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.  

Kathy

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

Liaison Police Officer
Kevin Henehan

School Committee Liaison
Marlena Gilbert

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
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 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.

Please call the center by Fri. 9/15 for your reservation.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Have a Happy &amp; Safe Labor Day</td>
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<td>Concord River Lunch Cruise</td>
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<td>Painting Club</td>
<td>“The Promise”</td>
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<td>Entertainment: Fred Fowler on the Fiddle</td>
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<td>Strength Training</td>
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**Mondays**

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<th>Event</th>
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<tbody>
<tr>
<td>Line Dancing</td>
<td>10:00am</td>
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<tr>
<td>Groton Swim</td>
<td>10:00am</td>
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<tr>
<td>Documentaries (2nd Mon)</td>
<td>10:00am</td>
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<tr>
<td>Talk with Tom - Current Events (4th Mon)</td>
<td>10:30am</td>
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*Supported by the Friends of Groton Elders*

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<th>Event</th>
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<tbody>
<tr>
<td>Strength Training</td>
<td>11:30am</td>
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<tr>
<td>Cribbage</td>
<td>2:30pm</td>
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<tr>
<td>COA Board Meeting (3rd Mon)</td>
<td>1:00pm</td>
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**Tuesdays**

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<tbody>
<tr>
<td>Line Dancing</td>
<td>9:00am</td>
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<tr>
<td>Creative Creations</td>
<td>10:00am</td>
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<tr>
<td>One Stroke Painting Club</td>
<td>10:00am</td>
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<tr>
<td>Writing Creatively</td>
<td>10:00am</td>
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<tr>
<td>Garden Club</td>
<td>10:00am</td>
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<tr>
<td>Take a Walk with Us</td>
<td>10:30am</td>
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<tr>
<td>Hand and Foot Cards</td>
<td>12:30pm</td>
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<tr>
<td>Mahjong</td>
<td>1:00pm</td>
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<tr>
<td>Watercolor painting (1st and 3rd)</td>
<td>1:00pm</td>
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**Wednesdays**

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<th>Event</th>
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<tbody>
<tr>
<td>Book Club (2nd Wed)</td>
<td>9:30am</td>
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<tr>
<td>Pilates</td>
<td>9:30am</td>
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<tr>
<td>Strength Training</td>
<td>11:00am</td>
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<tr>
<td>Groton Women’s Club Luncheon (3rd Wed)</td>
<td>12:00pm</td>
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*Sponsored by Groton Trust Lecture Fund*

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<th>Event</th>
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<tr>
<td>Pizza and a Flick (Wed varies)</td>
<td>12:00pm</td>
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<tr>
<td>Nashoba Tech Lunch - $10 (Wed varies)</td>
<td>12:00pm</td>
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<tr>
<td>Holiday Celebrations (Wed. varies)</td>
<td>12:00pm</td>
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<tr>
<td>Lunch and Learn (4th Wed)</td>
<td>12:00pm</td>
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*Sponsored by RiverCourt Residences*

**Thursdays**

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<tbody>
<tr>
<td>Yoga—$3 per class</td>
<td>9:00am</td>
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*Supported by the Friends of Groton Elders*

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<th>Event</th>
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<tr>
<td>Vet’s Breakfast (1st Thurs)</td>
<td>10:00am</td>
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*Sponsored by Groton Police Association*

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<tbody>
<tr>
<td>Take a Walk with Us</td>
<td>10:30am</td>
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<tr>
<td>Ask the Nurse</td>
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<tr>
<td>and Blood Pressure Screenings (2nd Thurs)</td>
<td>11:30am</td>
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*Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

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<tbody>
<tr>
<td>Hand and Foot</td>
<td>12:30pm</td>
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<tr>
<td>Tai-Chi ($5 per class)</td>
<td>12:30pm</td>
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<tr>
<td>Meditation</td>
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**Fridays**

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<tbody>
<tr>
<td>Shopping - $4 for van</td>
<td>9:00am</td>
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<tr>
<td>Groton Swim</td>
<td>10:00am</td>
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<tr>
<td>Strength Training</td>
<td>10:00am</td>
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<tr>
<td>Hearing Screenings (2nd Fri)</td>
<td>11:15am</td>
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<tr>
<td>Bridge (1st and 3rd Fri.)</td>
<td>12:30pm</td>
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<td>Meditation</td>
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**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**

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
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.

Memory Cafe
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

September 21  Dry Cuts - Men and Women

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

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
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
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-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

(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
**Beginners Watercolor Painting**

The first and third Tuesdays of the Month

**September 5 and 19**

1pm-2:30pm

Cost: $5 per class for supplies

*Try something new!*  
No pressure!  
Fun!  
*No previous training necessary!*

Every month enjoy great conversation while creating an impressionistic watercolor painting from beginning to end. Landscape scenes will be the focus with suggestions taken from the class. Please call the senior center to register, 978-448-1170.

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**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 maintaining 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 your mind and 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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*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*

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**Line Dancing**

Your choice 3 times a week!

- **Learn to Line Dance in the Morning**
  - Mondays 10-11 AM
  - $3 per class

- **Learn to Line Dance in the Evening**
  - Tuesdays 7-8pm
  - Starting September 19th
  - $5 per class

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**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.

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**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.

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**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.

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**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 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 abandon. Use stamps and stencils to create a colorful library of personal fabric or papers. Then tear, cut, and rearrange. Deepen your understanding of color. Explore the possibilities of design. Every class is tailored to the students' interests. Fun and discovery guaranteed.
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.

FIND 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,