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

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.
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:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Maximum Income Level (Per Year)</th>
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<tbody>
<tr>
<td>1</td>
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Applications are available at the Senior Center. If you need help applying, we’d be happy to help you.

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.

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.
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

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.

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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**April 2016**

**Monday, April 4th**
- **9:30**: Board Meeting
- **10:00**: Painting Club
- **10:00**: Writing Creatively
- **10:00**: Take a Walk
- **10:30**: Hand & Foot
- **12:30**: Mahjong

**Tuesday, April 5th**
- **9:00**: Book Club
- **10:00**: Strength Training
- **12:00**: Pizza & Movie “Spotlight”

**Wednesday, April 6th**
- **9:00**: Yoga
- **10:00**: Veteran’s Breakfast
- **10:30**: Take a Walk
- **10:30**: Line Dancing
- **12:30**: Hand & Foot
- **1:00**: Tai Chi
- **1:00**: Police Academy

**Thursday, April 7th**
- **9:00**: Yoga
- **10:00**: Take a Walk
- **10:00**: Line Dancing
- **12:30**: Hand & Foot
- **1:00**: Instructional Tai Chi
- **1:00**: Police Academy
- **6:30**: Music/Brain @ Groton Library

**Friday, April 8th**
- **10:00**: Strength Training
- **10:00**: Groton Swim
- **11:15**: Hearing Screening

**Monday, April 11th**
- **9:30**: Building closed for Patriot’s Day

**Tuesday, April 12th**
- **10:00**: Creative Creations
- **10:00**: Garden Club
- **10:00**: Painting Club
- **10:30**: Take a Walk
- **12:30**: Hand & Foot
- **1:00**: Mahjong
- **10:00**: Peace Is Mural Painting

**Wednesday, April 13th**
- **9:00**: Book Club
- **10:30**: Strength Training
- **12:00**: Firehouse Chili

**Thursday, April 14th**
- **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
- **6:30**: Music/Brain @ Groton Library

**Friday, April 15th**
- **10:00**: Strength Training
- **10:00**: Groton Swim
- **12:30**: Bridge

**Monday, April 18th**
- **9:30**: Music/Brain
- **10:00**: Groton Swim
- **10:30**: Talk with Tom
- **11:30**: Strength Training
- **12:30**: Cribbage
- **1:00**: Coloring
- **7:00**: TOWN MEETING

**Tuesday, April 19th**
- **10:00**: Garden Club
- **10:00**: Painting Club
- **10:00**: Writing Creatively
- **10:30**: Take a Walk
- **12:30**: Hand & Foot
- **1:00**: Mahjong
- **10:00**: Peace Is Mural Painting

**Wednesday, April 20th**
- **10:30**: Strength Training
- **11:30**: Ask the Officer
- **12:00**: Women’s Club Luncheon
- **Speaker: Sandy Hurd “Spring Birds”**

**Thursday, April 21st**
- **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
- **6:30**: Mindfulness @ Groton Library

**Friday, April 22nd**
- **10:00**: Strength Training
- **10:00**: Groton Swim

**Monday, April 25th**
- **9:30**: Music/Brain
- **10:00**: Groton Swim
- **10:30**: Talk with Tom
- **11:30**: Strength Training
- **12:30**: Cribbage
- **1:00**: Coloring
- **7:00**: TOWN MEETING

**Tuesday, April 26th**
- **10:00**: Garden Club
- **10:00**: Painting Club
- **10:00**: Writing Creatively
- **10:30**: Take a Walk
- **12:30**: Hand & Foot
- **1:00**: Mahjong

**Wednesday, April 27th**
- **10:30**: Strength Training
- **12:00**: Nashoba Tech Luncheon
- **Comedian: David Shikes**

**Thursday, April 28th**
- **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

**Friday, April 29th**
- **10:00**: Cultural Excursion to: Worcester Art Museum
- **10:00**: Strength Training
- **10:00**: Groton Swim
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
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
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

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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
2nd 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.

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Please register by calling the center or 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

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Always Available
For more information and to register please call or better yet, stop in and see

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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
**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.

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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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**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 65+ years 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.

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**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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**Intergenerational Mural**

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.

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**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.
> Visiting nurses
> Home health aides
> Rehabilitation therapists
> Medical social workers

Medicare certified. For a referral or evaluation, call 978-287-8300 or 1-888-220-5343.

Nashoba Nursing Service & Hospice
“Your Community, Your Choice Since 1931”
A community partnership
established in 1931 under
the auspices of Nashoba
Associated Boards of Health
Providing Home Health Care, Hospice
and Public Health Services
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(800) 698-3307
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Shirley, MA 01464
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

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

*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

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

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**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*

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**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.

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**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.

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**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
**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.

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**Spaghetti Dinner**

**For Groton’s seniors**

**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

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**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

Our website: grotonseniorgolfleague.org

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**Take a Walk**

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

At the Peter Twomney 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!