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

We look forward to continuing this conversation.

Kathy
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!

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!
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 homemade 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 your 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 your reservation by Fri., 3/25

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)
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<td>“A Walk in the Woods”</td>
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<td>10:00 Tech Assistance</td>
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<td>10:00 Groton Swim</td>
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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
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 10:00am
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
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.

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

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
**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 delux motorcoach transportation
1 night lodging Courtyard Marriott Times Square
Breakfast at the hotel (all other meals are on your own)
Enterance 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.

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**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.

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**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*

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**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 participate 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*

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**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
Day Trips with Jay Darrin

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.

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**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
(advance)
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.

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**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.

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**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

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**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.