



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

January 2016



1-978-448-1170

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

AARP TAX

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.

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



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.



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.

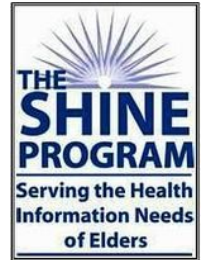


Do you need help with snow removal?

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 too, 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.

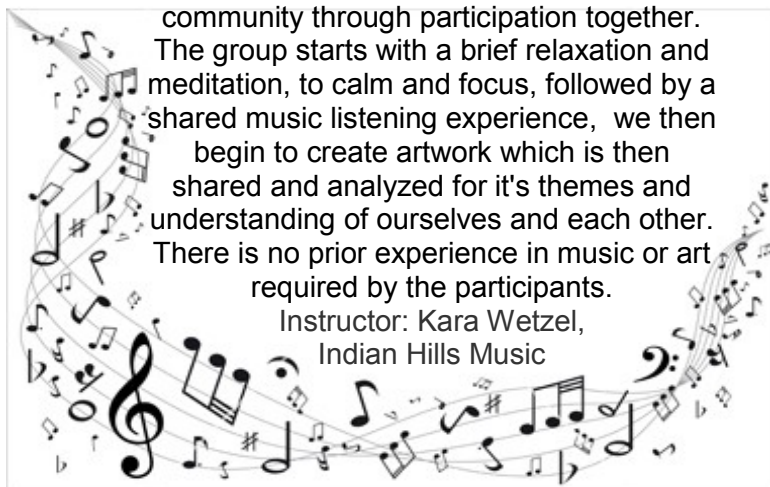
Music Wellness

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

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.

Special Events

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

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,
scallion 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 Coultural 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 Glased Virginia Baked Ham or
Baked Haddock Newburg

Reservations needed by Fri., Jan 22



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by</p> <p>National Institute of Senior Centers</p> <p></p>				<p>Happy New Year!</p> <p></p> <p>1</p>
<p>4</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>5</p> <p>10:00 Creative Creations 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong 1:00 Music Therapy</p>	<p>6</p> <p>10:30 Strength Training</p> <p>12:00 <i>Pizza & a Movie "I'll See You in My Dreams"</i></p>	<p>7</p> <p>9:00 Yoga 10:00 Veteran's Breakfast 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Instructional Tai Chi</p>	<p>8</p> <p>VAN Walmart 11:15 Hearing Screening 10:00 Strength Training 10:00 Groton Swim</p>
<p>11</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>12</p> <p>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 1:00 Music Therapy</p>	<p>13</p> <p>9:00 Book Club 10:30 Strength Training</p>	<p>14</p> <p>9:00 Yoga 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Instructional Tai Chi</p>	<p>15</p> <p>VAN Westford Market Basket 10:00 Strength Training 11:00 Loaves & Fishes 10:00 Groton Swim 12:30 Bridge</p>
<p>HONORING THE DREAM</p> <p></p> <p>DR. MARTIN LUTHER KING, JR. 1929-1968</p>	<p>19</p> <p>10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Focus on Foot care 12:45 Hand & Foot 1:00 Mahjong 1:00 Music Therapy</p>	<p>20</p> <p>10:30 Strength Training 11:30 Ask the Officer 12:00 Women's Club Luncheon Entertainment: Boarding House Keeper/Lowell</p>	<p>21</p> <p>9:00 Yoga 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Instructional Tai Chi</p>	<p>22</p> <p>VAN Christmas Tree Shop 10:00 Strength Training 10:00 Groton Swim</p>
<p>25</p> <p>10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage</p>	<p>26</p> <p>10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong 1:00 Music Therapy</p>	<p>27</p> <p>10:30 Strength Training 12:00 Nashoba Tech Luncheon Speaker: Lowell Historic Cemetery</p>	<p>28</p> <p>9:00 Yoga 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Instructional Tai Chi</p>	<p>29</p> <p>VAN Cultural Excursion to the Lowell Mills 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 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	
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

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

Health and Wellness

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

Instructional Tai Chi

Thursdays 1:00pm - 2:00pm

Beginning January 7

Cost: \$5 per class
payable to the instructor

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all fitness levels. It is known to increase balance, reducing fall risk and aid in lowering blood pressure through its meditative qualities.

Instructor Debbie LaDue



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.



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.

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

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

Tuesday, February 9

10:00am

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.



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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

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!

Day Trips with Jay Darrin

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

Cultural Excursions

Transportation provided by the Council on Aging Van.

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.