With Gratitude

Once again the simple elegance of the Gibbet Hill barn was the perfect back drop for a beautiful expression of gratitude and community. On Thursday, November 20, the seniors of Groton were invited to the barn to gather as a community and celebrate the Thanksgiving holiday. Through the extraordinary generosity of Steve and Nancy Webber, their Gibbet Hill family and Mr. Mark Lynch, a complete Thanksgiving meal was served to over 200 seniors at the Grill with an additional 40 meals delivered by the Groton Police Department to those unable to attend. The traditional Thanksgiving feast was delicious but what stood out was the sense of community that filled the room. Our gratitude is immeasurable. This event is possible because the entire community conspires to make it happen; Steve and Nancy Webber and the Gibbet Hill staff with, Mr. Mark Lynch, secures the donations of food, cooks the food and set up the dining room. Finishing touches are added by Lavender Florist with the donation of the centerpieces and the students of Florence Roach School make unique placemats for everyone. Groton’s first responders, in their dress uniforms, topped off a sophisticated evening as the Fire Department assisted the Police Department in the delivery of meals, transportation and greeting guests as they arrived. The Council on Aging would like to express our gratitude to the community for their time and commitment in continuing this tradition and demonstrating the true heart of Groton. We have much to be thankful.

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
kshelp@townofgroton.org

Outreach Coordinator
Stacey Shepard Jones
sjones@townofgroton.org

Activities/Volunteer Co.
Kathy Santiago
ksantiago@townofgroton.org

Maintenance
Tryna Walsh

Van Driver
Alan Sinclair
Marcel Falardeau
John Marriner
Herb Peterson

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
Richard Marton
Vera Strickland
Eddie Wenzell

AARP TAX

This year, AARP Foundation is again providing free tax assistance, preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program.

Appointments are available Feb 11, 18 and 25
8:30am, 9:30am, 10:30am and 11:30am
Please call the senior center to schedule your appointment, 978-448-1170.

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.
BUCKETS OF SAND
Winter is here!!! If you are homebound and not able to get out, and you need a bucket of sand for your walkway and steps, please call us. We’d be happy to deliver one to you!!!

GREATCALL’S SPLASH PHONE
Greatcall’s Splash Phone works as both a phone and an emergency alert system (which includes a GPS system giving them your location). The phone is @ $40.00 and can be purchased on-line or at Walmart, and plans begin at just $19.99 a month. No land-line is needed. For more information call 1-866-382-0067 or visit their website at www.greatcall.com.

ADDITIONAL FUEL ASSISTANCE
Are you a Groton Senior Resident and you qualified for fuel assistance through Community Teamwork Inc. in Lowell this heating season? If so, you may qualify for some additional fuel assistance once your allotted benefits through CTI have run out. For more information about this program, please call us at 978-448-1170.

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.

Do you need help with snow removal?
Boy Scout troop #1 would like to help with your sidewalks and pathways or small driveway if you have a snowblower. (Due to the age of the boys they are unable to clear roofs or large driveways). We want to plan ahead! If you anticipate a need please call Stacey at the COA, 978-448-1170 for an application. Pre-registration is required for this service.

News from SHINE January 2016
The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan:
Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you’d like to speak with the Groton shine Counselor, please call the Council on Aging at 448-1170, and we will put you in touch with her.
**Special Events**

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

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**Veteran’s Breakfast**

**Thurs., January 7  10:00am  Cost: None**

Nine months a year the 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. At each breakfast, Bob Johnson, Groton’s Veterans’ Agent/Veterans’ Service Officer; will schedule a veterans themed presentation or speaker.

---

**Groton Women’s Club Sponsored Lunch**

**Wed, January 20  12:00pm**

Enjoy delicious Cabbage rolls, scallo bread with double chocolate cake!

Following lunch: **Heroic Women You Can Talk To**

Beginning our series on Lowell history, actress Kate Carney will portray The Widow Larcom who introduces us to the Yankee mill girls and life in Lowell. She prays all the changes going on in New England now (young folk leaving the farms to work in the mills) are going to be a good thing.

**This program is supported in part by a grant from the Groton Cultural Council, a local agency which is support by the Massachusetts Cultural Council, a state agency.**

Please make your reservation by Fri, 1/15

---

**Nashoba Tech Culinary School Luncheon**

**at the senior center**

**Wed, January 27  12:00pm**

*Speaker: Richard Howe, Lowell Register of Deeds*

**The Rich History of Lowell Cemetary**

Join us for an interesting talk about the beautiful garden style cemetery, focusing on both art and history. Explore early mourning customs, learn the significance of Victorian monument symbols and listen to engaging anecdotes about the people buried here.

**Menu:** Maple Glazed Virginia Baked Ham or Baked Haddock Newburg

**Reservations needed by Fri., Jan 22**

---

**Focus on Footcare**

**January 12**

**February 9**

**March 15**

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**

**January 25**

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.

---

**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
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**January 2016**

Happy New Year!

**Groton Senior Center Activities**

Accredited by National Institute of Senior Centers

**HONORING THE DREAM**

**This Space Available**

For Information On Advertising, Please Call Our Representative

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

- COA Board Meeting (1st Mon) 9:30am
- Groton Swim 10:00am
- Talk with Tom - Current Events (4th Mon) 10:30am
  - Supported by the Friends of Groton Elders
- 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
- 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 9:00am
  - Supported by the Friends of Groton Elders
- Vet’s Breakfast (1st Thurs) 10:00am
  - Sponsored by Groton Police Association
- Take a Walk with Us 10:30am
- 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

**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

**Ask the Nurse**

2nd Thursday of each month

January 14

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

**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.

**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.

**Hearing Screenings**

January 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.
Pizza and a Flick

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

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.

Wed, February 3 12:00pm
“**Mr. Holmes**”

A graceful and beautiful film centered around long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) as he grapples with an unreliable memory and must rely on his housekeeper’s son as he revisits the still-unsolved case that led to his retirement.

Creative Creations

Please register by calling the senior center

**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.

Class size limited, please register by calling the senior center, 978-448-1170.

**Jeweled Memory Tree**

Cost: $5

Using old jewelry and buttons this creation will inspire memories of broaches and fancy buttons. It is a truly unique piece.

Class size limited, please register by calling the senior center, 978-448-1170.

New York City
September 11th Museum
Ellis Island & the Statue of Liberty
Free time in Time Square

Sponsored by the Groton Council on Aging

**Sunday and Monday, May 8 & 9**

Make your reservation starting January 1, 2016!

**This trip includes:**
- Roundtrip delux motorcoach transportation
- 1 night lodging Courtyard Marriott Times Square
- Breakfast at the hotel (all other meals are on your own)
- Entrance to September 11 Museum and Memorial
- Ferry ride to Statue of Liberty and Ellis Island
- Free time Times Square

**Cost:**
- Per person **double** occupancy: $329
- Per person **single** occupancy: $459

(tour director and bus driver gratuities not included)

$50 deposit due at registration with final payment due by Friday, March 25.
Cancellation policy is available at the senior center.

ON SALE JAN 1 2016

**ON SALE**

JAN 1 2016
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Aleta Manugian
Attorney at Law
Real Estate
Wills and Trusts
Elder and Estate Planning
1126 Boston Road
Groton, Massachusetts 01450
aleta@manugianlaw.com
978.448.8800
978.448.8801 fax

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www.nashoba.org

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Transportation Information
Lahey, Mass General, Brigham and Women’s, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

Day Trips with Jay Darrin

Transportation provided by the Council on Aging Van.

IMAX
Boston, MA
Friday, Thursday February 18
Depart from the senior center
9am and return 3:00pm.
Cost: $56
Includes transportation, movies and lunch.

Double Feature National Park Adventure and Wild Africa. Lunch at the Irish Cottage

On sale:
Groton Residents: December 1
Non-Residents: December 15

Boott Cotton Mill Museum
Friday, January 29
10:00am
Cost: $4.00 museum entrance

Lowell, Massachusetts was once a great industrial center of America, and the Boott Cotton Mills were at the center of the Industrial Revolution. The rich history behind the Boott Cotton Mills can be felt simply by walking into the museum, through the same doors as Lowell pioneers who helped to shape the history of Lowell and the textile manufacturing industry.

Local Trips
within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Medical Social Shopping

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.**