



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

May 2016



1-978-448-1170

Our Gratitude Runs Deep

As a native New Yorker town meeting is a anomaly, my fascination for it runs deep. Three years ago I spent my first meeting texting my son (a political junky) every comment and nuance of the evening. I was an immediate addict of this grass roots democracy and would tell everyone in New York about my new experience but always adding the caveat; I love town meeting except maybe if I was the one up front doing the asking. A scary proposition at best! Well, last night was town meeting and I was up front doing the asking and I still love town meeting! A huge thank you to Groton's taxpayers for your support of the COA Building Feasibility Study at the Spring town meeting! We are grateful for your support and ensure we will be pragmatic, transparent and prudent with the funds as we move forward.

So what happens next? Through an RFP (request for proposal) that was issued in January the COA Feasibility Oversight Committee received 9 building study proposals from architects. They were able to take the pool of 9 and bring it to 3 who were offered an opportunity for an interview. After the committee met with these firms (we met with 2 the third was unable to be there) they committee shared the opinion that both firms would do an extraordinary job however one firm stood out due to their experience with senior centers and the company's in-house expertise. Their approach is program driven whereas they will assess the program needs at the senior center and prepare their report based on the needs of Groton's seniors. That assessment will come in part from the census survey, focus groups, present program offerings and professional input from staff. The final report is due August 31 and I will keep you apprised of anything new as we go forward.

I look forward to the next few months and to be on this journey with everyone! Please always feel free to contact me with any questions.

Kathy

Music Appreciation

Sponsored by the Massachusetts Office of Elder Affairs

Tuesdays, 17 and 24
1pm-2:30pm
Cost: none

Please note time
and date changes

Come join us to listen, learn and discuss a variety of music styles and genres throughout Music History. 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.

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.

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Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

THE CATHOLIC HEART WORK CAMP IS COMING TO GROTON JUNE 20TH - JUNE 23RD

The Catholic Heart Work Camp (CHWC) is an amazing organization!!! Adult counselors and youth campers (16+ years old) spend 4 days in Groton serving senior residents in need by helping them maintain their homes.

They will do yard work, painting, repairs, clean out attics and basements, wash windows, and much, much more. Please keep in mind that they can not work on roofs or do work higher than the 2nd floor.

They love to build things such as ramps, decks, and sheds. Home owners must have proper building permits **prior** to CHWC's arrival.

Please keep in mind that all work requests must be at least 1 full day of work (8:30am - 3:00pm).

Home owners are responsible for providing all of the materials (please have the materials by June 19). The CHWC will provide all the labor for free!!!

Applications are available at the Senior Center. The must be completed and returned to me no later than May 26.

Stacey



CPR Training

Thursday, May 19

1pm-3pm

\$5 per person

Groton Central Fire Station
for Groton Senior Citizen's

The ability to perform CPR and to know how to use an automatic external defibrillator can make a lifesaving difference when someone suffers a cardiac or breathing emergency. Groton EMT's Susan Daley and Tyler Shute will provide excellent training with real life experiences. You will be CPR certified at the conclusion of this class.

**Please call the senior center to register,
978-448-1170.**



Prescription Advantage can Help!!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!** . **Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple **OR**

Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is no income limit**. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org.

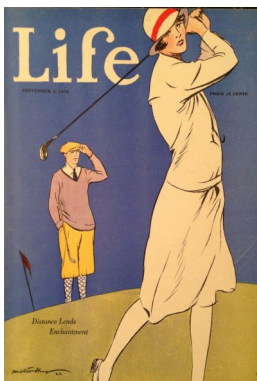
If you need to speak to our SHINE counselor, please call the senior center, and we will put you in touch with her.

Talk with Tom

**Discussion Group with Tom Hartnett
May 23**

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.



Groton Women's Club Luncheon
Sponsored by the Groton Trust Program
and Lecture Fund, the Groton Women's
Club & Donelan's of Groton

Gay 90's Celebration
Held at the Groton Country Club

Wednesday, May 18 12:00PM

We invite everyone to come out and celebrate the lives of Groton residents turning 90 in 2016! Following a lunch of rotini salad, chicken salad and birthday cake, we will enjoy

"Memories in Music", great songs from the era of the Greatest Generation. Songs like "Sentimental Journey", "As Time Goes By", and "Swinging on a Star" just to name a few. Also a sing-along with classics such as "Beautiful Dreamer", "Let Me Call You Sweetheart", "Moonlight Bay" and many more beloved songs. In addition to the music, the show includes humorous stories about Brian's family and lots of anecdotes about growing up as one of fifteen children!

*Please register by calling the senior center,
978-448-1170 by Friday, May 13.*

Police Picnic

Wednesday, June 8 11:00am



*Held at the Groton Pool and Golf Center!
There will be a shuttle available from the
parking lot to the building*

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad, a gift bag for everyone and music by Groton's own John Murphy! A big thank you to Groton's Police Department for a much anticipated day.

Please call the senior center to register by Friday, June 3

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

Special Events

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

Veteran's Breakfast

Thursday, May 5 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.

Guest Speaker:

*Donald Ball,
Massachusetts Vietnam Memorial, Worcester.
Please call 978-448-1170 to register.*

Nashoba Tech Catered luncheon

Thursday, May 26 12:00pm

Menu:

Broiled Salmon Dijonnaise or
Chicken Piccata

Entertainment:

Groton's own Richard Sawyer
on the piano!



On a Thursday



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

Groton Senior Center Activities

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Board Meeting 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	3 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	4 10:30 Strength Training 12:00 Pizza & Movie "Brooklyn"	5 9:00 Yoga 10:00 Veteran's Breakfast 10:30 1:00 Police Academy	6 VAN DW Highway 10:00 Mother's Day Breakfast 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
9 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	10 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Focus on Footcare 12:30 Hand & Foot 1:00 Mahjong 12:15 Police Academy	11 9:00 Book Club 10:30 Strength Training 4:00 Spaghetti Dinner @ Fire Station	12 9:00 Yoga 10:30 Ask the Nurse 10:30 Take a Walk 10:30 Line Dancing 12:00 Nashoba Tech Lunch Entertainment: Dick Sawyer 12:30 Hand & Foot Tai-Chi	13 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
16 9:30 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	17 10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	18 10:30 Strength Training 11:30 Ask the Officer 12:00 Women's Club Luncheon Gay 90's Entertainment: Brian Corcoran	19 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Tai Chi 1:00 CPR	20 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
23 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	24 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Music Appreciation 1:00 Mahjong	25 10:30 Strength Training	26 9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Tai Chi	27 VAN Christmas Tree Shop Plaza 10:00 Strength Training 10:00 Groton Swim
Memorial Day 30 	31 10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong			

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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
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
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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
<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	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm

Mother's Day Breakfast

Friday, May 6 10:00am

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures! Please make your reservation by Thursday, May 5

Ask the Nurse

2nd Thursday of each month

May 12 11:30am

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

May 13

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.

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

Art Matters

Wednesday, June 22 10:30am

Georgia O'Keeffe

We Bring the Museum to You

On the front lines in the conflict between realism and abstraction was a woman. Georgia O'Keeffe was a woman who was able to influence even the male dominated Avant



garde culture of New York City in the beginnings of the "Modern Century". Join us for a look at her art, her own conflicts, and her solutions in a fertile era of great cultural change.

A typical presentation comprises 35 - 50 fine art reproductions, displayed in the salon style, thereby encouraging comparison, discussion and reflection. Only oversized prints are used and can be viewed up close and personally.

Call the COA to register, 978-448-1170.

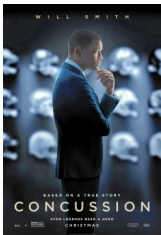
Pizza and a Flick

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

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.



Wed, June 1 12:00pm

"Concussion"

In Pittsburgh, accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play.

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

Creative Creations

Please register by calling the senior center
Sponsored by Nashoba Realty

Tuesday, May 10

Humming Bird Feeders

Cost: \$10

We take a wine bottle, some cooper wire and glass beads and create a unique place your hummingbirds to stop for a drink!

Tuesday May 31 and June 14

10:30am

Primitive Flag

Cost: \$5 (for both weeks)

This primitive flag is made of wood and fabric to create a celebratory display for your door or wall.

To give your paint time to dry this will be a 2 week class.

AND also on May 31

Tea Cup Soap dishes

Cost: None

This quick creation will add elegance to your night stand or bathroom counter.

Day Trips with Jay Darrin

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 Cambridge Side Galleria to find a spot for lunch, shop or people watch.

On sale

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

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
The mall, Savers, BJ's, Trader Joe's back to Mall

2nd Friday: Shopping in Lunenburg: Wal-Mart

3rd Friday: Westford Market Basket Plaza (afternoon)

4th 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

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

Memory Cafe

Thursday, May 26
4th Thursday of each month
10:00am-12:00pm



Come join us for coffee and conversation in a welcoming place for individuals and families living with memory changes. There will be a monthly guest artist who will lead music, art or other activities. (A care partner must accompany guests who require personal care assistance) This program is run by Cooperative Elder Services, Inc. made possible through a grant received from *Middlesex Savings Charitable Foundation*



Bask in Beethoven

with the Groton Senior Center

Call to register : 978-448-1170

Learn about Beethoven, his life and his music and then join us for a su-
afternoon at Tanglewood for his 9th Symphony.

Wednesday, August 10 10:00am

Immortal Beloved

Immortal Beloved is a 1994 film about the life of composer Ludwig van Beethoven (played by Gary Oldman). The story follows Beethoven's secretary and first biographer Anton Schindler (Jeroen Krabbé) as he attempts to ascertain the true identity of the *Unsterbliche Geliebte* (Immortal Beloved) addressed in three letters found in the late composer's private papers. Schindler journeys throughout the Austrian Empire interviewing women who might be potential candidates as well as through Beethoven's own tumultuous life.

Wednesday, August 17 10:00am

From the BBC Great Composer Series : Beethoven

For many people, musicians and laymen alike, Beethoven is the most admired composer in the history of Western classical music - not only because of the intellectual rigour of his music, but also its expressive power. Beethoven's struggle to resist being defeated by his deafness has a parallel in his music. This program explores all aspects of Beethoven's life, the music and the man, his views on life, politics and the French Revolution. Contributors include conductors Nikolaus Harnoncourt and Michael Tilson Thomas, pianist Vladimir Ashkenazy, violinist Peter Cropper from The Lindsays, musicologist Charles Rosen and many more!

Wednesday, August 24, July 20 10:00am

Dissecting the Symphony

Tanglewood

Boston Symphony Orchestra

Beethoven's 9th Symphony

Sponsored by Friends of the Groton Elders

Sunday August 28

Cost: \$77 for seniors \$102 for non seniors

Includes: transportation, ticket, dinner and drivers gratuity

We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. While in transit Groton resident and previous symphony chorus member (has sung Beethoven's 9th many times with the chorus) John Murphy will share the history of Tanglewood then once we arrive you will have a few hours to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner at Michaels in Stockbridge and then make our way home arriving back in Groton approximately 9:00pm.

Reservations are accepted until we are at maximum capacity or July 13 with a minimum deposit of \$35.

Due to our deadline with BSO, final payment must be received by July 13.

This program is open to all.

JOY OF LIVING

Meditation Group

7:00 PM Thursdays
at the senior center

Each session includes a video teaching with clear instructions on the basics of meditation practice, guidelines for daily practice, advice for bringing mindfulness into your everyday life, and questions to reflect upon throughout the week.

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

Father's Day BBQ

Wednesday, June 15 12:00pm

Cost: none

Open to all men, fathers and non-fathers. Join us and celebrate the special bond of fathers and their children. Please join us if you were a father and/or had a father!

Entertainment by local singer John Murphy. Please make your reservation by Tuesday, June 14.

Groton Public Library
Open to All

Lecture Series: Islam in America at the Groton Public Library

Please register with the library

Shua Khan Arshad will lead 3 timely lectures in May. Ms. Arshad is a practitioner and advocate for intercultural and interfaith education, dialogue, and awareness. She has taught and coached in various capacities and disciplines over a span of 15 years in Saudi Arabia, Pakistan, and the United States.

Tues, May 10, 7-8:30 pm

Thurs, May 12, 7-8:30 pm

Thurs, May 26, 7-8:30 pm

**Commonalities Among Jews, Christians, and Muslims.
Understanding Islam.**

Watch & Discuss: *Muslim Americans: Fact vs. Fiction.*

Health and Wellness

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



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.

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.

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 for some chatting and walking!

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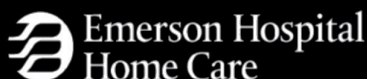
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