



Senior Soundings

The Newsletter of the Groton Council On Aging

Your Place for Support, Wellness and Life Long Learning

163 West Main St. (Rt.225) Groton, MA 01450

April 2017



1-978-448-1170

Hours: M-F 8:00am - 4:00pm

Why would someone support the senior center? It's a question I've heard from time to time throughout the past two years as we've conducted the COA Building Feasibility Study. For some residents the senior center is completely off their radar and while if you asked they would say they know there is one in Groton but it may be the extent of their knowledge or interactions with us. And I think that's true regardless of age. If you don't use a senior center, you don't think about it. It's certainly not a judgement but a simple reality about all sorts of public programs

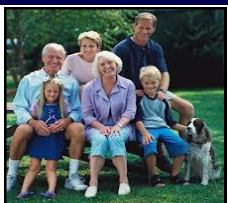
I don't believe anyone should blindly support a renovation or building initiative simply because we say the "seniors need it". Also, the need to spend a substantial amount of money should not be based on emotion however, we do have to keep in mind there are emotional elements to what we do. We are, after all, serving human beings. For our purposes today, let's take the human element completely out of the equation.

Senior centers began in the 1960's to address poverty among seniors with the centers serving simply as nutrition sites. There were large numbers of seniors retiring with little or no pensions and surviving on social security and these centers provided hot, nutritious meals. Through the next few decades seniors lived longer, they were healthier and the results of participation at the senior centers was found to keep seniors independent longer, keeping them out of long term care facilities.

The bottom line is the creation of most of our social programs generally have an economic impact and the existence of senior centers certainly does. We are preventative social services. Through socialization, education and wellness programs senior centers prevent or delay the need for more intensive services and the reality is most people cannot pay for those services. Nursing home care costs up to \$17,000 per month and two out of three people in nursing homes today do not pay privately, their care is paid for by Medicaid. With the growing number of seniors locally and nationally our country will be faced with large Medicaid costs for care, which is subsidized through taxes. An investment in senior centers will provide a proven source of education, socialization and wellness programs to address the Medicaid costs and help residents to age in place. The benefits of senior centers affect us all.

Kathy

Long Term Care Myths, Facts & Options



Wednesday, April 26

6:30pm

held at the Senior Center Van transportation available

Separate fact from fiction.

Where to live. How to cover the costs.

What's right for your family?

In-home care, Day Wellness, Assisted Living, Skilled Nursing

Our professional panel includes:

Kathy Shelp

Groton COA Director

Nancy Catalini Chew

Elder Law Attorney

Kathi Crowley

RiverCourt Residences

Please call the COA, 978-448-1170 to register

Mission Statement:

The Groton COA serves as the community focal point promoting independence of older adults, through information and referral, support, health and wellness, socialization and education. Providing opportunities for all individuals as they age by leveraging resources, developing a sustainable future, and engaging in strong partnerships and collaborations.

Staff

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Senior Liaison

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Kevin Henehan

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

Dear Friends,

I am very pleased to share that after 21/2 years, and four town committees, and with much research, discussion and planning, a consensus was reached yesterday, March 27, as to the siting of a new senior center/adult community center. This is the first step in moving forward!

I cannot express enough my appreciation to the committees and volunteers that have worked tirelessly on this initiative. They have, many times, forgone their own personal obligations to be at meetings and continue researching in order to meet our objective. They were dedicated to reaching a fact based resolution which would best meet the needs of Groton's seniors. I simply do not have the words to convey my gratitude.

WHERE: There will be an article (#9) on the Town Meeting Warrant to purchase the Lawrence Trust land on Farmer's Row for siting of a new the new center. This land is located between the Fire Station and Police Station. Right now we don't have the cost of the land but will by town meeting. There are three lots being sold as group on this property. Should Article #9 fail, the current site will be considered for new build in Article #10.

COST: Cost of land at Farmers Row is to be determined by Town Meeting. Article #10 will request up to \$400,000 for design money for the senior center. Design funds will produce an actual design of the building with all costs associated and then the committee will return to a subsequent Town Meeting to request funds for building the center.

Should Article #9 pass and the town votes to acquire the land on Farmers Row, the design money will be for use at that site.

Should Article #9 fail, the design money request will be for use at the current site.

WHAT: We are considering an 11,000 square foot building which will be an **adult community center** that will also be available for community use. During daytime hours the building will be used by the Council on Aging for programs and services. During the evening and weekend hours the COA might also have programs, however, space will be available for other community groups regardless of the age of the participant. Examples of this would be meeting space for sports booster, scouts, music lesson, art classes or other programs looking for additional space.

The information above may produce more questions than answers for you and to that end the Town Meeting Senior Center Review Committee and the COA Feasibility Committee will be holding joint information sessions to review the information and to ensure your questions are answered prior to town meeting. How did the committee reach it's decision? How will this effect my taxes? What other sites were considered? Why were other sites eliminated.? These and other questions will be answered.

Please join us at one or more of the following times.

Fri April 7	10 am	Town Hall
Sat. April 8.	10:15am	Library
Tues. April 11	7pm	Town Hall
Wed. April 12	7pm	Senior Center
Thurs. April 13	10am	Senior Center
Tues April 18.	1pm	Senior Center
Wed April 19	7pm	Lost Lake Fire Station
Sat April 22	10am	Senior Center

Please feel free to call should you have any questions.

Council on Aging Feasibility Study

At Town Meeting on April 24, the COA Feasibility Committee and the Town Meeting Senior Center Review Committee will have the following articles on the Warrant.

ARTICLE 9: ACQUIRE LAND ON FARMERS ROW FOR A NEW SENIOR CENTER

Article #9 to acquire land on Farmers Row for a new senior center. This land is located between the Groton Fire and Police Stations.

Summary: *The 2016 Fall Town Meeting created a Committee to conduct a review to determine the future needs of the Groton Senior Center, including whether a new facility is needed. This Committee reviewed the work of the Council on Aging's Feasibility Oversight Committee which had previously recommended that a new Center was required to meet the current and future needs of Groton's senior population. This Review Committee reviewed all previous documentation concerning this need, including a thorough review of potential locations. Based on their review, the Review Committee, as well as the Feasibility Oversight Committee, have chosen a location. Specifically, the Committees will be recommending that the Town acquire the three parcels on Farmers Row currently owned by the Lawrence Homestead Trust and use the parcel adjacent to the Groton Center Fire Station as the new location for Groton's Senior Center. This Article will request the necessary funding to acquire these parcels. Please note that no funding can be expended under this Article unless and until the Town approves a Debt Exclusion Override Ballot Question at the 2017 Annual Election. Both Committees will have a full report to the 2017 Spring Town Meeting.*

ARTICLE 10: SENIOR CENTER LOCATION AND DESIGN

Article #10 will request design money for the senior center. Should Article #9 pass and the town votes to acquire the land on Farmers Row, the design money will be used for that site. Should Article #9 fail, the design money will be used for building design at the current site.

Summary: *As stated in the Summary for Article 9, the Town Meeting Senior Center Review Committee and Council on Aging's Feasibility Oversight Committee have recommended that the Town acquire land on Farmers Row adjacent to the Groton Center Fire Station as the location for a new Groton Senior Center. Should the Town Meeting approve this acquisition, this article would appropriate the necessary funding to hire an architect to design and put out to bid the construction of a new Senior Center on Farmers Row. Should the Town decide not to purchase the Farmers Row Property, the Committee will recommend that this funding be used to design and put out to bid a new Senior Center at the current location of the Senior Center in West Groton. Please note that no funding can be expended under this Article unless and until the Town approves a Debt Exclusion Override Ballot Question at the 2017 Annual Election. Both Committees will have a full report to the 2017 Spring Town Meeting.*

THE CATHOLIC HEART WORK CAMP 2017



The Catholic Heart Work Camp is an amazing organization that restores the homes, and sometimes their hearts, of senior Groton residents that are on a fixed income and/or cannot physically do the work themselves.

The campers will be coming to Groton the week of July 3 through July 7, (with no work on 7/4).

Applicants who qualify for this program, will list on the CHWC application what they need done in and around their homes. Then, the first week of July groups of campers with adult leaders come to their homes and do yard clean-ups, house clean-outs, painting indoors and outdoors (up to 2 levels), repairing screens, washing windows indoors and outdoors (up to 2 levels), re-building stairs, building a small shed, painting fences, and many other jobs as well.

I should have the CHWC applications by May/June. Should you have any questions about this wonderful program, please call Stacey @ 978-448-1170.



Community Event Groton's Interfaith Council

Film Screening and Discussion "Waking in Oak Creek"

**Saturday, April 29
6:30 pm**

Middle School Performing Arts Center

The Groton Interfaith Council, in conjunction with the Groton Police Department, is sponsoring a showing of the film, "Waking in Oak Creek", a 34 minute documentary about a hate crime shooting in a Sikh Temple in Wisconsin, and the community's inspiring response.

The film will be followed by a panel discussion which will include Groton Chief of Police, Donald Palma, and two people who are featured in the film.

The focus will be the ways in which the community worked together to embrace their differences and to build a stronger community.

This free event is open to the community with refreshments served.

The mission of the Groton Interfaith Council is to foster understanding, respect, justice and peace among people of varying religions and faith traditions.



NEWS FROM SHINE

APRIL 2017

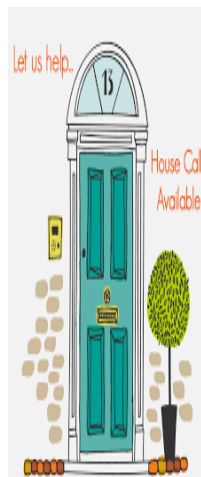
IMPORTANT PRESCRIPTION ADVANTAGE INFORMATION

A recent survey completed on behalf of the Prescription Advantage Program shows that MEDICARE Beneficiaries are not utilizing this valuable program to supplement their prescription drug plan coverage. According to this survey there are 69,390 potential Prescription Advantage members in the Worcester County Area. Of these 69,390 potential members, only 5,652 beneficiaries are currently enrolled in Prescription Advantage. This leaves more than 63,700 potential members who are not enrolled in this very valuable program.

Remember!! Prescription Advantage is the only program available to beneficiaries with low to moderate income that will help them when and if they reach the Prescription Drug Plan Coverage GAP. Members in Prescription Advantage can save thousands of dollars on their Drug Costs by enrolling in this program. *It is important to stress this information at this time as events in Congress may in the near future, eliminate all assistance provided to the Medicare Part D Program by the Affordable Care Act.*





Call Prescription Advantage at 800-243-4636 (option 2) for more information or to apply. You can apply online by going to www.prescriptionadvantagemma.org.

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.

If you or someone you know would like a visit to discuss COA services, referrals, or a social visit, please call Stacey at the COA, 978-448-1170.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by  National Institute of Senior Centers</p>				
<p>9:30 Board Meeting 3</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>10:00 Glass Craft 4 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class</p>	<p>11:00 Strength Training 5 12:00 Pizza & Movie "Sully"</p> 	<p>9:00 Yoga 6 10:00 Veterans Breakfast 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 1:00 Police Academy 7:00 Meditation</p>	<p>VAN DW Highway 7 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p> 
<p>10 10:00 Documentary: "Malala" 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>11 10:00 Glass Craft 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</p>	<p>9:30 Book Club 12 11:00 Strength Training 12:00 Nashoba Tech Luncheon Entertainment: Ukulele "J"</p>	<p>13 9:00 Yoga 10:30 Take a Walk 11:30 Blood Pressure/ Brown Bag Prescriptions 12:30 Hand & Foot 1:00 Tai-Chi 1:00 Police Academy 7:00 Meditation</p>	<p>VAN Walmart 14 10:00 Strength Training 10:00 Groton Swim 10:15 Hearing Screening</p>
<p>Patriots Day 17</p> 	<p>18 10:00 Glass Craft 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class</p>	<p>19 11:00 Strength Training 12:00 Women's Club Luncheon Entertainment: "I now pronounce you Lucy Stone"</p>	<p>20 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 1:00 Police Academy 7:00 Meditation</p>	<p>VAN Westford 21 Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>24 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 7:00 Town Meeting</p>	<p>25 10:00 Glass Craft 10:00 Painting Club 10:00 Creative Creations 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong</p>	<p>26 11:00 Strength Training 12:00 Lunch & Learn Groton Neighbors 6:30 Long Term Health Care</p>	<p>27 9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 1:00 Police Academy 7:00 Meditation</p>	<p>28 VAN Christmas Tree Shop Plaza 10:00 Strength Training 10:00 Groton Swim</p>

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,
978-448-1170 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 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, April 26
12:00pm**

Introduction to "Groton Neighbors"

The mission of *Groton Neighbors* is to help each other sustain independent lives at home and stay connected in our community. As a member of the national Village-to-Village Network, their belief that this neighbor-to-neighbor approach to providing transportation services and household assistance and other services in the Groton area will enable our friends and neighbors to remain welcome, vibrant, connected, and visible in our community. *Join us and learn how you can be a member of this non-profit organization.*

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!!

New walkers 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, April 5 12:00pm

"Sully"

On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

Wed, May 3 12:00pm

"Manchester By The Sea"

This movie is rated R for language

After the death of his older brother Lee Chandler is shocked to learn that he will become the sole guardian of his nephew Patrick. Taking leave of his job, Lee reluctantly returns to

Manchester-by-the-Sea to care for Patrick, a spirited 15-year-old, and is

forced to deal with a past that separated him from his wife and the community where he was born and raised.



If you would like a copy of our monthly newsletter e-mailed to you, please call us at the senior center, 978-448-1170 or email us, gcoa@townofgroton.org



Special Events

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



Veteran's Breakfast

Thursday, April 6

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

Guest Speaker: LTJG Karl Harris, Coast Guard

Nashoba Tech Catered Luncheon

Wednesday, April 12 12:00pm

Menu:

Seafood Casserole or Chicken Marsala

Entertainment: Ukulele Jane

Leading the way with lively renditions of your favorite country, folk and traditional songs from decades past, Ukulele J will get your toes tapping your voice singing and your face smiling!

Cost: \$10pp with tip optional

Reservations needed by Fri., April 7

Groton Women's Club sponsored luncheon

Wed, April 19 12:00pm

For lunch we will enjoy a delicious home made cheesy ham strata, Mini Cranberry mold with Coconut Cake!

Following lunch:

I Now Pronounce You Lucy Stone

A one woman show exploring the life of Lucy Stone a leader in the Massachusetts Suffrage Movement. Challenging discrimination is not easy, but Lucy Stone is never one to take the easy road. The first woman from

Massachusetts to earn a college degree is a fierce abolitionist and women's rights activist. Even Susan B. Anthony credits Lucy for her involvement in the tumultuous movement.

Please make your reservation by Friday, April 14



Beginners

Watercolor Painting

The first and third Tuesdays of the Month

April 4 and 18

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.

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



TOWN MEETING

MONDAY

April 24, 2017

7:00PM

Should you need a ride the COA van will be available. Please call 978-448-1170 for your reservation *prior to Wednesday, April 19.*

Creative Creations

Please register by calling the senior center

Glass! Glass! Glass!

**Tuesdays, April 4, 11, 18 and 25
10:00am**

Join us in the project of your choice using glass pieces to create beautiful and fun mosaics. Bring your own item - frames, tables, stands, trays or an item of your choosing, We will learn together. No experience needed! (The first week will be practice on frames.) Call the COA to register, 978-448-1170.

Tanglewood with Yo-Yo Ma, cello

Boston Symphony Orchestra

Mozart Symphony No. 25

Schumann Cello Concerto

Schumann Symphony No. 2

Sunday, August 6

Cost: \$85 for seniors

\$110 for non seniors

Includes: transportation, ticket, dinner and drivers gratuity

We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. Once we arrive you will have some time to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner at Michaels of Stockbridge and then make our way home arriving at approximately 9:00pm.

Your reservation will be held with a minimum deposit of \$40 beginning March 1.

Due to our deadline with BSO, final payment must be received by June 16.

This program is open to all. Please make checks payable to the *Friends of the Groton Elders.*

Sponsored by Friends of the Groton Elders

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 Shop, Kohls, Burlington Coat Factory, 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.**

Generously sponsored by the
Friends of Groton Elders



4 WEEKS WITH
THE MUSIC OF

**IRVING
BERLIN**

Presented by Theater
Historians Ben Sears and
Brad Conner

**TUESDAYS, MAY 9, 16, 23, 30
1:00 PM**

Week 1 May 9

The Early Years
His earliest songs through to "Alexander's Ragtime Band"

Week 2 May 16

The Early Years, continued
1911 – 1920

Broadway shows, including "Ziegfeld Follies", and his own shows "Watch Your Step", "Stop! Look! Listen!" and the World War One show "Yip Yip Yaphank". Songs featured include "Mandy", "Simple Melody", and "Oh, How I Hate to Get Up in the Morning"

Week 3 May 23

1921 – 1935

The Music Box Theatre, "As Thousands Cheer" (with "Easter Parade"), and his first film for Fred Astaire, "Top Hat" (with "Cheek to Cheek")

Week 4 May 30

1936 – 1989

Continued success in film and on Broadway, including more films for Fred Astaire, "Annie Get Your Gun", and his last songs.

Our Presenters:

Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers. Ben Sears received his bachelor's degree from Ithaca College and Brad Conner received his bachelor's and master's degrees from West Virginia University.

Mother's Day

Breakfast and Tea

Thursday, May 11 9:30am

The Cozy Tea Cart, Brookline, NH
Tea lecture and sampling

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures! Please make your reservation by Tuesday, May 9

ASK THE PHARMACIST

Thursday, April 13th
11:30am

A registered pharmacist from the MCPHS University Pharmacy Outreach Program will give a presentation on medication safety. Following the presentation, you will have the opportunity to ask questions, and meet one-on-one with the pharmacist for their own medication review.

This service provided by the Pharmacy Outreach Program., a community service program of MCPHS University sponsored in part by the Commonwealth of Massachusetts Executive Office of Elder Affairs. A team of case managers and pharmacists work together to ensure MA residents can afford their medications, take their medications correctly, and understand different insurance coverage options like Medicare. For free assistance, Massachusetts residents can speak to staff or schedule an appointment on their Worcester Campus by calling 1-866-633-1617 or by going online to

MCPHS
UNIVERSITY
Pharmacy Outreach Program

Our Last Trips with Jay



Battleship Cove and the Pearl Harbor Experience

Fall River, MA



Tuesday, April 25
8:30am - 5:00pm

Cost: \$56
includes transportation,
museum entrance
and meal

We'll visit the largest collection of preserved US Navy ships in the world including:
USS Massachusetts,
Destroyer USS Joseph P Kennedy Jr
Submarine USS Lionfish.

In addition to touring these ships we'll enjoy their new state-of-the-art special effects **Pearl Harbor Experience**. Following our visit to the Cove we'll enjoy a delightful lunch at Ogil, featuring Portuguese and American Fare. On sale Groton Residents Monday, April 4
Non-Residents Monday, April 10

Hearing Screenings



Friday, April 14

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

Documentary

He Named Me Malala

Monday, April 10
10:00am

A look at the events leading up to the Taliban's attack on Pakistani schoolgirl, Malala Yousafzai, for speaking out on girls' education followed by the aftermath, including her speech to the United Nations.



Next documentary: May 8th, 10am
Life Animated

Spaghetti Dinner For seniors

Delizioso!

The Groton Fire Department is treating
Groton Seniors to a fabulous dinner!
Spaghetti & meatballs for all!

**Wednesday, May 24
4:00pm**

at the Fire Station

Please call the senior center to register by
Friday, May 19

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.

Mind Body and Spirit Spa Days



The third Thursday of the month

Come to the senior center and pamper
yourself with free services generously
offered by

**Body Mind Spirit Day Spa
of Groton**

April 20
Paraffin Hand treatments.

May 18th
Mini Facial

June 15th
Men's Cuts

July 20th
Manicure

August 17th
Makeup

September 21
Dry Cuts - Men and Women

Reservations are necessary, please call
the senior center, 978-44-1170.

Talk with Tom Sponsored by the Friends of the Groton Elders

**Discussion Group with Tom Hartnett
April 27**

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.

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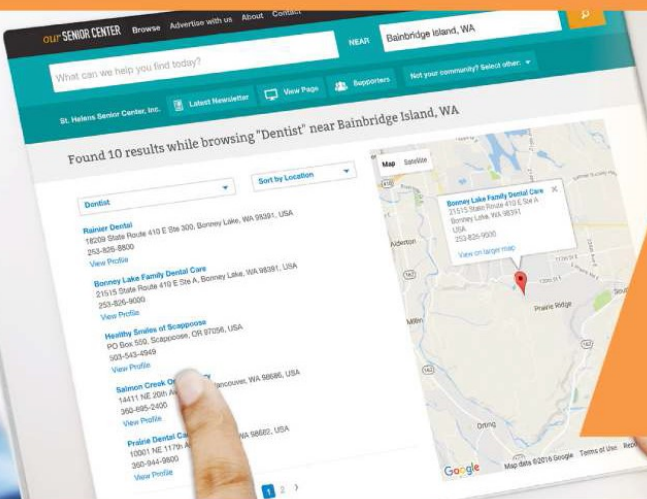
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