yoga 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong 7	18 VAN Westford Market Basket 10:00 Strength Training 11:00 Loaves & Fishes 10:00 Groton Swim 12:30 Bridge
21 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	22 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Focus on Footcare 12:45 Hand & Foot 1:00 Mahjong	23 10:30 Strength Training 11:00 Loaves & Fishes	24 9:00 Yoga 12:30 Tai Chi We will be closing at 1:30 today	 Merry Christmas
28 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	29 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	30 10:30 Strength Training	31 10:30 NOON YEARS EVE	 Happy New Year!

*All the seniors in town
are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

1-800-368-7010

THIS SPACE IS
AVAILABLE

Always Available

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

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
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Strength Training	11:30am
Cribbage	12:30pm

Tuesdays

Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Take a Walk with Us	10:30am
Hand and Foot Cards	12:30pm
Mahjong	1:00pm
Pilates Phase 1	4:30pm

Wednesdays

Book Club (2nd Wed)	9:00am
Strength Training	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	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Vet's Breakfast (1st Thurs)	10:00am
<i>Sponsored by Groton Police Association</i>	
Take a Walk with Us	10:30am
Ask the Nurse	11:30am
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	12:30pm
Mahjong	1:00pm

Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00pm
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm

Day Trips with Curmudgeon Jay Darrin



Christmas at Blithewold Mansion

Bristol, RI
December 11
Cost:\$54

Blithewold, a 33-acre summer estate with grand views of Narragansett Bay, is nationally significant in American history as one of the most fully developed and authentic examples of the Country Place era. The property features a 45-room mansion filled with family heirlooms. Come... and be inspired.

Following our tour we will lunch at Leo's for outstanding italian cusine.

IMAX

Boston, MA

Friday, February 19

Depart from the senior center 9am and return 4:30pm.

Cost : \$52

Includes transportation, movies and lunch.

Suitable double feature TBD with lunch at Bellino's Trattoria

On sale:

Groton Residents: December 1

Non-Residents: December 15

Ask the Officer



Third Wednesday each month
11:30am-12:30pm
December 21

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.

Noon Year's Eve

Thursday, December 31

10:30am Bingo 12pm Lunch

Cost: \$4.00

Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown there will be a party buffet lunch with BINGO for prizes beginning at 10:30am.

Please call the senior center to register by
Monday, Dec 28

Creative Creations

Please register by calling the senior center

Tuesday, December 8

10:00am

Happy Snowmen

Cost: \$5

Embrace the winter and share it with this happy snowman! Make one for yourself or give as a gift.

Tuesday, January 26

10:00am

Stamping

Cost: None

Through the generosity of a donor we have hundreds of stamps, stamp pads and some amazing markers. Marian will be here for guidance as you create your personalized cards.

Pizza and a Flick

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

Wed, December 2 12:00pm

"McFarland USA"

Based on a true story, track coach Jim White (Kevin Costner) is a newcomer to a predominantly Latino high school in California's Central Valley. Coach White and his new students find that they have much to learn about one another; their strong family ties, incredible work ethic and commitment to their team all play a factor in forging these novice runners into champions.

Wed, January 6 12:00pm

"I'll See You In My Dreams"

In this vibrant, funny, and heartfelt film, a widow discovers that life can begin anew at any age. After the death of her beloved dog, Carol (Blyth Danner) finds the everyday activities that have given her life structure - her regular bridge game, gardening, a glass of wine or two - have lost their luster. With the support of three loyal girlfriends, Carol decides to embrace the world, embarking on an unlikely friendship with her pool maintenance man, pursuing a new love interest, and reconnecting with her daughter.



COA MOBILE LIBRARY PROGRAM

Do you need help
choosing a book or
movie?

Lisa Baylis at the library is excited to help
you! Call her at 978-448-
1167.

The Council on Aging is happy to be 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 to those that may need this service just on a temporary basis.

To register, please contact Lisa Baylis at the Groton Public Library at 978-448-1167 x1318 or email her at lbaylis@gpl.org.

Following registration, Stacey, the COA Outreach Coordinator, will contact you to arrange the details of pick-up and delivery.

Groton Neighborhood Food Project

Be part of our neighborhood

Bring you donation for Loaves and Fishes when you visit us.

Fill a bag at home—ask you're your own green bag!



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Groton Council on Aging, Groton, MA 06-5100

Transportation Information

Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

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
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Mondays, Tuesdays, and Thursdays: Van leaves COA at 9:30am Mondays and 8:30am Tuesdays and Thursdays with last trip completed by 3:00pm.

Wednesdays: Visit to Loaves and Fishes (no charge for this) the van leaving the COA at 11:00am and with the last trip completed by 3:00pm

Fridays: Special shopping trips and senior center activities

Friday Special Shopping: 9:30 AM - 2:00 PM

1st Friday: Shopping on DW Highway, Nashua

2nd Friday: Shopping in Lunenburg: Wal-Mart

3rd Friday: Westford Market Basket Plaza (afternoon)

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.**



Take a Walk

Open to all adults

Tuesdays and Thursdays

10:30am—11:30am

There will be no walking Dec 24- January 2

At the Peter Twomey Center

**Located on the Middle School campus
(behind the middle school)**

A great way to get exercise, walk with friends, meet new ones. COA staff will meet you there, play some music to boost the energy then we start chatting and walking!

Health and Wellness

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

Ask the Nurse

2nd Thursday of each month

December 10

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

December 11

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

Mon 11:30, Wed 10:30 and Fri 10:00

Cost: \$3 per class

Elaine Corsetti, our instructor offers just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Yoga

Supported by the Friends of Groton Elders.

Thursdays, 9:00AM

Cost: \$3.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.