**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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**Senior Soundings**
The Newsletter of the Groton Council On Aging

It's not about age, it's about attitude!

February 2017

COA Board of Directors

Chairman
Gail Chalmers

Vice Chairman
Richard Marton

Treasurer
George Faircloth

Secretary
Helen Sienkiewicz

Members
Ellen Baxendale
Norma Garvin
Jean Sheedy
Vera Strickland
Eddie Wenzell

**THE COUNCIL ON AGING**

**Building Feasibility Committee**

**Invites and Encourages You to Join Us**

**Coffee and Conversation**

Saturday, February 25
9:00AM
AT THE SENIOR CENTER

Bringing the community together to understand the complete findings of the Council on Aging Feasibility Study through:

*Shared Information*
*Dialog*
*Active Listening*

Please join us and share your thoughts as we move forward on this important project.

Please RSVP to the senior center, 978-448-1170

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**LISTEN**

I remind myself every morning:
Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening.

-- Larry King
BUCKETS OF SAND

Winter is here!!!!
If you need sand for your driveway and walkways, there is sand available at the Senior Center. Just bring your empty bucket and fill it up here. If you need our assistance, we’re happy to help you. If you’re a home-bound senior, and would like a bucket of sand delivered to your home, please call the Senior Center. I will deliver it within a few days.  Stacey

ABSENTEE BALLOTS

Did you know that you can vote by absentee ballot if you meet one of these criteria?

- The voter will be absent from the town during normal polling hours;
- The voter has a disability preventing going to the polling place;
- The voter has a religious belief

An absentee ballot is counted just like a ballot cast at the polls. Absentee voting is a way to offer an opportunity to vote to voters who may otherwise be unable.

An absentee ballot can be requested for a specific election. If the Voter has a disability of an ongoing nature, the Voter may request an absentee ballot for any election which occurs during the year. These “permanent” absentee ballot applications, however, are only valid for the calendar year and must be renewed each year. It’s possible to sign up this year and not next, or renew every year, as long as the Voter meets the criteria.

It’s easy! The process to obtain absentee ballots consists of filing an absentee ballot application with the Town Clerk’s Office. If a “permanent” application is on file, the Clerk’s Office will mail you an absentee ballot about 3 weeks prior to the election. The voted ballot must be received back in the Clerk’s Office before election day if it is to be counted.

For more information about absentee voting, or to obtain an absentee ballot application, contact the Town Clerk at 978-448-1100 or townclerk@townofgroton.org

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

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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**February 2017**

- **Presidents' Day**
  - 9:00 Taxes
  - 10:00 Groton Swim
  - 10:30 Talk with Tom
  - 11:30 Strength Training
  - 12:30 Cribbage
  - 1:00 Open Studio

- **Groton Swim Day**
  - 10:00 Strength Training
  - 10:30 Cribbage
  - 12:30 Open Studio

- **Nashoba Tech Luncheon**
  - 11:00 Entertainment: Trivia with the Chiefs
  - 12:30 Women's Club Luncheon: Trivia with the Chiefs

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

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

Hungry for Knowledge?
Wednesday, February 22
Welcome!
Groton’s new neighbors
The Hindu Temple
Shri Shirdi Sai Bada Temple
Join us for conversation about their beliefs, practices and relationship vision in Groton.

Please register by calling the senior center, 978-448-1170. Seating is limited.
This program is made possible through the generosity of RiverCourt Residences.

Walk with Us
Tuesdays and Thursdays
10:30am—11:30am
At the Peter Twomey Center (behind the middle school)
A great way to get exercise, walk with friends, meet new ones chatting and walking inside with no weather worries!!

Please register by calling the senior center, 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.
**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, 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.

Wed, March 8 12:00pm

*"Florence Foster Jenkins"*

In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer but her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. When Florence announces her plans for a concert at Carnegie Hall her husband soon realizes that he’s facing his greatest challenge yet.

**Pilot Program for Evening Transportation to the Library**

*Tuesday evenings January—May*

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 more information please call the senior center, 978-448-1170.

**Special Events**

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

**Veteran’s Breakfast**

*Thursday, February 2 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. Please call the senior center for a reservation, 978-448-1170

**Nashoba Tech Catered Luncheon**

*Wednesday, February 8 12:00pm*

**Menu:** Yankee Pot Roast or Broiled Salmon with a citrus glaze

**Entertainment:** Brian Kane

Sit back and relax to the easy sounds of swing musician Brian Kane. A favorite of the COA, we look forward to his annual visit.

Cost: $10pp with tip optional

*Reservations needed by Fri., Feb 3*

**Groton Women’s Club sponsored luncheon**

*Wed, February 15 12:00pm*

**Hosted by Chief Palma & Chief McGurdy**

Honey mustard chicken, strawberry salad and frosty cranberry pie will fill you for lunch and then we will tap into your brain for the entertainment! Trivia is on the menu, hosted by Chief Palma and Chief McGurdy, each table will compete to be the reigning trivia champions!

*Reservations needed by Fri., 2/10*
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

**Summer Hours**

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

**Alcohol Ink on tile and glass 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
February 7 and 21
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.

**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.**
Winter Documentary Series
Join us for a mind stimulating documentary and stay if you’d like for some conversation

Tuesdays, 10:00am

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.

Creative Creations
Please register by calling the senior center

Tuesday, February 28
10:00am
Stained Glass Mosaic Planning Meeting
Cost: none
We have had an extraordinary donation of colored glass. We invite anyone that would be interested in using this glass for projects to meet with us. You may have a table you’d like to put a mosaic on, frames or old window panels work wonderful for this. Come and join us to uncover the possibilities!! Then in April we can put together some options for your projects.

Tuesday, March 28
10:00am
Pine Cone Flowers
Cost: $5
Back by popular demand we will once again make zinnias out of pinecones. This time learn the process from the begging to the end.

Day Trips with Jay

Wayside Inn
Thursday, March 16
10:00am -3:30pm
Cost: $42 includes transportation and lunch

Longfellow’s Wayside Inn is proud to be the oldest operating Inn in the country, offering comfort and hospitality to travelers along the Boston Post Road since 1716. We will enjoy an elegant lunch with a stone at the Wayside Country Store and Olde Tyme Candy Shoppe on the way.

On sale for Groton residents Feb 1
On sale for non-residents Feb 15

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

AARP TAX

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.