



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

February 2017



1-978-448-1170

THE COUNCIL ON AGING BUILDING FEASIBILITY COMMITTEE

INVITES AND ENCOURAGES YOU TO JOIN US

COFFEE AND CONVERSATION

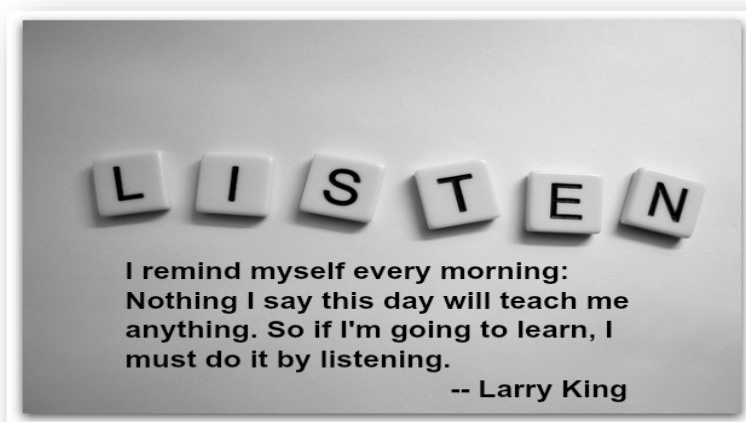
SATURDAY, FEBRUARY 25
9:00AM
AT THE SENIOR CENTER

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



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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Norma Garvin
Jean Sheedy
Vera Strickland
Eddie Wenzell

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; **or**
The voter has a disability preventing going to the polling place; **or**
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

Groton Police Department

Senior Citizens' Police Academy

**Thursdays, March 20 - April 20
1pm - 3pm
at the Council on Aging**



The Groton Senior Citizens' Police Academy provides an excellent opportunity to become familiar with the day-to-day operations of the **Groton Police Department.**

Topics Covered :

Law Enforcement	Basic Criminal Law
Special Operations	Criminal Investigation
K-9 Demonstration	Forensics
Crime Prevention	Police equipment
Senior Safety/TRIAD	Special Investigations
Attorney General's Office	Station/jail tour
Range Training	

Registration open now, we recommend registering early, this is a popular program and fills quickly.

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.

Groton Senior Center Activities

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:00 Strength Training 12:00 Pizza & Movie: <i>"The Choice"</i>	2 10:00 Veterans Breakfast 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	3 VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
6 9:00 Taxes 9:30 Board Meeting 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Open Studio	7 10:00 Documentary 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	8 9:30 Book Club 11:00 <i>Strength Training</i> 12:00 Nashoba Tech Luncheon <i>Entertainer: Brian Kane</i> 6:30 <i>Presentation on Space needs</i>	9 9:00 Yoga 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	10 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
13 9:00 Taxes 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Open Studio	14 10:00 Documentary 10:00 Focus on Footcare 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	15 11:00 Strength Training 12:00 Women's Club Luncheon <i>Entertainment: Trivia with the Chiefs</i> 6:30 <i>Presentation on Space Needs</i>	16 9:00 Yoga 9:30 Eataly Trip 10:00 Presentation on Space Needs 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	17 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge 1:00 Presentation on Space Needs
20  PRESIDENTS DAY 9:00 Taxes	21 10:00 Documentary 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	22 11:00 Strength Training 12:00 Lunch & Learn <i>Meet our new Neighbors</i> <i>"The Hindu Temple"</i>	23 9:00 Yoga 10:00 Memory Cafe 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	24 VAN Christmas Tree Shop Plaza 10:00 Strength Training 10:00 Groton Swim
27 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 1:00 Open Studio	28 Documentary 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	 PRESIDENTS DAY		

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
with Entertainment	
<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</i>	
<i>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



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

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.***

OPEN STUDIO

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.

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

Thu days 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.

our SENIOR CENTER

The Online Directory of Senior Centers

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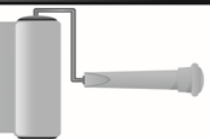
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