



Senior Soundings

The Newsletter of the Groton Council On Aging

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

March 2016



1-978-448-1170

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

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

Long Term Listening. . . . for Long Term Planning

Throughout the past year the COA Planning Committee and staff have engaged Groton seniors in a conversation about senior programs, services and facilities. We are now eager to roll out Phase I of our plan at the Spring Town Meeting with an Article on the Warrant. The Article is for a Building Feasibility Study. Statistics, facts and figures leading to this Article were gathered through extensive research and study which included: focus groups, census survey, a professional conference, outcome evaluations, population analysis, senior center site visits and meetings with community groups. The outcome of the research, sub-standard accessibility and program space, compelled the committee to request the Building Feasibility Study Article on the Warrant to support a professional, equitable and financially sound resolution to the current senior center building challenges.

To learn more about how we got here and where we'd like to go please join us at one of our information opportunities. We will be presenting a detailed program about the challenges of the present senior center and the future facility needs of the growing senior population.

Tuesday, March 22	11:00am at the senior center
Wednesday, March 30	6:00pm at the senior center
Friday, April 1	10:00am at the senior center
Sunday, April 17	2:00pm at the Groton Library

We look forward to continuing this conversation.

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

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COA Board of Directors

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Maydelle Gamester

Vice Chairman

Marie Melican

Treasurer

George Faircloth

Secretary

Gail Chalmers

Members

Ellen Baxendale
Charlotte Carkin
Richard Marton
Vera Strickland
Eddie Wenzell



Thursday, March 17—April 21

Call 978-448-1170 to register
10:30-11:30 AM

Cost: \$25 for six weeks or \$5 per class drop in

Open to all levels of dancers.

A great way to exercise with upbeat music. Leave feeling invigorated, energetic and positive!

Instructor: Barb Longfellow

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

THE 9-1-1 SILENT CALL PROCEDURE

The 911 Silent Call Procedure allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response. If you need to call 9-1-1 and are unable to speak due to a physical disability, domestic violence, or home invasion, you can follow these simple steps:

FIRST DIAL 9-1-1

Once dispatch answers your call, indicate what you need by pressing the appropriate number on your phone.

IF YOU NEED POLICE, PRESS 1

IF YOU NEED FIRE, PRESS 2

IF YOU NEED AN AMBULANCE, PRESS 3

The 9-1-1 Dispatcher may ask questions that require yes or no answers.

PRESS 4 FOR YES

PRESS 5 FOR NO

Please know that this is just an option.

Whenever you call 9-1-1, the police will respond with a phone call and/or a wellness check!



Girl Scout Troop #65203 is looking forward to helping you with Spring clean up. They will bring your patio furniture out rake, clean out gardens or other Spring chores. Please call Stacey, 978-448-1170, at the COA if you would like some assistance from these dedicated girls!

NEWS FROM SHINE MARCH 2016

Does Medicare cover fitness programs?



While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!



Senior Citizens' Police Academy



The Groton Senior Citizens' Police Academy

provides an excellent opportunity to become familiar with the day-to-day operations of the Groton PD

Six weeks

Thursdays, March 10-April 14

1 - 3pm

Topics Included:

Law Enforcement	Forensics	Basic Criminal Law	Special Operations	Criminal Investigation
K-9 Demonstration	Crime Prevention		Police Tactics	Senior Safety/TRIAD
	Special Investigations	Attorney General's Office		
Police Equipment	Police Station/Jail Tour	Emergency Management		
Court System	Police Defenses	Elder Affairs	Detectives	

Brains Matter

Discover the path to a healthy brain through current nutrition and exercise sciences, music and its effects on the brain and the power of meditation and mindfulness.

April 4– 25

*Your choice at the library in the evening or
the Senior Center in the morning*

Nutrition for Memory Preservation

Dr. Emerson Lombardo
Brain Health and Wellness Center



Thursday, April 7 6:30pm

at the Groton Public Library
or

Monday, April 11 9:30am
at the Groton Senior Center

Music Improves the Brain

Kara Wetzel, Indian Hills Music

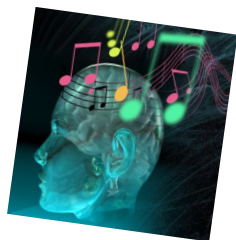
Thursday, April 14 6:30pm

at the Groton Library

or

Monday, April 4 9:30am

at the Groton Senior Center



Meditation Strengthens the Mind

Barbara Rich



Thursday, April 21 6:30pm

at the Groton Public Library

or

Monday, April 25 9:30am

at Groton Senior Center

This program is possible through generous grants made available by:

**Friends of Nashoba Valley Medical Center
Community Health Network Area 9 (CHNA 9)**

Special Events

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

Veteran's Breakfast

Thursday, March 3 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.

Celebrate St. Patrick's Day! Groton Women's Club Sponsored luncheon

Wed, March 16 12:00pm

For lunch we will bring out the Irish in everyone! Shepherd's pie, wedge salad, with home-made Irish dessert.

Following lunch:

Musician George Parker

George will infuse us with Irish songs. His unique style, incredible guitar skills and historical knowledge of Irish music will prove to be a sensational afternoon.

Please make you reservation by Fri., 3/11



Nashoba Tech Catered Luncheon

Wed, March 30 12:00pm

Cost: \$10

(with optional tip)

Speaker:

How to Talk To Your Doctor
To Get What You Need

Presented by
Lifecare Center of Nashoba Valley


Menu:

Three Cheese Lasagna with meatballs or
Rosemary Skewered Shrimp
(this **IS** the correct menu this month!)

Please make you reservation by Fri., 3/25

Groton Senior Center Activities

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Primary Election 1 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	2 10:30 Strength Training 12:00 Pizza & Movie "Bridge of Spies"	3 9:00 Yoga 10:00 Veteran's Breakfast 10:30 Take a Walk 12:30 Hand & Foot 1:00 Instructional Tai Chi	4 VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
9:30 Board Meeting 7 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coloring	8 10:00 Creative Creations 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	9 9:00 Book Club 10:30 Strength Training 12:00 Movie & A Dog "A Walk in the Woods"	TAX PREP 10 9:00 Yoga 10:30 Take a Walk 10:30 Ask the Nurse 12:30 Hand & Foot 1:00 Instructional Tai Chi 1:00 Police Academy	11 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
14 10:00 Tech Assistance 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coloring	15 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	16 10:30 Strength Training 11:30 Ask the Officer 12:00 Women's Club Luncheon Entertainment: George Parker	TAX PREP 17 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Instructional Tai Chi 1:00 Police Academy	18 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
21 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coloring	22 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 11:00 Information Session 12:30 Focus on Foot care 12:30 Hand & Foot 1:00 Mahjong	23 10:30 Strength Training 	TAX PREP 24 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Instructional Tai Chi 1:00 Police Academy	25 VAN Christmas Tree Shop 10:00 Strength Training 10:00 Groton Swim
28 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 1:00 Coloring	29 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	30 10:30 Strength Training 12:00 Nashoba Tech Luncheon Speaker: How to Talk to your Doctor 6:00 Information Session	31 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Instructional Tai Chi 1:00 Police Academy	

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

Wednesdays

Book Club (2nd Wed)	9:00am
Strength Training	10:30am
Groton Women's Club Luncheon (3rd Wed)	12:00pm
<i>with Entertainment</i>	
<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

Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
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

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

March 10 11:30am

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

March 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.

Movie and a Dog

"A Walk in the Woods"

Snow day make up

Wednesday, March 9 12pm

Cost:\$3



We've rescheduled the movie "A Walk in the Woods" and this time adding your first grilled hot dog for 2016 with pasta salad. Call for your reservation!

"A Walk in the Woods"

In this new comedy adventure starring Nick Nolte and Robert Redford, instead of retiring to enjoy his loving and beautiful wife and large and happy family, challenges himself to hike the Appalachian Trail.



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

This trip includes:

Roundtrip deluxe 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

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.

Pizza and a Flick

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

Wed, March 2 12:00pm

"Bridge of Spies"

Based on a true story, this is an engaging movie.
During the Cold War, an American lawyer is recruited
to defend an arrested Soviet spy in court, and then
help the CIA facilitate an exchange of the spy for the
Soviet captured American U2 spy plane pilot, Francis
Gary Powers. Starring Tom Hanks.



Wed, April 6 12:00pm

"Spotlight"

The true story of how the
Boston Globe uncovered the
massive scandal of child
molestation within the local
Catholic Archdiocese.

Creative Creations

Please register by calling the senior center

Tuesday, April 12

10:00am

Flower Plate Garden Decor

Cost: \$5

A great addition to your garden, using colored
class plates and bowls these colorful creations
bring a smile to everyone and a great
conversation piece for your garden.

This class is sponsored by Nashoba Real Estate



PEACE IS . . .

Intergenerational Mural

Tuesday, April 19 10:00am

Join Groton Girl Scout Troop #65203 for the
extraordinary opportunity to cross
generational lines, talk about what *Peace Is*
while we create a lasting mural
illustrating our thoughts. Each participant will
receive an 8 X 11 rectangle to create a collage
depicting your picture of what peace is. When
complete each piece will be joined to create an
Intergenerational Mural of Peace. Supplies will
be provided but also feel free to bring your
items to decoupage.

*No art experience is needed,
only LIFE experience*

Technology Assistance



Groton Dunstable school
Technology Director will be here to
give you directions and answer your
questions about your smartphone,
tablets and computers.

Monday March 14

10:00

Cost: None

Gadgets? Apps? Navigation? Snapchat?
Facetime? Voicemail? Texts?
Books? Movies?
What's it all about!

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.

Wednesday: 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:

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.***

Coloring Coffee Conversation



Everyone keeps asking if we're going to have a coloring class, so
WE'RE HAVING A COLORING CLASS!

Mondays, March 7, 14, 21 and 28
1:00 - 2pm

Coloring is said to reduce stress, tap into your creativity and encourage mindfulness. Join us for great conversation while we all see what the craze is all about.

Focus on Footcare

March 15

April 12

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

Day Trips with Jay Darrin

Tuesday, April 19

Silver Fountain Tea Parlor
Dover, NH

Cost is \$48 for lunch and transportation

We'll enjoy their Duchess of Bedford High Tea as a filling, leisurely lunch in the elegant tea room with an opportunity to tour the Inn. Following this delightful lunch we will head to Portsmouth where you will have some



free time for the shops or the gardens at Prescott Park. We will depart the senior center at 10am and return 4:30pm.