



# Senior Soundings

*The Newsletter of the Groton Council On Aging*  
**Your Place for Support, Wellness and Life Long Learning**

August 2017



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

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

1-978-448-1170

## Free Referral Help from MassOptions

MassOptions is a free resource linking elders, individuals with disabilities, caregivers, and family members to services that help you or a loved one live independently in the setting of your choice. They help individuals avoid the frustration of calling multiple agencies and navigating various networks. They will provide you with information about and connections to community services and supports, empowering individuals to make informed choices about care they may need or want. Trained specialists at MassOptions give individuals fast, personalized attention. All one needs to do is tell the trained specialists about themselves or what they might need to live independently. A caller can even stay on the line while they connect you with an appropriate community resource or organization.

They provide referrals and support for the following services:

Caregiver Support Services	Care Management
Community Life Services	Coordinated Care Programs
Employment and Training Services	Equipment and Supplies
Day Services	Financial Assistance
Food and Nutrition Services	Health and Therapeutic
Housing	In-Home Supports
Mental Health Services	Personal Care Services
Protective Services	Substance Abuse Services
Transition Assistance	Transportation Services

Contact MassOptions by calling the toll free number at 1-844-422-6277 or chat online at [the MassOptions website](http://theMassOptionswebsite.com) where a trained specialist will provide referrals to services that best fit your individual needs. The MassOptions call center and online chat are available **7 days a week from 8AM to 8PM.**

### 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

#### Director

Kathy Shelp  
[kshelp@townofgroton.org](mailto:kshelp@townofgroton.org)

#### Outreach Coordinator

Stacey Shepard Jones  
[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

#### Activities/Volunteer Co.

Kathy Santiago  
[ksantiago@townofgroton.org](mailto:ksantiago@townofgroton.org)

#### Maintenance

Tryna Walsh

#### Van Driver

Alan Sinclair  
Marcel Falardeau  
Richard Marton

#### Selectmen Liaison

Peter Cunningham

#### Senior Liaison

#### Police Officer

Kevin Henehan

### COA Board of Directors

#### Chairman

Gail Chalmers

#### Vice Chairman

Richard Marton

#### Treasurer

George Faircloth

#### Secretary

Helen Sienkiewicz

#### Members

Ellen Baxendale  
Peter Cunningham  
Norma Garvin  
Jean Sheedy  
Eddie Wenzell

## 9/11 Memorial

### First Responder's Recognition Luncheon

*Held at the fire station*

**Monday, September 11 12:00pm Cost: None**

lunch provided through the generosity of Groton residents

Ebi and Desiree Masalehdan

Music provided by John Murphy

This program is also made possible through the generous donation of Massachusetts State Senator Eileen Donoghue.

*On the solemn anniversary of 9/11, please join us at the fire station, as we honor Groton's First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated.*

**Please call the senior center for your reservation by Thursday, September 7, 978-448-1170.**



## VERIZON "LIFELINE"

Lifeline is a government assistance program that offers discounts to qualified low-income senior customers. Verizon offers Lifeline plans for home phone service or broadband (internet) service. The broadband discount plan is limited to Fios internet service at a speed of 10 megabits per second or above.

The Lifeline program is a non-transferable benefit. Qualifications for the Lifeline discount program vary by state. You must meet certain qualifications for the Lifeline discount, and you will be required to provide proof of participation in an eligible program, or your income must be at or below the established guidelines. Annual income cannot exceed the following amounts:

### Household Size    135% Fed. Poverty Level

1	\$15,080
2	\$20,426
3	\$25,772
4	\$31,118

If you think you may qualify, please call Stacey at the Groton Senior Center, and she will either mail you an application or you can stop in and pick one up.

## **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:

1 person	\$1,832
2 person	\$2,470

If you think you qualify and would like these coupons, please call Stacey at 978-448-1170.



## **NEWS FROM SHINE JULY & AUGUST 2017 WHEN CAN YOU ENROLL 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.

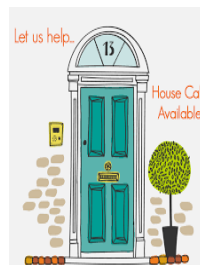
In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when 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.**

## **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
	<div>1</div> <div>9:00 Line Dance 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:30 Hand &amp; Foot 1:00 Mahjong</div>	<div>2</div> <div>10:00 Strength Training <div>12:00 Pizza &amp; Movie "A Dog's Purpose"</div></div>	<div>3</div> <div>9:00 Yoga 12:30 Hand &amp; Foot 1:00 Tai-Chi 7:00 Meditation</div>	<div>4</div> <div>VAN DW Highway <div>10:00 Strength Training 12:00 Groton Swim 12:30 Bridge</div></div>
<div>7</div> <div>8:30 Pilates 10:00 Beginner Line Dance 12:00 Groton Swim 12:30 Cribbage</div>	<div>8</div> <div>9:00 Line Dance 10:00 Focus on Footcare 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:30 Hand &amp; Foot 1:00 Mahjong</div>	<div>9</div> <div>9:00 Book Club 10:00 Strength Training 12:00 Movie w/ Burgers &amp; Fries "Lion"</div>	<div>10</div> <div>9:00 Yoga 11:30 Blood Pressure Screening 12:30 Hand &amp; Foot 1:00 Tai-Chi 7:00 Meditation</div>	<div>11</div> <div>VAN Wal-Mart <div>10:00 Strength Training 11:15 Hearing Screening 12:00 Groton Swim</div></div>
<div>14</div> <div>8:30 Pilates 10:00 Beginner Line Dance 12:00 Groton Swim 12:30 Cribbage</div>	<div>15</div> <div>9:00 Line Dance 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:30 Hand &amp; Foot 1:00 Mahjong</div>	<div>16</div> <div>10:00 Strength Training <div>12:00 Movie w/Hotdog's &amp; Pasta Salad "Hacksaw Ridge"</div></div>	<div>17</div> <div>9:00 Yoga 10:30 Spa Day 12:30 Hand &amp; Foot 1:00 Tai Chi 7:00 Meditation</div>	<div>18</div> <div>VAN Westford Market Basket <div>10:00 Strength Training 12:00 Groton Swim 12:30 Bridge</div></div>
<div>21</div> <div>8:30 Pilates 10:00 Beginner Line Dance 10:00 Documentary 12:00 Groton Swim 12:30 Cribbage 1:00 COA Board Mtg.</div>	<div>22</div> <div>9:00 Line Dance 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:30 Hand &amp; Foot 1:00 Mahjong</div>	<div>23</div> <div>10:00 Strength Training 12:00 Movie w/Macaroni &amp; Cheese "Loving"</div>	<div>24</div> <div>9:00 Yoga 10:00 Memory Café 12:30 Hand &amp; Foot 1:00 Tai Chi 7:00 Meditation</div>	<div>25</div> <div>VAN Christmas Tree Shop Plaza <div>10:00 Strength Training 12:00 Groton Swim</div></div>
<div>28</div> <div>8:30 Pilates 10:00 Beginner Line Dance 12:00 Groton Swim 12:30 Cribbage</div>	<div>29</div> <div>9:00 Line Dance 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:30 Hand &amp; Foot 1:00 Mahjong</div>	<div>30</div> <div>10:00 Strength Training </div>	<div>31</div> <div>9:00 Yoga 12:30 Hand &amp; Foot 1:00 Tai-Chi 7:00 Meditation</div>	<div>Accredited by National Institute of Senior Centers</div> <div></div>

## 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
Documentaries (2nd Mon)	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	2:30pm
COA Board Meeting (3rd Mon)	1:00pm
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
<i>Sponsored by Groton Trust Lecture Fund</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Ebi and Desiree Masalehdan</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Lunch and Learn (4th Wed)	12:00pm
<i>Sponsored by RiverCourt Residences</i>	

### 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 &amp; Nashoba Nursing Service &amp; Hospice</i>	
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](mailto:gcoa@townofgroton.org)

## Documentary

DATE  
CHANGE!

### **Born in China**

Monday, August 21  
10:00am



Born in China follows the stories of three animal families, transporting audiences to some of the most extreme environments on Earth to witness some of the most intimate moments ever captured in a nature film. A doting panda bear, a two-year-old golden monkey and a mother snow leopard.

**Next documentary: Monday, 18, 10am**  
***The Armenian Genocide***

## 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-Star Thayer 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)  
Gratuities 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.



# Memory Cafe

Thursday, August 24  
Thursday, September 28  
4th Thursday of each month  
10:00am-12:00pm



Come join us for coffee and conversation in a welcoming place for individuals and families living with memory changes. There will be a monthly guest artist who will lead music, art or other activities. (A care partner must accompany guests who require personal care assistance.)

This program is sponsored by Cooperative Elder Services, Inc. made possible through a grant received from *Middlesex Savings Charitable Foundation*.

## 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

## 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**

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

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

## Pizza and a Flick

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

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.

Wed, September 5

12:00pm

### "The Promise"



*Empires fall, love survives.* When Michael (Oscar Isaac), meets Ana (Charlotte Le Bon), their shared Armenian heritage sparks an attraction that explodes into a romantic rivalry between Michael and Ana's boyfriend Chris (Christian Bale), a famous American photojournalist dedicated to exposing political truth. As the Ottoman Empire crumbles into war-torn chaos, their conflicting passions must be deferred while they join forces to get their people to safety. and survive themselves.

## Hearing Screenings

Friday, August 11

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.



## JOY OF LIVING

### Meditation Group

1:00 PM Fridays - - Additional Day!

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, Waltham 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, St. Elizabeth. Please make your appointments between the hours of 11am and 1pm.

**Monday, Tuesday and Thursdays:** Serving **Concord, Waltham, Lahey and Bedford VA and surrounding area.** 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.**

Please call if you absolutely cannot get an appointment within the requested days 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

**1<sup>st</sup> Friday:** Shopping on DW Highway, Nashua The mall, Savers, BJ's, Trader Joe's back to Mall

**2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart

**3<sup>rd</sup> Friday:** Westford Market Basket Plaza (afternoon)

**4<sup>th</sup> 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 cannot 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.***

## **Outside Support and Resources**

(this is not a comprehensive list but is a work in progress)

**To report Elder Abuse call:**

**The Elder Abuse Hotline**  
800-922-2275

### **Support Groups:**

#### **Caregivers Support**

At RiverCourt Residences  
First Wednesday of every month  
10:30am or 6:00pm  
Contact: 978-448-4122

#### **Caregivers Support**

Apple Valley Center, Ayer  
Last Thursday of the month  
3:00-4:30pm  
Contact: 978-784-3512

#### **Bereavement Support**

Pepperell Senior Center  
Every other Monday  
9:00am  
Contact: 978-433-0326

A.W.A.K.E.

#### **Sleep Apnea Support**

Nashoba Medical Center  
First Thursday every other month  
Contact: 978-784-9399

### **Homebound Support:**

The holy Eucharist can be brought to if you are Catholic and experiencing a homebound situation. Please contact Thérèse Keoseian, homebound Coordinator for St. Catherine's Parish at 978-692-3715.

### **Websites:**

Mass Office of Elder Affairs  
**[www.mass.gov/elders](http://www.mass.gov/elders)**

there is a tremendous amount of information available here for all things aging

National Council on Aging

**[www.ncoa.org](http://www.ncoa.org)**

public policy, advocacy, Medicare, federal benefits, health and wellness education

My Medicare Matters

**[www.mymedicarematters.org](http://www.mymedicarematters.org)**

Everything you need to know about Medicare

MassOptions

Referral services for elders, and individuals with disabilities

**[www.massoptions.org](http://www.massoptions.org)**

# August Lunch and Movie

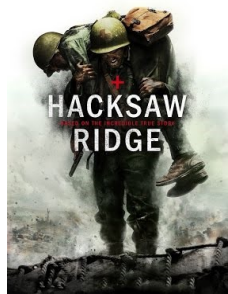
**Wednesdays 12:00pm**



August 9  
Lunch: Burgers and Fries  
Sponsored by Chief Palma

## **"Lion"**

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. Twenty five years later, he sets out to find his lost family.



August 16  
Lunch: Hot Dogs and Macaroni Salad  
Sponsored by Visiting Angels of Acton

## **"Hacksaw Ridge"**

Rated R for war violence

WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot.



August 23  
Lunch: Macaroni and Cheese and strawberry shortcake  
Sponsored by one of the Kathys!

## **"Loving"**

The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision.

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

# *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, "Let's boogie!"

**Please call the senior center to register, 978-448-1170**

## **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**

## **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!



## Cruise and Lunch on the Concord River

Friday, September 15

Cost: \$38

(payable at registration, Please make checks payable to Concord River Cruises)

Depart the center 10:30am on the center vans and return about 1:45pm

Relax while cruising on the Concord and Sudbury Rivers - enjoying a unique dining experience aboard a pontoon boat. View the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Take a cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. Cruise to the Old North Bridge where the shot heard around the world was fired.



Please call the center for your reservation:  
978-448-1170.

## Drive-In Diner & Movie at the senior center



## Going In Style

Friday, September 8

6:00pm BBQ dinner

Movie in the parking lot at dusk

\$5pp to cover food Sausage, peppers and onions, fries, onion rings & ice cream

Say good-bye to summer in style! BBQ dinner then, as darkness falls, we'll enjoy *Going in Style* with Morgan Freeman, Alan Arkin and Michael Caine on the big outdoor screen loaned to us by the Groton Police Department.

Call 978-448-1170 for your reservation by Wed., September 6 The van is available for transportation. Please let us know if you need the van when you make your reservation .

## Inspire Health

Thursdays, 10am

Join us for the next 8 weeks for a series of health related presentations:

September 14

### Nutrition and Aging

Eating a well-balanced diet is an important part of maintain and improving your health as we age. Eating Healthy is easier than you think and maintaining a healthy diet can be one of the smartest decisions you ever make..

Boost your energy

Provide fuel to your brain

Improve you mind ad spirit

Counteract the impact of stress

Lower the risk of developing certain diseases

*Presented by: Montachusett Opportunity Council*

September 21

### Pamper Yourself

Take care of yourself with a haircut courtesy of Groton Mind Body and Spa.

September 28

### GERD

Acid reflux occurs when there is acid backflow from the stomach into the esophagus. This happens when the lower esophageal sphincter (LES) is weakened or damaged. Normally the LES closes to prevent food in the stomach from moving up into the esophagus. The foods you eat affect the amount of acid your stomach produces. Eating the right kinds of food is key to controlling acid reflux or gastroesophageal reflux disease (GERD), a severe, chronic form of acid reflux.

*Presented by: Montachusett Opportunity Council*

## Upcoming Topics

October 12

### Stroke Prevention

Presented by: LifeCare Littleton

October 19

### Diabetes Management

Presented by: Nashoba Valley Hospital

October 26

### Gluten Free Living

Presented by: Nashoba Valley Hospital



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# September Events

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



## Veteran's Breakfast

Thursday, September 7

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. At each breakfast, Bob Johnson, Groton's Veterans' Agent/Veterans' Service Officer; will schedule a veterans themed presentation or speaker.



*Hungry for Knowledge?*

*This program is made possible through the generosity of RiverCourt Residences*

Wednesday, September 27 12:00pm

## "Armenia, Bridging Past with Present"

Presented by: Mihran and Terese Keoseian

This talk and slide presentation will capture the highlights of their trip to ancient Armenia three years ago. Armenia is the country where the fabled Noah's Ark landed on Mt. Ararat. Kharpet, the town where his father was born, was also one of the key sites of a mass genocide beginning in 1915.

While the presentation is not about the Genocide per se, it is a story of a country and its people that is placed at the crossroads of the historic Silk Road. For centuries, it has paid dearly for its location and its religious beliefs.

The Keoseians were also fortunate to have a private audience with His Holiness, Karekin II, Supreme Patriarch of all Armenians, seated at Etchmiadzin. During their tour of the country, they also enjoyed the people, festivities, food and rich culture of Armenia, returning home with a greater appreciation of its beauty and hospitality.

We welcome you to join us on... to experience a trip to ancient Armenia—a destination, to say the least, that is far off the beaten path from Groton.

*Please register by calling the senior center,  
978-448-1170, by Friday, 9/22*

## Nashoba Tech Catered Luncheon

Wed, September 13 12:00pm

Cost: \$10 for meal  
(with optional tip)

### Program:

*The Case of the Forgotten and Denied Genocide of the Armenian People*

In 1915, leaders of the Turkish government set in motion a plan to eliminate the Armenian population living in the Ottoman Empire, and erase 3000 years of Armenian civilization. About 2 million Armenians resided in the Ottoman Empire in the early 20th century. By the early 1920s, some 1.5 million of Turkey's Armenians were dead, with many more forcibly removed from their ancient homelands. Today, most historians call this event a genocide—a premeditated and systematic campaign to exterminate an entire people. However, the Turkish government denies a genocide ever occurred, despite pressure from social justice advocates throughout the world for the past 100 years. This presentation discusses the causes of the Armenian Genocide, and the consequences of its subsequent denial and cover up.

### Menu:

**Please look for the menu in the next newsletter**  
*Please make you reservation by Fri., 9/8*

## Groton Women's Club Sponsored luncheon



Wed, September 20  
12:00pm

A fabulous lunch Tacos with ground turkey, bean salad and orange sherbet will be followed by the Fred Fowler and his fiddle! Fred Fowler, guitarist and fiddler, originally came from Massachusetts, Boston actually, where as a youngster his love for country and bluegrass music originated listening to WCOP radio. Through the years he continued to move northwest and now resides in Temple N.H. Fred attends a number of jams, open mikes, and festivals and has performed with different bands such as 'Late Night Radio' and the 'Sandy Ridge Boys'. His performances include old country, western swing, a few classic old tunes, and of course, bluegrass. He will entertain with his guitar and a few fiddle tunes

**Nashoba Nursing Service & Hospice**  
 "Your Community,  
 Your Choice Since 1931"  
 Providing Home Health Care,  
 Hospice and Public Health Services  
*A community partnership established  
 in 1931 under the auspices of Nashoba  
 Associated Boards of Health*



24 hours/day - 7 days/week  
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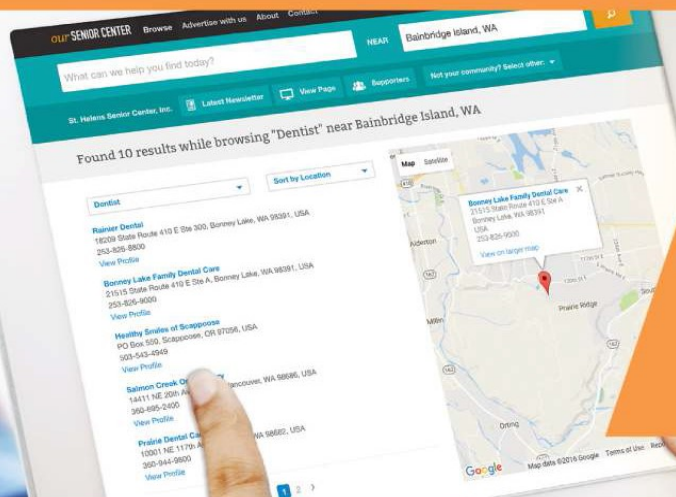
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