



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

December 2016



1-978-448-1170

Program and Space Needs of the Council on Aging Outreach Initiatives

The Council on Aging Building Feasibility Oversight Committee invites you to attend one of the four informational session on the program and space needs, as discussed with the architects, of the senior citizens center. Because building design is based on the programmatic needs of the senior center it was necessary for the architects to understand the program and space needs of our senior center prior to conducting the study.

At the Spring 2016 Town Meeting, the COA received monies for an architectural building feasibility study to assess and ultimately recommend a site that will optimally meet the current and future space and program needs of the town's Senior Center. Using a multi pronged rating scale and analysis we looked at the possible siting of a senior center at one of three locations: the current site, the Prescott School, or the Country Club, it was recommended to keep the center at the existing site.

After the fall Town Meeting, it was decided to conduct further study of the Prescott School as a potential Center site. At the fall meeting, The Feasibility Committee also assured the public that a multi pronged outreach effort is needed to help the public at large better understand the process, the needs, the rationale for a new Center, how the initial study was conducted, and the next steps.

To that end, the four-outreach initiatives will include:

- A Q & A sheet to be included in this year's Town Census Mailer [January 2017]
- A Charrette to be hosted in February 2017
- A Cable community outreach informational presentation
- Four on-site presentations to be hosted at the Center

Please join us at the Senior Center at one of the dates to learn more about this important town-wide initiative on one of the following presentations:

Wednesday, January 11 (snow date 1/25)	6:30pm
Thursday, January 12 (snow date 1/20)	10 am
Saturday, January 14 (snow date 1/21)	10 am
Tuesday, January 17 (snow date 1/19)	1 pm

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.

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MA Equipment Distribution Program

If you have a permanent disability that in the majority of circumstances limits your ability to use the telephone effectively, you may be eligible to receive assistive telephone equipment free of charge or at a reduced rate.

Under the program, equipment is available to individuals with cognitive, hearing, motion, speech or vision impairments.

You must reside in MA and have the use of Verizon residential telephone service.

To receive equipment under this program, your disability must be certified by either the MA Commission for the Blind, the MA Commission for the Deaf and Hard of Hearing, or the MA Rehabilitation Commission.

To learn more about this program and to obtain an application, call the Verizon Center for Customers with Disabilities at 1-800-974-6006 (Voice/TTY).



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.

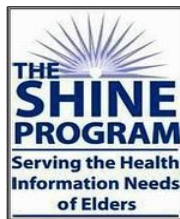
Pantry hours are:

Wednesdays & Fridays	9:45am—12:30pm
1st & 3rd Saturdays	9:00am—11:00am
2nd Tuesday	6:00pm—8:00pm

Council on Aging van services are available for Wednesday pantry hours, call 978-448-1141.

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

NEWS FROM SHINE DECEMBER 2016



The Medicare Open Enrollment is October 15th through December 7th Don't Wait Until It's Too Late!

Make a SHINE Appointment Soon!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call the senior center, 978-448-1170 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

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

Groton Senior Center Activities

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	2 VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
5 9:30 Board Meeting 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	6 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	7 11:00 Strength Training 12:00 <i>Nashoba Tech Luncheon</i> <i>Entertainment: Dick Sawyer On Piano</i>	8 9:00 Yoga 10:00 Veterans Breakfast 10:30 Take a Walk 11:30 <i>Ask the Nurse</i> 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	9 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 11:15 <i>Hearing Screening</i>
12 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	13 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	14 9:30 Book Club 11:00 Strength Training 12:00 <i>Pizza & Movie: "Miracles from Heaven"</i>	15 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	16 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
19 10:00 Groton Swim 10:00 Handel and His Messiah 11:30 Strength Training 12:30 Cribbage 1:00 Coffee	20 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	21 11:00 Strength Training 12:00 <i>Women's Club Luncheon</i> <i>Entertainment: Groton Dunstable Chorus</i>	22 9:00 Yoga 10:00 <i>Memory Cafe</i> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	23 VAN Christmas Tree Shop Plaza 10:00 Strength Training 10:00 Groton Swim
26 	27 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	28 11:00 Strength Training 	29 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	30 10:30 <i>Noon Years Party</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)	9:30am
Strength Training	11:00am
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 & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi	12:30pm
Meditation	7:00pm

Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am



Monday, December 19
10:00am

Handel and His Messiah

Join John Murphy, retired Lowell Schools music director, as he takes us through Handel's life culminating to his most famous work, Handel's Messiah

George Frideric Handel's Messiah was originally an Easter offering. It burst onto the stage of Musick Hall in Dublin on April 13, 1742. The audience swelled to a record 700, as ladies had heeded pleas by management to wear dresses "without Hoops" in order to make "Room for more company." Handel's superstar status was not the only draw; many also came to glimpse the contralto, Susannah Cibber, then embroiled in a scandalous divorce.

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

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.

Trombone Concert at the Groton Public Library

December 14 7-8:30PM

COA van transportation available.

Call the COA to make your reservation, 978-448-1141 by Monday, December 19



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 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.

Pizza and a Flick

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

Wed, December 14 12:00pm

"Miracles from Heaven"

Ana Beam lives with a rare, incurable disorder but then everything changes in an instant when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. Her family and doctors become even more baffled when the young girl begins to show signs of recovering from her fatal condition.



Wed., January 4 12:00PM

"Money Monster"

Rated R for language, some violence
In the real-time, high stakes thriller Money Monster, George Clooney and Julia Roberts star as financial TV host Lee Gates and his producer Patty, who are put in an explosive situation when an irate investor who has lost everything forcefully takes over their studio

Special Events

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



Veteran's Breakfast

**Thursday, December 8
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.

Nashoba Tech Catered Luncheon Wednesday, December 7 12:00pm

Menu: Beef Stroganoff or Baked Haddock

Entertainment: Pianist Dick Sawyer

We will delight in the holiday music of the extraordinary local pianist.

Cost: \$10pp with tip optional
Reservations needed by Fri., Dec. 2



Groton Women's Club sponsored luncheon

Wed, December 21 12:00pm

For lunch we will delight in a holiday meal of sausage, peppers and potato casserole, with a delicious chocolate dessert!

Following lunch
**Groton-Dunstable
High School Chorus**

As tradition has dictated the extraordinary Groton-Dunstable High School Choir will be here to raise our spirits with their holiday program.



Please make your reservation by Fri. 12/16

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

- 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.**

Creative Creations

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

Tuesday, December 27

10:00am

Peal Snowman

Cost: \$10

Using glass frames and discarded pearl jewelry, rhinestones and other items we will create a stunning winter snowman scene.

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.

Beginners

Watercolor Painting

The first Tuesday of the Month

First Class December 6

1pm-2:30pm

Cost: \$5 per class for supplies

Try
something new!
No pressure!
Fun!
No previous
training
necessary!



Every month enjoy great conversation while creating an impressionistic watercolor painting from beginning to end. Landscape scenes will be the focus with suggestions taken from the class.

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

Winter Documentary Series

Join us for a mind stimulating documentary and stay if you'd like for some conversation

Tuesdays, 10:00am

January 10

Keep on Keepin' On

Keep On Keepin' On pitches a genuinely heartwarming tale about positivity in the face of adversity, and the many divides—racial, cultural, generational—that music can help bridge.

January 17

Nine to Ninety

A love story of Phyllis and Joe Sabatin, who at the ages of 89 and 90, live in the home of their daughter when Phyllis makes the difficult decision to move 3,000 miles without Joe to live with another daughter and relieve the stress of her family.

January 24

The Orphan Train

Tens of thousands of neglected and orphaned children who over a 75-year period were uprooted from the city and sent by train to farming communities to start new lives with new families.

January 31

The Human Experience

A collection of stories about and images of our world, offering an immersion to the core of what it means to be human.

Pilot Program

for

Evening Transportation to the Library

Throughout the past months we have been evaluating our transportation services and researching ways to better serve the senior residents of Groton. Throughout this process one of the requests has been for transportation to evening programs at the Library. Through collaboration with the Groton Public Library and the Groton Library Trust we are excited to offer evening transportation to the library on Wednesday evenings as a pilot program beginning in January and running through the end of May. For this pilot program:

The van will run only on Tuesday evenings.

Reservations can be made by calling the Council on Aging van line, 978-448-1141 and must be made by the Friday before the Tuesday program.

The pilot program will run January 3—May 30.

Through the generous sponsorship of the Library Trust there is no charge to the rider.

This program is for Groton residents only.

In May, when the program is complete we will evaluate the ridership and make a determination as to whether to discontinue or to expand the program. We're hoping for expansion!

Noon Year's Eve

Friday, December 30

10:30am Bingo 12pm Lunch

Cost: \$5.00

Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown there will be a party buffet lunch with BINGO for prizes beginning at 10:30am.

Please call the senior center to register by Tuesday, Dec 27



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