As programming quiets during July and August staff at the COA will use this time to evaluate the past year, review outcomes and evaluations and begin the planning process for next year. Two new programs last year, documentaries and the Lunch and Learn, have met with success and will be added as permanent programs in the Fall. New programs already scheduled that will begin in September will be a Friday afternoon meditation class and a Thursday morning health series. We are also working with the Fire Department to schedule a Fire Academy that will be modeled after the popular Police Academy.

Some of next year’s early highlights include this Fall are four different programs centered on the Armenian Genocide with a documentary, movie and 2 separate guest speakers. October we are planning to do the same with an emphasis on United States Central Intelligence. September 8 will be a Drive-in Diner and Movie and the end of October we are looking forward to an evening event at the Country Club with music and trivia.

Along with our strength training, yoga and tai-chi, new exercise classes will include line dancing for the beginner and experienced and an early morning Pilates, Mondays at 8:30am.

As we continue to increase and improve our programming your input is important to us, please feel free to call, email or better yet, stop in to share your ideas.

Kathy

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**Celebrate the 4th**

**Monday, July 3**

**12:00PM**

**Cost: $5.00**

Endicott, NY comes to Groton in a chicken “Spiedie”. Kathy will BBQ her hometown favorite cuisine for the seniors of Groton. They are grilled and eaten on buttered Italian bread—YUM! After lunch we will be entertained by Debbie Thompson and Bob Wright and their band, Back to the Garden.

*Please make your reservations by Wednesday, June 28.*
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.

THE COMMONWEALTH OF MASSACHUSETTS
HOME MODIFICATION LOAN PROGRAM

The Home Modification Loan Program, depending on household income, provides 0% and 3% loans up to $30,000 to homeowners seeking to make accessibility modifications to their homes. Since 1999 these loans have helped over 2,000 MA households finance projects like, fencing, ramps, wheelchair and stair lifts, widened doorways, bathroom modifications, and more.

Those eligible for the 0% deferred loan make no monthly payments and no interest accrues and repayment of the loan occurs when the property is sold or title is transferred. Additionally, 3% loans are available to landlords with identified tenants needing accessible adaptations and have building with fewer than ten units.

This program has helped countless MA families by allowing them to remain together in the community and avoid costly assisted living facilities and nursing facilities.

For more information or to find out how to apply for a loan call Susan Gillam @ 1-866-500-5599 or email her at sgillam@cedac.org.

FARMERS’ MARKET COUPONS

The outdoor farmers’ markets offer a variety of MA-grown produce which is freshly picked and sold by local farmers. To qualify, your monthly income cannot exceed:

<table>
<thead>
<tr>
<th>Number of Persons</th>
<th>Maximum Income</th>
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<tr>
<td>1 person</td>
<td>$1,832</td>
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<tr>
<td>2 person</td>
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To be put on a list to receive these coupons in mid-July, please call Stacey at 978-448-1170.

NEWS FROM SHINE
JULY 2017
WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact social security to enroll in Medicare. Medicare eligibility has no connection to your Eligibility for Social Security Benefits. Also, Coverage for the Health Connector does not exempt you from this requirement to enroll in Medicare. As you will lose your Health Connector subsidy when you turn 65. If you would like to meet with our SHINE Counselor, please call Stacey at 978-448-1170.

NEWS FROM SHINE JOURNAL
JULY 2017
MEDICARE ELIGIBILITY

Medicare eligibility has no connection to your eligibility for Social Security Benefits. Also, Coverage for the Health Connector does not exempt you from this requirement to enroll in Medicare.

FARMERS' MARKET COUPONS

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Always Available
For more information and to register please call or better yet, stop in and see us!

Mondays
- Pilates 8:30am
- Line Dancing 10:00am
- COA Board Meeting (1st Mon) 9:30am
- Documentaries (2nd Mon) 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
- Groton Swim 3:30pm

Tuesdays
- Line Dancing 9:00am
- 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
- Watercolor painting (1st and 3rd) 1:00pm

Wednesdays
- Book Club (2nd Wed) 9:30am
- Strength Training 11:00am
- Groton Women’s Club Luncheon (3rd Wed) 12:00pm
  Sponsored by Groton Trust Lecture Fund
- Pizza and a Flick (Wed varies) 12:00pm
  Sponsored by Ebi and Desiree Masalehdan
- Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
- Holiday Celebrations (Wed. varies) 12:00pm
- Lunch and Learn (4th Wed) 12:00pm
  Sponsored by RiverCourt Residences

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 ($5 per class) 12:30pm
- Meditation 7:00pm

Fridays
- Shopping - $4 for van 9:00am
- Strength Training 10:00am
- Hearing Screenings (2nd Fri.) 11:15am
- Bridge (1st and 3rd Fri.) 12:30pm

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

Documentary

Behind the Wall
Monday, July 10
10:00am

Behind The Wall documents what life was like on both sides of The Berlin Wall through the eyes of ordinary citizens from East and West Germany. They give an in-depth and overlooked perspective of life before, during and after The Wall fell. Beginning with the celebration of the 20th anniversary of the ‘Fall of the Wall’ then through the voices of the people, weaves a true history of what life was like living on both sides of The Wall.

Next documentary: Monday, August 14 10am
Disney Nature: Born in China

West Point Academy & Hyde Park NY
Home of FDR, Vanderbilt Mansion & Dinner Theatre Show
Sunday Brunch at the Famous Thayer Hotel
Sunday, October 15 & Monday, October 16

$419pp double occupancy
$519pp single occupancy

Trip includes:
- Transportation and one night hotel
- Guided Tour West Point Military Academy
- Brunch at the Historic 5-StarThayer Hotel
- West Point Historic Museum
- Dinner and Entertainment at the Westchester Dinner Theatre
- Breakfast at the Hotel
- Tour of FDR’s Home and Presidential Library
- The Vanderbilt Mansion National Historic Site
  (one lunch and dinner stop on the way home are on your own)
- Gratuity for Guides
  (Driver’s Tip not included)

Please call the senior center for more information or stop in to register, $50 deposit required for registration.
Pizza and a Flick
This program is made possible through the generous donation of Ebi and Desiree Masalehdan

Wed, July 5 12:00pm
“Hidden Figures”
The true story of three brilliant African-American women, at the height of segregation, serve as the NASA brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race and galvanized the world.

Wed, August 2 12:00pm
“A Dog’s Purpose”
A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan.

Hearing Screenings
Friday, July 14
2nd Friday of each month
11:15am-1pm
By Appointment
hearing screenings and hearing aid cleanings. Please be sure to make an appointment by calling the senior center, 978-448-1170.

Join Us and Deliver Dignity
Meals on Wheels delivers the support senior needs to be in their homes
We are need of a Monday volunteer driver for Meals on Wheels.
Help us support them!
Please call Kathy Santiago for more information, 978-448-1170.

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.

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

July 20th Manicure
August 17th Makeup
September 21 Dry Cuts - Men and Women

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

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.
**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.

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**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.

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**PILATES STRENGTH TRAINING: THE BASICS WITH PILATES FOR AWESOME ABS**

**Mondays 8:30 - 9:30AM.**
July 10th - August 21st
7 classes $84.00
Payable to the instructor

**Boost your metabolism and burn more calories with this 60 minute class!**

All that you will need is:
set of weights
a mat
water

Learn how to strength train safely for toning! Strengthen your bones, increase your flexibility, improve your balance and feel great in your body! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. Remember that weight training is the magic bullet to aging gracefully! At the end of the class we will work on strengthening the abdominal and back muscles using Pilates type exercises for better posture, flatter tummies and stronger backs!

Come and be ready to have fun! This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely!

**Instructor:**

Susan Robbins brings 30+ years of experience to the class and is ACE and CPR certified.

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**Talk with Tom**
Sponsored by the Friends of the Groton Elders

**Discussion Group with Tom Hartnett**
July 24
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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**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.**
Leading up to Tanglewood

Wednesday July 12       10am
*The Music of Strangers,*
Documentary on Yo-Yo Ma and the Silk Road Ensemble

Inspired by the exchange of ideas and traditions along the historical Silk Road, cellist Yo-Yo Ma established the Silk Road Project (Silkroad) in 1998 to explore how the arts can advance global understanding. Since 2000, the musicians of the Silk Road Ensemble have led Silkroad’s work to connect the world through the arts. Representing dozens of nationalities and musical traditions, the musicians of the Ensemble model new forms of cultural exchange through performances, workshops, and residencies.

Wednesday, July 19       10am
**Documentary Famous Composers: Robert Schumann**

Interweaving documentary and fiction this film offers a glimpse into the life of the composer Robert Schumann through his chamber music.

Wednesday, July 26       10am
**Indian Hills Music Cellist: Colleen McGary-Smith**
Cello music/education

Enjoy an intimate performance of the beautiful and haunting sounds of the cello.

Please call the Council on Aging to register, 978-448-1170

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Line Dancing is back!

**Learn to Line Dance**
Mondays 10-11 AM
Starting July 10
$3 per class

Come join us and see for yourself why so many already love this wonderful activity. If you can walk comfortably, you can learn to line dance, and with the fun it brings and its widespread mental, physical, and social benefits, your mind, body, and spirit will be so glad you did! Give it a try and join this welcoming community of music and movement!

**Line Dancing for Experienced Dancers**
Tuesdays 9-10am
Starting July 11
$3 per class

For those who have line danced previously and prefer a class that moves at a quicker pace, come join the fun as we explore dances old and new to a wide variety of music. You already know how great line dancing is, so all that’s left to be said is, Please call the senior center to register, 978-448-1170

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Groton Swim

**Summer Schedule**
During the summer the pool at the Country Club is available for use by Groton’s seniors.
The schedule will be:

**Mondays and Fridays**
June 23–September 1       12:00-1:00pm

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COA Garden Club

**Come be part of our growth.**
**Every Tuesday**
**10:00am**

You’ve seen what we’ve done in the past! Just think what we could do with you joining us!

We invite everyone with an interest, desire, and or experience in gardening to join us!