This is the first in a series of articles on senior centers; why we have them, how they have evolved and where they going.

The Philosophy of Senior Centers

The fundamental philosophy of senior centers is conceptually the same among centers across the country however the path to fulfilling this philosophy varies from each program as a senior center will reflect the needs of the constituents they serve. The National Institute of Senior Centers’ philosophy, which is the root of the mission of all senior centers, is as follows:

“A senior center seeks to create an atmosphere that acknowledges the value of human life, individually and collectively, and affirms the dignity and self-worth of the older adult. The atmosphere provides for the reaffirmation of creative potential, the power of decision making, the skill of coping and defending, the warmth of caring, sharing, giving and supporting. The uniqueness of the senior center stems from its total concern for older people and its concern for the total older person. In an atmosphere of wellness, it develops strengths and encourages independence, while building interdependence and supporting unavoidable dependencies. It works with older persons, not for them, enabling and facilitating their decisions and actions, and in so doing creates and supports a sense of community that further enables older persons to continue their involvement with and contribution to the larger community.

The philosophy of the senior-centered movement is based on the premises that aging is a normal developmental process; that human beings need people with whom they can interact and who are available as a source of encouragement and support; and that adults have the right to have a voice in determining matters in which they have a vital interest.” (National Institute of Senior Centers, 1978)

The mission of the Groton Council on Aging complements the National Institute of Senior Centers’ philosophy and guides our daily decisions in programs and outreach. It directs our goals and future planning enabling staff to remain focused on the needs of the people we serve.

Next month: The development of senior centers.

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
Outreach Corner
Stacey Shepard Jones, Outreach Coordinator

MA PRESCRIPTION ADVANTAGE PROGRAM (SPAP)

Prescription Advantage (MA State Pharmaceutical Assistance Program) is a state run program that helps many seniors pay for prescription drugs. For those individuals on Medicare, Prescription Advantage will help them with the cost of their Part D drug coverage. You are eligible if a MA senior resident on Medicare and your income does not exceed:

Single  $35,641 - $59,400 (if income is less than $35,641, there is no charge)

Married $48,061 - $80,100 (if income is less than $48,061, there is no charge)

If you would like to learn more or apply, please call Prescription Advantage’s toll free number at (800) 243-4636.

NEWS FROM SHINE FOR JUNE 2016

Staying Healthy with No Cost Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:
- Colorectal cancer screening (colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or call the Senior Center and we will put you in touch with our SHINE counselor.

FARMERS’ MARKET COUPONS COMING IN JULY

If you are a Groton senior single resident that has a monthly income of $1,815 or less, or as couple a monthly income of $2,456 or less, you qualify for Farmers’ Market Coupons. Please call and have your name put on a list to receive them. We receive 25 of them, and it’s on a first come first serve basis. The coupons usually arrive in mid-July. If you have any questions, please give us a call or stop in.

Free Help with MASS Health Application for In-Home Care Placement in Long-term Care Facility

Treading the waters of long term care can be difficult and confusing and is often done in a highly emotional state.

Gina Cronin a paralegal with attorney Nancy Catalini Chew, will be available to help you complete the Mass Health application will and guide you through the application process.

Please call the senior center, 978-448-1170, to schedule your appointment.

***Gina is not a lawyer and cannot offer legal advice

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.
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<tr>
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<td>10:00</td>
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<td>11:00</td>
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<td>Writing Creatively</td>
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<td>1:00</td>
<td>Coffee &amp; Coloring</td>
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<td>1:00 Hand &amp; Foot</td>
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**June 2016**

10:30 Strength Training

**TUESDAY**

12:00 Pizza & Movie

"Concussion"

**WEDNESDAY**

11:00 Police Picnic

**THURSDAY**

9:00 Yoga

10:30 Take a Walk

10:30 Line Dancing

12:30 Hand & Foot

1:00 Tai Chi

**FRIDAY**

VAN DW Highway

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge

No Van Service today

10:00 Groton Swim

10:30 Talk with Tom

11:30 Strength Training

12:30 Cribbage

1:00 Coffee & Coloring

No Van Service today

10:00 Garden Club

10:00 Painting Club

10:00 Writing Creatively

10:30 Take a Walk

12:30 Hand & Foot

1:00 Mahjong

12:00 Movie:

"Room"

*With hotdogs and pasta salad $3*

4th of July BBQ at noon

**VAN Christmas Tree Shop Plaza**

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge

**VAN Walmart**

10:00 Strength Training

10:00 Groton Swim

11:15 Hearing Screening

**VAN Market Basket**

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge

**VAN Westford Market Basket**

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge

**VAN Westford Market Basket**

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge

**VAN Christmas Tree Shop Plaza**

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge

**VAN Christmas Tree Shop Plaza**

10:00 Strength Training

10:00 Groton Swim

12:30 Bridge
**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.

**Celebrate the 4th**  
Friday, July 1  12:00 PM  
Cost: $5.00  
Endicott, NY comes to Groton in a chicken “Spiedie”. Kathy will BBQ her hometown favorite cuisine for the seniors of Groton. They are grilled and eaten on buttered Italian bread—YUM! After lunch we will be entertained by Debbie Thompson and Bob Wright and their band, Back to the Garden. Please make your reservations by Wednesday, June 29.

**COA Garden Club**  
**Tuesdays, 10:00am**  
Attendance at all meetings is not necessary, join us anytime for as much time as you can give.

You’ve seen what we did last year! Just think what we could do with you joining us!

We invite everyone with an interest, desire, and or experience in gardening to join us in the planning process.

Come be part of our growth. We’d love to have you join us!

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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
- 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
**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.*

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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, June 1 12:00pm  
**“Concussion”**  
*Rated PG13*

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.

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**Wed, July 6 12:00pm**  
**“Lady in the Van”**  
*Rated PG13*

Alan Bennett’s story is based on the true story of Miss Shepherd (played by a magnificent Maggie Smith), a woman of uncertain origins who “temporarily” parked her van in Bennett’s London driveway and proceeded to live there for 15 years. What begins as a begrudged favor becomes a relationship that will change both their lives. Filmed on the street and in the house where Bennett and Miss Shepherd lived all those years.

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**Creative Creations**  
*Please register by calling the senior center*  
**Sponsored by Nashoba Realty**

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.

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**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 now.

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**Movie and a Dog**  
*“Room”*

**Wednesday, June 29 12pm**  
Cost:$3

Grilled hotdogs with pasta salad then we’ll watch **“Room”**

Both highly suspenseful and deeply emotional, ROOM is a unique and touching exploration of the boundless love between a mother and her child. After his escape from the enclosed surroundings that 5-year old Jack has known his entire life, he experiences all the joy, excitement, and fear that this new adventure brings. He holds tight to the one thing that matters most of all--his bond with his mother.  
*Please call the senior center for reservations.*
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.**

Cultural Excursion

**Massachusetts Vietnam Memorial**
Worcester, MA
Friday, July 29
9:00am

Cost: Please consider a donation to the memorial

We will experience a guided tour by a Vietnam Veteran of the 4-acre memorial. It is a place to provide a dignified, quiet, natural location for reflection and learning. The Memorial is designed in three sections; the PLACE OF FLAGS, PLACE OF WORDS and PLACE OF NAMES. The PLACE OF WORDS shows text from letters written home by some of the Soldiers, Sailors, Airmen and Marines who died in Vietnam. The PLACE OF NAMES proclaims in stone the name of each and every Massachusetts resident who died in combat or as a result of wounds received while in action in Vietnam.

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

Memory Cafe

Thursday, June 23
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
Learn about Beethoven, his life and his music and then join us for a superb 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. The story follows Beethoven's secretary and first biographer Anton Schindler 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.

Wednesday, August 17  10:00am

**From the BBC Great Composer Series : Beethoven**

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,  10:00am

**Dissecting the 9th Symphony**

John Murphy, retired Lowell Music Director will cover the musical components of this symphony.

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*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.
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.

**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
Call the senior center to register.

**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!

**Hearing Screenings**
**June 10**
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.

**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.

**Focus on Footcare**
**June 14**
**July 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

**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