Program and Space Needs of the Council on Aging

Throughout the past 18 months the Council on Aging Planning Committee conducted research which included identifying our program needs. The research included; 2015 town-wide needs assessment, 6 focus groups, and site visits to other senior centers. The results of this research is the foundation for discussion with the architects when determining the space needs 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 building feasibility study.

The Council on Aging Building Feasibility Oversight Committee invites you to attend one of the four informational session on the program and space needs, Please join us at the Senior Center at one of the following dates to learn more about this important town-wide initiative at 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

This year, AARP Foundation is again providing free tax assistance, preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program.

**Appointments are available Mondays Feb 6, 13 and 27**
**Mondays, March 6 and 13**
**Appointments will be scheduled at 9am with 90 minute intervals**
Please call the senior center to schedule your appointment, 978-448-1170.

An Intake form will be required prior to your appointment, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival.
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 FOR SHINE JANUARY, 2017

The 2016 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2017 The Tufts Medicare Preferred Plan and Blue Cross/Blue Shield HMO Plans have been designated as 5-star Plans by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans or a Blue Cross/Blue Shield HMO Plan at any time between December 8, 2016 and November 30, 2017. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month. 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.

Home Visits
There are situations that prevent senior residents from coming to the Senior Center. The COA staff understands this, we are more than happy to visit a senior at home to provide service.
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>9:30</td>
<td>Board Meeting 9</td>
<td>10:00</td>
<td>Documentary 10</td>
<td>9:00</td>
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<td>10:00</td>
<td>Groton Swim</td>
<td>10:00</td>
<td>Painting Club</td>
<td>Yoga</td>
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<td>Strength Training</td>
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<td>Writing Creatively</td>
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<td>12:30</td>
<td>Cribbage</td>
<td>10:00</td>
<td>Focus on Footcare</td>
<td>Veterans Breakfast</td>
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<td>Painting Club</td>
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<td>Mahjong</td>
<td>7:00</td>
<td>Meditation</td>
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**Monday Activities:**
- 10:00: Painting Club
- 10:00: Writing Creatively
- 10:30: Take a Walk
- 12:30: Hand & Foot
- 1:00: Mahjong

**Tuesday Activities:**
- 10:00: Documentary
- 10:00: Focus on Footcare
- 10:30: Take a Walk
- 12:30: Hand & Foot
- 1:00: Mahjong

**Wednesday Activities:**
- 11:00: Strength Training
- 12:00: Pizza & Movie: “Money Matters”

**Thursday Activities:**
- 9:00: Yoga
- 10:00: Veterans Breakfast
- 10:30: Take a Walk
- 12:30: Hand & Foot
- 1:00: Tai Chi
- 7:00: Meditation

**Friday Activities:**
- 10:00: Strength Training
- 10:00: Groton Swim
- 12:30: Bridge
**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) 9:30am
- Strength Training 11:00am
- Groton Women’s Club Luncheon (3rd Wed) 12:00pm  
  *with Entertainment*
- Pizza and a Flick (Wed varies) 12:00pm  
  *Sponsored by Groton Trust Lecture Fund*
- 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 12:30pm
- Hand and Foot 1:00pm
- 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

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**Joy of Living Meditation Group**

**Meditation**

**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.
**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 gc@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.*

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**Pizza and a Flick**

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

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.

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Wed, February 1 12:00pm

**"The Choice"**

In this romantic drama adapted from the novel by Nicholas Sparks, medical student Gabby moves next door to a charming womanizer named Travis in North Carolina; over the course of a decade, their relationship faces ups and downs as they try to decide what they want out of life and what is truly important to them.

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**Veteran’s Breakfast**

**Thursday, January 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.

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**Nashoba Tech Catered Luncheon**

**Wednesday, January 11 12:00pm**

**Menu:** Maple Glazed Virginia Ham or Baked Haddock Newburg

**Speaker:** Mike Chaisson

Town of Groton IT Director

We are all surfing the net not only on our computers but our phones as well. Come learn how to protect yourself and your records. You will hear some eye opening advice!

**Cost:** $10 pp with tip optional

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**Groton Women’s Club sponsored luncheon**

**Wed, January 18 12:00pm**

A warm soup on a cold day!

Today we will be served beef barley soup, Caesar salad with cornbread. For dessert enjoy angle food cake with chocolate sauce. Enjoy the music of Johnny Cash through master musician Bill Reidy to complete a lovely winter’s day!

**Reservations needed by Fri., 1/13**
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.

Every Monday 1-3pm
Let your creativity and conversation flow!
Every Monday will be open studio for

Alcohol Ink on tile Stamping Coloring

No reservations needed, simply stop it!
All supplies will be provided.

This program is provided through the generous donation of Nashoba Realty

Beginners Watercolor Painting

The first Tuesday of the Month
January 3
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.
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.

February 7
Cape Cod Heroin

An unvarnished look at the heroin epidemic sweeping America’s small towns and communities, focusing on eight young addicts in idyllic Cape Cod, Mass.

February 14
Girl in the River

A woman in Pakistan sentenced to death for falling in love becomes a rare survivor of the country’s harsh judicial system.

February 21
Being Mortal

This film explores the burgeoning art and science of palliative care and the ways in which having a conversation around the question “What are your priorities when your time is limited”?

February 28
Wolf Pack

Imagine a small, dingy Manhattan apartment; imagine you can’t leave; and imagine: The only contact you have with the outside world is through movies.

Winter Documentary Series

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

Day Trips with Jay

Eataly and the Top of the Pru

Thursday, February 16
9:30am-3:30pm
Cost: $39 includes transportation and Skywalk Observatory. Lunch is on your own

Eataly is the largest Italian marketplace in the world, committed to promoting high-quality yet affordable regional Italian food with a local twist. Eataly USA comprises Eataly New York and Eataly Chicago, and now, set within the Prudential Center Eataly, Boston is the newest location.

Prior to exploring Eataly we will visit the Skywalk Observatory, Boston’s only sky-high vantage point for a sweeping 360 degree view of Greater Boston and beyond.

Registration opens:
January 3 residents
January 17 non-residents

Pilot Program for Evening Transportation to the Library

Tuesday evenings
January—May

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 Tuesday 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 12pm the Friday before the Tuesday program.

The pilot program will run Jan 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!