

The Center GROTON COUNCIL ON AGING

Your place for lifelong learning, wellness, and support.

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

493

September 2017

978-448-1170 Hours: M-F 8:00am - 4:00pm

Building Initiative Update

At Spring Town Meeting last April the Council on Aging went before Town Meeting with an Article asking for up to \$400,000 for design money for a new senior center. There was also an Article to determine the siting of the new building. At Town Meeting the Article for design monies passed and the current location, 163 West Main Street, was the site chosen. However, on May 16 the debt exclusion ballot question for the design money did not pass.

Since the election the Senior Center Building Committee has discussed and analyzed why the initiative failed at the ballot with conclusions that varied from anticipated cost of the final project to confusion with the ballot wording to support for renovation but not new construction. The committee deliberated on all concerns heard and is now ready to move forward at Fall Town Meeting to again request funding for a building design. The question now is: What has changed?

- 1. The design money request this Fall Town Meeting will be for a specific amount. Last Spring the amount was for "up to \$400,000". On August 7 the Selectmen unanimous approved their support for a RFP to be publicized by the Town Manager for the design phase. The bids will be due by September 20 therefore; the committee will have an exact cost for the design.
- 2. Within the scope of work, the company awarded this bid will make a recommendation as to the feasibility of an addition/renovation of the current building as compared to a new build. The Building Committee will take the information provided and using the criteria of cost, accessibility and programs, make a determination as to the best way to move forward.
- 3. There will not be a debt exclusion ballot question for this initiative. Monies requested will be available through free cash.
- 4. Through value engineering and creative design, and without compromising programs, the Building Committee is committed to keeping the cost of the final project within a range that will not create a hardship for taxpayers. It is understood that numbers that were previously estimated were in a high range and those costs must be contained.

We ask for your support at Town Meeting on October 23 and as always, please feel free to call me with questions or suggestions. **Xathy**



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 for your reservation by Thurs., Sept. 7, 978-448-1170.

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.

Director

Kathy Shelp kshelp@townofgroton.org

Outreach Coordinator Stacey Shepard Jones

Activities/Volunteer Co.
Kathy Santiago

Maintenance Jimmy Kuzmitch

Van Driver

Alan Sinclair Marcel Falardeau Richard Marton Herb Peterson

Selectmen Liaison Josh Deegan

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Gail Chalmers

Vice Chairman Richard Marton

TreasurerGeorge Faircloth

Secretary Helen Sienkiewicz

Members

Ellen Baxendale Peter Cunningham Norma Garvin Jean Sheedy Eddie Wenzell

September Events

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

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Veteran's Breakfast

Thursday, September 7 10:00am
Cost: None



Speaker: TBD

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

Presented by: Ara Jeknavorian 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:

We apologize but the menu was unavailable at newsletter printing deadline. Please call the center for your choices, 978-448-1170.

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 Massachu-

setts, 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 Please call the center by Fri. 9/15 for your reservation.

Groton Senior Center Activities

-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	good b	ige sum. Hello	nev. autumn.	Accredited by National Institute of Senior Centers	VAN DW Highway ¹ 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
_	Have a diappy & Safe Labor Day	9:00 Line Dance 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Mahjong	11:00 Strength Training 12:00 Pizza & Movie "The Promise"	9:00 Yoga 10:00 Veterans Breakfast 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai-Chi 7:00 Meditation	Concord River Lunch Cruise VAN Wal-Mart 10:00 Groton Swim 10:00 Strength Training 11:15 Hearing Screening 1:00 Meditation 6:00 Dinner & Drive-In
10:00 10:00 11:30 12:00	Groton Swim Beginner Line Dance Strength Training Honoring First	9:00 Line Dance 12 10:00 Focus on Foocare 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:30 Hand & Foot 1:00 Mahjong 7:00 Welcome Shri Shirdi Sai Bada Temple	9:00 Book Club 11:00 Strength Training 12:00 Nashoba Tech Lunch Speaker: Ara Jeknavorian Armenian Genocide	9:00 Yoga 10:00 Nutrition and Aging 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai Chi 7:00 Meditation	Concord River Lunch Cruise 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge 1:00 Meditation
10:00 10:00 11:30 10:00 12:30 1:00	Groton Swim Beginner Line Dance Strength Training Documentary Cribbage COA Board Mtg.	10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:30 Hand & Foot 1:00 Mahjong 7:00 Line Dance	11:00 Strength Training 12:00 Woman's Club Lunch Entertainment: Fred Fowler on the Fiddle 1:30 Ask the Nurse/ Blood Pressure Screening	9:00 Yoga 10:30 Spa Day 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai Chi 7:00 Meditation	VAN Christmas Tree Shop Plaza 10:00 Groton Swim 10:00 Creative Creations 10:00 Strength Training 1:00 Meditation
10:00 10:00 10:30 11:30 12:30	Groton Swim Beginner Line Dance Talk with Tom Strength Training Cribbage	9:00 Line Dance 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:30 Hand & Foot 1:00 Mahjong 7:00 Line Dance	11:00 Strength Training 12:00 Lunch & Learn: Mirhon & Therese Keosian Travel Log Armenia	Jay Darrin Trip to 28 Willow Spring Vinyard 9:00 Yoga 10:00 GERD 10:00 Memory Cafe 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai-Chi 7:00 Meditation	VAN Westford 29 Market Basket 10:00 Groton Swim 12:30 Bridge 1:00 Meditation

Always Available

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

Mondays	ò
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Mondays	
Line Dancing	10:00am
Groton Swim	10:00am
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	2:30pm
COA Board Meeting (3rd Mon)	1:00pm
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
Pilates	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	10:00am
Vet's Breakfast (1st Thurs) Sponsored by Groton Police Association	10:00am
Take a Walk with Us	10:30am
Ask the Nurse	10.504111
and Blood Pressure Screenings (2nd Thurs)	11:30am
Presented by Nashoba Associated Boards	11.50aiii
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
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm
Meditation	1:00pm
	-

Documentary



The Armenian Genocide

Monday, September 18 10:00am

The Armenian Genocide is a 2006 television documentary film exploring the Ottoman Empire killings of more than one million Armenians during World War I.

Next documentary: October 16, 10am Spymasters

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.

Tuesday Evening 7:00pm September 12

Unlike Islam, Judaism, or Christianity, Hinduism is not one religion, but a way of life. There is no single founder, no single scripture, and no commonly agreed upon teachings. Followers of









Shri Sai Baba, who lived in the late 19th and early 20th centuries in a small town about 100 miles from Mumbai, are committed to social justice.

Please register by calling the senior center, 978-448-1170



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 quest artist who will lead music, art or other activities. (A care partner must accompany quests 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.



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

Mínd Body and Spírít 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**

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, September 5

12:00pm

"The Promise"

Empires fall, love survives. When Michael meets Ana, their shared Armenian heritage sparks an attraction that explodes into a romantic rivalry between Michael and Ana's boyfriend Chris 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.

Wed, October 4

12:00pm

"The Zookeepers Wife"



The time is 1939 and the place is Poland, homeland of Antonina Zabinski and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan's stewardship and Antonina's care. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist, Lutz

Heck. The Zabinskis covertly begin working with the Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto.

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

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 VAThis 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

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.

Round Trip Fees:

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.

West Point Academy & Hyde Park NY

Experience Fall in the beautiful Hudson Valley of New York



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

(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.

Hearing Screenings

Friday, September 8

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





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

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.

Beginners Watercolor Painting

The first and third Tuesdays of the Month
September 5 and 19
1pm-2:30pm
Cost: \$5 per class for supplies

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.

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



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



Evening Line Dancing and Friday Afternoon Meditation Please call the center to register, 978-448-1170



Your choice 3 times a week!

Learn to Line Dance in the Morning

Mondays 10-11 AM \$3 per class

And

Learn to Line Dance in the Evening

Tuesday 7-8pm Starting September 19th \$5 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!

Line Dancing for Experienced Dancers

Tuesdays 9-10am \$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!"

Creative Creations



Bath Bombs and Bath Salts

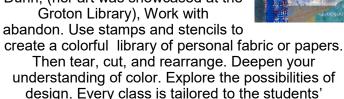
Friday, September 22 10am Cost: \$5

There is something incredibly relaxing about a warm bath, Join us and learn how to make how to make your own fragrant and moisture rich bombs!

Freeform Collage

Friday, October 27 10am Cost \$15

Instructor: Profession artist, Linda Dunn, (her art was showcased at the Groton Library), Work with



interests. Fun and discovery guaranteed.



JOY OF LIVING

Meditation Group

1:00 PM Fridays - - Additional Day! **Beginning September 8th**

7:00 PM Thursdays

at the center No cost



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.

Talk with Tom Sponsored by the Friends of the Groton Elders

Discussion Group with Tom Hartnett September 25

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.

PILATES TRAINING

Wednesdays 9:30 - 10:30AM. Beginning September 13 8 classes \$80.00 Payable to the instructor



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

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!

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

Day Trips

Thursday, September 28 10:30am-4:30pm

Willow Spring Vineyard

With Jay Darrin! \$56 includes wine tasting, tour, lunch and transportation.

We'll start out with an early lunch at Butch's Uptown Restaurant and then head to Willow Spring Vineyard for a tour



and tasting. The building itself is worth the trip!
Using remnants of two old barns they have created a beautiful function hall and tasting room.
The bucolic setting make it hard to believe you are in Haverhill.

This trip marks the return of the Curmudgeon after a summer of reorganization. We'll be using a different vehicle. But the newer Ford Transit will provide a comfortable ride. Looking forward to resuming our trips.

Registration opens September 1 for Groton residents and September 8 for non residents for both trips. Payment due at registration.

Friday, October 20

10:30am

Pickety Place

Travel in the COA van
Cost: Lunch \$21.95 (plus tax and gratuity)
Van: \$4

Since 1786 this quaint little red cottage has graced the hills of southern New Hampshire, seemingly untouched by time. The enchanting cottage was chosen by Elizabeth Orton Jones as the model for her illustrations in Little Red Riding Hood (Little Golden Books, 1948). Today it is a mecca for gardeners, foodies and anyone looking for inspiration and relaxation.

October Menu

Dip - Boursin

Soup - Butternut with Local Apples and Pickity Honey

Salad - Autumn Cobb

Bread - Cranberry Walnut

Entrée - Classic Beef Bourguignon with Fingerlings and Roasted Vegetables

— or —

Entrée - Root Vegetable Tarte Tatin Side - Decided Daily Dessert - Mini Fudge Sampler with Ice Cream



NEWS FROM SHINE FOR SEPTEMBER 2017

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2018** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (October 15th - December 7th), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. If you would like to meet with our SHINE Counselor, Hazel, please call the Council on Aging at 978-448-1170, and we will put you in touch with her.

FOUR WEEKS OF W. B. Yeats

Presented by Stephen Collins
This program is made possible through the
generous support of the Friends of the Groton
Elders



Mondays, October 16, 23, 30 and November 6 1:00pm

Born in Dublin in 1865, his poetry would eventually win for him the Nobel Prize in 1923. He along with

Lady Augusta Gregory spearheaded the Irish literary revival. Critics have called him the great poet of old age. Most of what are considered his masterpieces he composed after age sixty. We will look at those and some of his earlier poetry and the influences upon him.

Please call the center to register,

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