



# 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

September 2016



1-978-448-1170

## Feasibility Study Update

At the Spring Town Meeting the community generously supported the Council on Aging's request to hire an architect to conduct a Building Feasibility Study. The study's goal was to evaluate three potential town owned sites for use as a senior center; the Prescott School, the country club, and the current senior center site. Over 10 architectural firms submitted proposals, which resulted in the COA Feasibility Committee inviting three potential firms for interviews. The successful candidate, Reinhardt and Associates of Agawam, MA have produced impartial, thoughtful and detailed reports. The first step in the process was to meet with members of the committee and COA staff to understand the programmatic needs of Groton seniors while conducting parallel building studies on the three town owned sites. The studies compared and ranked each site using the same metrics; site location, land, zoning/regulatory, environmental, utilities, building/architectural and building/mechanical/electric/plumbing. These metrics were then evaluated based on the needs of the seniors and a center that meets the needs of today's seniors and in the future.

As of this writing the final report is not complete however considering all the metrics, preliminary results indicate the current senior center site is the most advantageous for the town. The Oversight Committee has voted to eliminate the Prescott School as a potential site and is collecting additional data on the country club to complete the study. Currently, Reinhardt and Associates will focus on the potential pros and cons of building new on the current site or renovating/expanding the current building. The detailed **Site and Building Evaluation Report** is available at the senior center or the Town Manager's office.

A final report is expected by the end of August and will be made available on-line. We are confident that this process has fulfilled our high expectations for a professional and thorough analysis of our goals that will address all questions and concerns. Please, as always, feel free to contact me with any questions.

*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  
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### Maintenance

Tryna Walsh

### Van Driver

Alan Sinclair  
Marcel Falardeau

### Selectmen Liaison

Peter Cunningham

### Senior Liaison

Police Officer  
Kevin Henehan

## COA Board of Directors

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Open

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Jean Sheedy  
Helen Sienkiewicz  
Vera Strickland  
Eddie Wenzell

## 9/11 Memorial

### First Responder's Recognition Luncheon

*Held at the fire station*

**Friday, September 9 12:00pm Cost: None**

lunch provided through the generosity of Groton residents

Ebi and Desiree Masalehdan

Music provided by John Murphy

This program is also made possible through the generous donation of Massachusetts State Senator Eileen Donoghue

*On the solemn anniversary of 9/11, please join us at the fire station, as we honor Groton's First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated.*

**Please call the senior center for your reservation  
by Tues, 9/6.**



Register by calling  
the senior center,  
978-448-1170

# Health Workshops

with Charles Smigelski

Register by calling  
the senior center,  
978-448-1170

This program is made possible through the support of  
Massachusetts Office of Elders Affairs and Groton Trust Program and Lecture Fund

Charlie Smigelski is a well-known nutrition counselor, writer and speaker in Boston, with an office in Groton. He was a dietitian at the Harvard University student-faculty health service for 14 years. He also spent a number of years at the Fenway Health and The Framingham Heart Study. He was also visiting faculty for Bristol Myers Squibb, and Abbot Labs. He has a special interest in diet and immune function: plus nutrition for coping with chronic conditions, like MS, rheumatoid arthritis, Crohn's disease, and ulcerative

## WORKSHOP #1

### Documentary and conversation



### *The* **CONNECTION**

Mind your body.

October 4, 1:00pm at the senior center  
or

October 5, 7:00pm at the library

After being diagnosed with an autoimmune disease, journalist filmmaker Shannon Harvey traveled the world in search of the missing link in healthcare. From interviewing world leading scientists to meeting people with remarkable stories of recovery from severe back pain, heart disease, infertility, cancer and multiple sclerosis, this documentary delves into the link between our bodies and mind. After the documentary join us in a conversation about the mind/body connection led by Charlie.

## WORKSHOP #3

### Acid Reflux - GERD

October 18, 1:00pm at the senior center  
or

October 19, 7:00pm at the library

You take medicines to manage infections, manage blood pressure, manage acid reflux, manage diabetes, etc. What do you take to actually repair better, so things get fixed? Medicine has side effects, but food has direct effects. It can restore you. This talk provides practical advice for smart breakfast, lunch and dinner meals. Good nutrition and great eating aren't supposed to be a major hassle. So improving stomach and intestine health is the goal, not taking meds for years. Come learn how to pamper your gut and make happy intestine cells. Improve stomach valve function too. If your intestines aren't happy, this affects your lungs, liver, your brain and even your mood.

## WORKSHOP #2

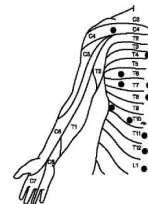
### Energy Healing Using Tong Ren

October 11, 1:00pm at the senior center  
or

October 12, 7:00pm at the library

In Eastern medicine, the flow of Chi, a subtle bioelectrical current, is a key component of the healing the body. Tai Chi, Chi gung, and acupuncture get Chi moving. Tong Ren is a new method for doing this.

Many people are finding this healing energy works to reduce chronic pain of arthritis, or improve nerve function in multiple sclerosis and ALS. Those with migraines, fibromyalgia and Parkinson's disease feel better too. People with advanced cancers are also getting benefit, as are people with diabetes and anxiety or depression. There are no hopeless cases.



## WORKSHOP #4

### Diabetes Diet Update

October 25, 1:00pm at the senior center  
or

October 26, 7:00pm at the library

The term "**diabetes**" literally means sugar trapped in the blood, not moving into cells. It is a descriptive term. In **Type 1** diabetes, "juvenile onset", something has happened in the pancreas, and there is suddenly no insulin produced, to do the job of directing sugar into cells. There is also **Type 2** diabetes, "adult onset". In Type 2, there is generally plenty of insulin, but Insulin's "move sugar" message is not getting through to cells. Either the insulin message is being ignored, or actually "resisted" or it is simply not talking to muscle and other cells well enough.

Smart diet is still far stronger for managing blood sugar than any medicine is. Eating well need not be a major hassle. Cave men were nourished, without stoves and refrigerators. So no excuses for you. Now, what do you need to know to be a 21<sup>st</sup> century Hunter and Gatherer?

## Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

### LOAVES & FISHES, DEVENS, MA

If you are a resident of Groton, Loaves & Fishes can help! Loaves & Fishes is a free-choice pantry with no income requirements. All new clients must meet with the Client Advocate and bring a current utility bill to prove residency.

Each visit to the Pantry you will receive \$150 to \$250 worth of groceries, depending on family size, to reduce your monthly food expenses. Clients may shop at the pantry twice a month.

Pantry hours are:

Wednesdays & Fridays 9:45am—12:30pm

1st & 3rd Saturdays 9:00am—11:00am

2nd Tuesday 6:00pm—8:00pm

Clients who arrive 30 minutes before the end of the session will receive pre-packaged groceries.

If the weather is questionable, please call Loaves & Fishes @ 978-772-4627 to ensure they are open.



Thursday, September 22  
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*

## NEWS FROM SHINE FOR SEPTEMBER 2016



### Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2017** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Stacey at the senior center, 978-448-1170, and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at [shinema.org](http://shinema.org)

### CENTRAL MASS SHINE WEBSITE

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

### **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 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



# Groton Senior Center Activities

# September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00 Yoga 10:00 <i>Veterans Breakfast</i> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	<b>2</b> VAN DW Highway 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
	<b>6</b> 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	<b>7</b> 10:00 Strength Training 	<b>8</b> 9:00 Yoga 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	<b>9</b> VAN Walmart 10:00 Strength Training 12:00 <i>Honoring First Responders</i> 12:00 Groton Swim 11:15 Hearing Screening
<b>12</b> 				
<b>12</b>  <i>Lighthouse Trip</i> 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	<b>13</b> 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 <i>Focus on Footcare</i> 12:30 Hand & Foot 1:00 Mahjong	<b>14</b> 9:00 Book Club 10:00 Strength Training 12:00 <i>Nashoba Tech Luncheon Speaker: Birds of Prey</i>	<b>15</b> 9:00 Yoga 10:30 <i>Nutrition Talk: Sodium</i> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	<b>16</b> VAN Westford Market Basket 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge 6:00 <i>Drive-In Bash How to Stuff a Wild Bikini</i>
<b>19</b> 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	<b>20</b> 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	<b>21</b> 10:00 Strength Training 12:00 <i>Women's Club Luncheon Entertainment: "Music Through the Decades"</i>	<b>22</b> 9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	<b>23</b> VAN Christmas Tree Shop Plaza 10:00 Strength Training 12:00 Groton Swim
<b>26</b> 10:00 Strength Training 10:30 Talk with Tom 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	<b>27</b> 10:00 <i>Creative Creations</i> 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	<b>28</b> 10:00 Strength Training 12:00 <i>Pizza &amp; Movie: "Hello, My Name is Doris"</i>	<b>29</b> 9:00 Yoga 10:30 <i>Gluten Free</i> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	<b>30</b> 10:00 Strength Training 12:00 Groton Swim 10:30 <i>"Give Em Hell Harry!" By Gary Highlander</i>

## Always Available

For more information and to register  
please call or better yet, stop in and see us!

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
<i>with Entertainment</i>	
<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

# "Give Em Hell Harry!"

## The Truman Presidential Campaign

Friday, September 30  
10:30am



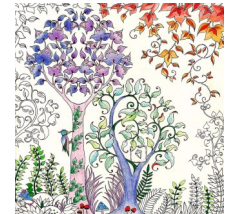
With this year being a presidential election year, let's revisit one of the most exciting elections in American history. The 1948 "whistle-stop" election was the first presidential election after the war and the first since Roosevelt's death. The election of 1948 still commands the imagination of the nation. A feisty Truman ran and won a fabled upset victory over Governor Thomas Dewey.

This program is present by Dr. Gary Hylander.

*Dr. Hylander earned his PhD at Boston College and is currently an independent scholar who specializes as a presidential historian.*

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

## Coloring Coffee Conversation



**Every Monday 1-3pm**

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.

## Talk with Tom

### Discussion Group with Tom Hartnett September 26

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.

## Navigating Gluten-Free Living

Thursday, November 12 10:30am

Presented by:

Sara Schwarz, MS, RD, LDN,  
registered dietitian and the clinical nutrition manager  
**Nashoba Valley Medical Center**

Gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale. Gluten causes inflammation in



the small intestines of people with celiac disease.

Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications. Initially, following a gluten-free diet may be frustrating. But with time, patience and creativity, you'll find there are many foods that you already eat that are gluten-free and you will find substitutes for gluten-containing foods that you can enjoy.

## Pizza and a Flick

This program is made possible through the generous donation of Ebi and Desiree Masalehdan

Wed, September 28 12:00pm

**"Hello My Name is Doris"**

**Rated R for language**

Comedy starring Sally Fields. When Doris Miller meets the much younger John Fremont, her company's hip new art director, sparks fly—at least for Doris. When Doris begins showing up at John's regular haunts her new life brings Doris a thrilling perspective, but also creates a rift between her and her longtime friends and family, who believe she's making a fool of herself over a guy half her age. Eager for all the experiences she has missed out on, Doris throws caution to the wind and follows her heart for the very first time.

Wed, October 5 12:00pm

**"Suffragette"**



In this galvanizing feminist drama, a working-class laundress (Carey Mulligan) in 19th century London becomes radicalized when she meets a brave cadre of women organizing to obtain the vote.

## Special Events

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



## Veteran's Breakfast

Thursday, September 1

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.

## Groton Women's Club Sponsored luncheon

Wed, September 21

12:00pm



A fabulous lunch of Curried Chicken Salad, broccoli salad and roll complete with a brownie and ice cream will start our program followed by **"Music Through the Decades"** commissioned by Norman Rockwell Museum. You will learn how the last hundred-plus years of American and world history have influenced the great American Popular Song Book. Using keyboard, trumpet, and vocals the music of George M.Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and others will be brought to life with historical significance.

## Nashoba Tech Catered Luncheon

Wed, September 14

12:00pm

**Cost: \$10**

**(with optional tip)**



### Program:

Birds of Prey

WINGMASTERS is a partnership of two people dedicated to increasing public understanding and appreciation of North American birds of prey. Julie Anne Collier and Jim Parks are both licensed raptor rehabilitators based in Massachusetts. This program incorporates live birds of prey and may include; eagles, hawks, owls and falcons.

### Menu:

Braised Beef Medallions or Seafood Casserole  
Please make your reservation by Fri., 9/9



# our SENIOR CENTER

The Online Directory of Senior Centers

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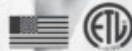
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Groton Council on Aging, Groton, MA 06-5100

## 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 **10:00am** and with the last trip completed by **2:00pm**

**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.**

## Creative Creations

Please register by calling the senior center  
Samples on display at the senior center

Tuesday, September 27  
**10:00am**

### **Eclectic Wind Chimes**

Cost: \$5

Copper Wiring and re-claimed items will make this unusual wind chime. Donna will lead this class.

Tuesday, October 25  
**10:00am**

### **Alcohol Ink on Tiles**

Cost: \$5

Express your creativity through the use of alcohol ink on tiles, you can simply "play" with the medium and get amazing effects. You don't have to be an artist to get fabulous results! Learn the techniques that are easy to do on your own. Kathy #1 will lead this class.

## Guided Lighthouse Tour

**Monday, September 12**

**Cost: \$95 pp for seniors**  
**\$120 for non seniors**

Depart the senior center at 7:45 and return 9:30pm

Includes:

Guided Tours:

Portland Light

Nubble Light

Portsmouth Harbor Light

2 hours free time Old Portland

Dinner at Warren Lobster,

Kittery

Coach Bus Transportation



Not included:

Lunch is on your own in

Portland

Drivers Gratuity

**Registrations opens July 1**

\$50 deposit required

payment in full due August 19

Checks payable to Town of Groton

Refunds given prior to August 19

unless we can fill your seat.

All welcome regardless of residency.



## 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.

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### 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.

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### Take a Walk

**Please call the senior center to register**



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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### Ask the Nurse

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

**September 8 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*

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### Groton Senior Swim

Open swim available

**During the school year  
The Groton School pool.**

Mon and Fri 10-11AM Cost: none

Please register at the senior center prior to participation.



## 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.

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### Focus on Footcare

**September 13**

**October 11**

**Appointments beginning at 10am**

During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage.

Each appointment is \$30

Provider:

Sarah Kinghorn: BSN RN CFCN

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### 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



### Hearing Screenings

**No screenings in September**

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.

## Veterans Wall of Honor



We at the Council on Aging in Groton are proud of our veterans and would like to add to our **Wall of Honor** here at the center.

We are asking you to share stories and pictures from your time of service. Anything and all you would like to share. Please drop them off at the center or email them to us at [gcoa@townofgroton.org](mailto:gcoa@townofgroton.org) and be part of our Veterans Wall of Honor.

*If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.*

## Nutrition with Christin



**Thursday, September 15  
10:30am**

Join in the discussion about sodium with Christin Saucier, Registered Dietician from Montachusett Opportunity Council. She'll be reviewing current sodium recommendations and MOC's menu, creating a "do-it-yourself" salt free seasoning, as well as offering free blood pressure screening.

## Day Trips with Jay

**Registration for both trips:  
September 1 for residents  
September 15 for non-residents**

### Gloucester's Beauport by the Sea

Friday, October 7 8:30am-4:30pm

Cost \$53 includes guided tour and lunch

Our tour of the seaside mansion will enter a maze of rooms decorated like stage sets evoking America's past. We'll explore a bright apple green bedroom, an early American kitchen, a breathtaking green and white dining room overlooking Gloucester Harbor, a round book tower built around quirky wooden curtains. Beauport was the summer home of Henry Sleeper, America's first professional interior designer.

Following our tour we'll head to **Lobsta Land** for lunch.

### Peabody Essex Museum

Thursday, November 3 9:00am-3:00pm

Cost \$49 includes tour and lunch

During our guided Highlights Tour we will discover outstanding artistic and cultural creativity from all over the world. One of the oldest museums in the country, PEM is home to objects from around the globe that show the multilayered and interconnected world of creative expression.

We'll take a break for lunch at Red's before returning to the museum for some free time. Current exhibits include American Impressionist Childe Hassam and the Isles of Shoals.

## End of the season Drive-In BASH!

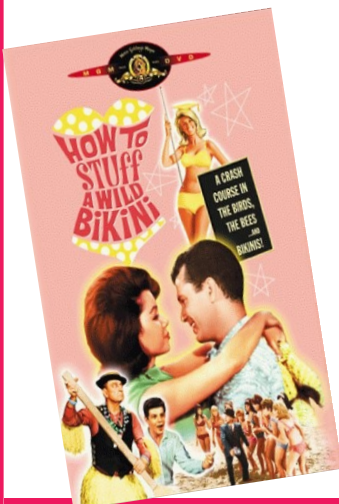
### How To Stuff A Wild Bikini

**Friday, September 16**

**6:00pm BBQ dinner \$5pp to cover food**

**Sausage, peppers and onions, burgers, french fries & ice cream  
movie at dusk outdoors**

Say good-bye to summer in style! BBQ dinner of sausage, peppers and onions then as darkness falls we'll enjoy a classic 1965 beach movie, **How To Stuff A Wild Bikini** with Frankie Avalon. We'll watch the movie on the big outdoor screen loaned to us by the Groton Police Department.



Call 978-448-1170 for your reservation The van is available for transportation.  
Please let us know if you need the van when you make your reservation for the BASH!