



# Senior Soundings

*The Newsletter of the Groton Council On Aging*

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

April 2016



1-978-448-1170

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

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

## COA Building Feasibility Study

On April 25 at the Spring Town Meeting the Council on Aging will have an Article on the Warrant. We are requesting funding for a Building Feasibility Study to address the challenges of the current senior center. A positive outcome of this vote we will enable us to hire a professional to analyze the potential sites. It will ensure:

1. The COA will maintain a culture of excellence in program and services for the Groton senior population.
2. Groton's older adults will have the most efficient facility possible while being fiscally responsible to the Groton taxpayer.

The results of the Needs Assessment and focus groups will provide a guideline for the architect when addressing program and space needs therefore, while keeping the needs of Groton's seniors a priority, this study asks the architect to analyze the following:

1. We will look at the current senior center, do we remodel? Do we build an addition to the building? Do we build a new building on this property? What is the cost and impact all of this?
2. There are two current town owned properties that we feel we have a responsibility to the Groton tax payer to consider; the Country Club and Prescott School. We will examine the benefits and challenges of relocating to these sites.
3. We will also consider a new building on a yet unidentified site. What would the benefit and challenges be of this move?

The monies for this study will be transferred from available funds which will not have an impact the tax rate, however as of this writing, we don't yet know the cost. We should have the cost information on or about April 4th.

Please join us for one of the two remaining informational sessions to have your questions answered. Should you be unable to attend you are always welcome to call me or stop in at the senior center.

Friday, April 1      10:00am at the senior center  
Sunday, April 17      2:00pm at the Groton Library

*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](mailto:kshelp@townofgroton.org)

#### Outreach Coordinator

Stacey Shepard Jones  
[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

#### Activities/Volunteer Co.

Kathy Santiago  
[ksantiago@townofgroton.org](mailto:ksantiago@townofgroton.org)

#### Maintenance

Tryna Walsh

#### Van Driver

Alan Sinclair  
Marcel Falardeau  
John Marriner

#### Selectmen Liaison

Peter Cunningham

#### Senior Liaison

#### Police Officer

Kevin Henehan

### COA Board of Directors

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#### Members

Ellen Baxendale  
Charlotte Carkin  
Richard Marton  
Vera Strickland  
Eddie Wenzell



Held at the Fire Station  
Wednesday, April 13  
12:00PM

Cost: None

The annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us. After lunch, Groton Fire and EMS personnel will share the life saving equipment used in the day and life of a firefighter. It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

## Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

### SNAP—SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (FOOD STAMPS)

#### General Program Requirements

In order to qualify for this benefit program, you must be a resident of MA and fall into one of two groups: (1) those with a current bank balance (savings and checking combined) under \$2,001, or (2) those with a current bank balance (savings and checking combined) under \$3,001 who share their household with a person or persons age 60 and over, or with a person with a disability (a child, your spouse, a parent, or yourself).

In order to qualify, you must have an annual household income (before taxes) that is below the following amounts:

<u>Household Size</u>	<u>Maximum Income Level (Per Year)</u>
1	\$23,540
2	\$31,860
3	\$40,180
4	\$48,500
5	\$56,820
6	\$65,140
7	\$73,460
8	\$81,780

Applications are available at the Senior Center. If you need help applying, we'd be happy to help you.



### TOWN MEETING

**Monday, April 25  
7:00PM**

The COA van is available for transportation. Please call 978-448-1170 for your reservation *prior to Wednesday, April 20.*



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 APRIL 2016

#### ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN



People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. **In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.**

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. If you need to speak to Groton's SHINE counselor, please call us at 978-448-1170, and we will put you in touch with her.

# 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

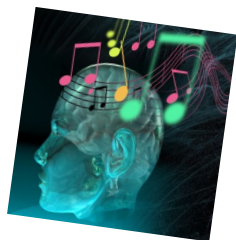
**Thursday, April 14 6:30pm**

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, April 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.

*Guest Speaker: LTC Charlette K. Woodward  
Commander Fort Devens*

### Groton Women's Club Sponsored Luncheon



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

For lunch treat yourself to noodle and ham casserole with pineapple slices, Parker rolls and strawberry delight for dessert.

Following lunch:

**Speaker: Spring Birds**

Sandy Hurd Wild Birds Unlimited

*Please make your reservation by Friday, April 15 by  
calling the senior center, 978-448-1170.*

### Nashoba Tech Catered luncheon

**Wednesday, April 27**

**12:00pm**

**Cost: \$10 with optional tip**

**Entertainer:**

New England Humorist  
David Shikes



**Menu:**

Seafood Casserole in a lemon and white wine sauce or Chicken Marsala

*Please make your reservation by Friday, April 22.  
Please call the senior center, 978-448-1170.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Join us because</i></p> <p><b>Brains Matter</b></p> <p><i>in Groton</i></p>				<p><b>1</b></p> <p>VAN DW Highway</p> <p>10:00 Strength Training</p> <p>10:00 Groton Swim</p> <p>12:30 Bridge</p>
<p><b>9:30 Board Meeting 4</b></p> <p>9:30 Music / the Brain</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p><b>1:00 Coloring</b></p> <p><b>1:00 Town Budget Presentation</b></p>	<p><b>5</b></p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>10:00 Take a Walk</p> <p>10:30 Hand &amp; Foot</p> <p>12:30 Mahjong</p>	<p><b>6</b></p> <p>9:00 Book Club</p> <p>10:30 Strength Training</p> <p><b>12:00 Pizza &amp; Movie "Spotlight"</b></p>	<p><b>7</b></p> <p>9:00 Yoga</p> <p><b>10:00 Veteran's Breakfast</b></p> <p>10:30 Take a Walk</p> <p>10:30 Line Dancing</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Tai-Chi</p> <p><b>1:00 Police Academy</b></p> <p>6:30 Nutrition/Brain @ Groton Library</p>	<p><b>8</b></p> <p>VAN Walmart</p> <p>10:00 Strength Training</p> <p>10:00 Groton Swim</p> <p>11:15 Hearing Screening</p>
<p><b>11</b></p> <p>9:30 Nutrition Memory</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p><b>1:00 Coloring</b></p>	<p><b>12</b></p> <p>10:00 Creative Creations</p> <p>10:00 Garden Club</p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Focus on Foot care</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Mahjong</p>	<p><b>13</b></p> <p>9:00 Book Club</p> <p>10:30 Strength Training</p> <p><b>12:00 Firehouse Chili</b></p>	<p><b>14</b></p> <p>9:00 Yoga</p> <p>10:30 Take a Walk</p> <p>10:30 Line Dancing</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Instructional Tai Chi</p> <p><b>1:00 Police Academy</b></p> <p>6:30 Music/Brain @ Groton Library</p>	<p><b>15</b></p> <p>VAN Westford Market Basket</p> <p>10:00 Strength Training</p> <p>10:00 Groton Swim</p> <p>12:30 Bridge</p>
<p><b>18</b></p> <p> Building closed for Patriot's Day</p>	<p><b>19</b></p> <p>10:00 Garden Club</p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Mahjong</p> <p>10:00 Peace Is Mural Painting</p>	<p><b>20</b></p> <p>10:30 Strength Training</p> <p>11:30 Ask the Officer</p> <p><b>12:00 Women's Club Luncheon</b></p> <p><b>Speaker: Sandy Hurd "Spring Birds"</b></p>	<p><b>21</b></p> <p>9:00 Yoga</p> <p>10:30 Take a Walk</p> <p>10:30 Line Dancing</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Instructional Tai Chi</p> <p><b>1:00 Police Academy</b></p> <p>6:30 Mindfulness @ Groton Library</p>	<p><b>22</b></p> <p>VAN Christmas Tree Shop Plaza</p> <p>10:00 Strength Training</p> <p>10:00 Groton Swim</p>
<p><b>25</b></p> <p>9:30 Music/Brain</p> <p>10:00 Groton Swim</p> <p>10:30 Talk with Tom</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p><b>1:00 Coloring</b></p> <p><b>7:00 TOWN MEETING</b></p>	<p><b>26</b></p> <p>10:00 Garden Club</p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Mahjong</p>	<p><b>27</b></p> <p>10:30 Strength Training</p> <p><b>12:00 Nashoba Tech Luncheon</b></p> <p><b>Comedian: David Shikes</b></p>	<p><b>28</b></p> <p>9:00 Yoga</p> <p>10:30 Take a Walk</p> <p>10:30 Line Dancing</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Instructional Tai Chi</p> <p><b>1:00 Police Academy</b></p>	<p><b>29</b></p> <p>10:00 Cultural Excursion to: <b>Worcester Art Museum</b></p> <p>10:00 Strength Training</p> <p>10:00 Groton Swim</p>



## 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](mailto: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
Coloring, Coffee and Conversation	1:00pm

### 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	
<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 &amp; Nashoba Nursing Service &amp; 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.

### Ask the Nurse

2<sup>nd</sup> Thursday of each month

**April 14 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*

### Hearing Screenings

**April 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.

### 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.





**Monday April 4 1:00pm**

Board of Selectman Chair,  
Jack Petropolous  
GDRS School Superintendent,  
Dr. Kristan Rodriguez  
will be at the senior  
center for a budget  
presentation with time  
for your questions.

## Cultural Excursions

Transportation provided by the Council on Aging Van.  
Call the senior center to register, seating is limited.

### Worcester Art Museum

Friday, April 29 10:00am

Cost for museum entrance \$12 for 65years and older  
\$14 under 65 years

The Worcester Art Museum is world-renowned for its  
35,000-piece collection of  
paintings, sculpture, decorative  
arts, photography, prints, drawings  
and new media. The works span  
5,000 years of art and culture.  
View paintings by Cassatt,  
Gauguin, Goya, Monet, Sargent  
and Whistler; admire floor mosaics  
from the ancient city of Antioch;  
see cutting-edge contemporary art; and discover the  
Museum's many other treasures.

We will be at the museum 11am-2:30pm, you may have  
lunch at the café (average cost for salad or sandwich is  
\$13) or bring your own.



## Pizza and a Flick

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

Wed, April 6 12:00pm

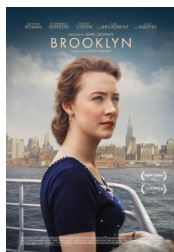
### "Spotlight"

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

Wed, May 4 12:00pm

### "Brooklyn"

An Irish immigrant lands in 1950s  
Brooklyn, where she quickly falls into a  
new romance. When her past catches  
up with her, however, she must choose  
between two countries and the lives  
that exist within.



## 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 glass  
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*

Tuesday, April 26  
10:00am

### Pinecone Zinnias

Cost: None

Wait until you see these! Colorful and showy in a  
bowl or basket. Make some for yourself and help  
us by making some for centerpieces to use at the  
Gay 90's.



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*

*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.

**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**

**1<sup>st</sup> Friday:** Shopping on DW Highway, Nashua  
The mall, Savers, BJ's, Trader Joe's back to Mall

**2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart

**3<sup>rd</sup> Friday:** Westford Market Basket Plaza (afternoon)

**4<sup>th</sup> Friday:** Nashua Drop at BJ's or Christmas Tree  
Kohls, Burlington Coat, LL Bean

**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



**Every Monday 1-3pm**

This has been so popular we're keeping it going! 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

**April 12**

**May 10**

**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

## Join the Council on Aging at the Shanklin Music Hall

**Sunday, April 10**

**2:00pm**



A musical  
afternoon on the  
keys of the  
**Mason &  
Hamlin Grand  
Piano**

and

**Mighty Wurlitzer Pipe Organ**

**Van transportation is available**  
Please call the senior center to register  
for the event and/or the van



## 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. *On sale now for residents and non-residents.*

Thursday, May 26

### Charles River Sightseeing Cruise

Cambridge, MA

Cost is \$37 for cruise and transportation

(Lunch is on your own)

Enjoy a leisurely, narrated late morning cruise along the Charles River. We'll enjoy beautiful views of the Boston skyline as we cruise past the Harvard and MIT campuses. Following our cruise you'll have free time at the CambridgeSide Galleria to find a spot for lunch, shop or people watch.

*On sale*

*April 4 for Groton residents*

*April 18 for non-residents*

Thursday, June 30

### Salem Sound Aboard the Endeavor

Salem, MA

Cost is \$53 for cruise, brunch and transportation

Following brunch at Red's we'll board the canopy-covered. Motorized catamaran *Endeavour* for a narrated tour of Salem Sound featuring Marblehead, Salem, Manchester-by-the-Sea and Beverly.

*On sale*

*May 2 for Groton residents*

*May 16 for non-residents*

## Line Dancing



Thursdays

10:30-11:30 AM

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

Open to all levels of dancers. Beginners can come early for a bit of private instruction, please just ask!

A great way to exercise with upbeat music.

Leave feeling invigorated, energetic and positive!

*Instructor: Barb Longfellow*

## Talk with Tom

### Discussion Group with Tom Hartnett

April 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.

## Let's Talk About Food

April 28, 2016 at 11 a.m.

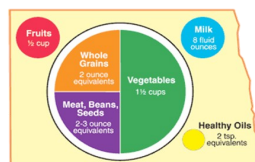
Come learn about healthy eating with Christin Saucier, RD from

**Montachusett**

**Opportunity Council!**

She'll be introducing MyPlate, talking about incorporating fruits and vegetables into our daily

lives, and how healthy eating effects the immune system.



## Merry Trippers

### St. Petersburg to Moscow Cruise

September 16-27, 2016

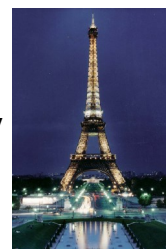
From \$2849

### The Seine River

Featuring Paris and Normandy

October 28-November 5, 2016

From \$3059



Flyers available at the Senior Center or call Nyola, 978-692-8608

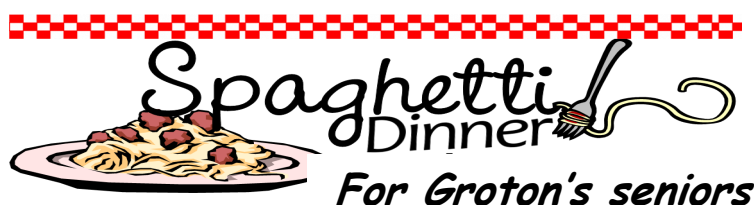
Please register by calling the senior center, 978-448-1170.

# Music Appreciation

Collaboration with Indian Hill Music held at the Groton Senior Center

Four Tuesdays in May  
May 3, 10, 17 and 24  
1pm-2pm

*Come join us to listen, learn and discuss a variety of music styles and genres throughout Music History. This class will be lead by Kara Wetzel, BMEd, MA, MT-BC who is a Music Educator and Music Therapist at Indian Hill Music School. Over the course of 4 weeks, we will cover Medieval, Renaissance, Classical, Romantic, 20th-Century and International Music, exploring composers and their music together. No knowledge of music is required, and all are welcome to learn more about the various styles of music and how to listen and enjoy music on a new level. Please call the senior center to register, 978-448-1170.*



**Delizioso!**

The Groton Fire Department is treating Groton Seniors to a fabulous dinner!  
Spaghetti & meatballs for all!



**Wednesday, May 11**

**4:00pm**

**at the Fire Station**

Please call the senior center to register by  
Friday, May 6

## Take a Walk



Open to all adults  
Tuesdays and Thursdays  
10:30am—11:30am

**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!

## Groton Senior Golf League



Open to "55 and over" men and women who enjoy a fun and casual get-together every Tuesday morning, from May to October.

Play 9 holes of golf  
Cookout lunch every other week

We have a very wide range of abilities (9 hole handicaps from 5 to 34), but we are not a first-time golfer league. We can establish a beginning handicap for anyone who has played and scored at least five 9-hole rounds of golf.

For more information please contact:

Jane Barrett  
978-448-6594 or  
508-254-3392  
[jhbarrett@aol.com](mailto:jhbarrett@aol.com)  
Our website:  
[grotonseniorgolfleague.org](http://grotonseniorgolfleague.org)

