



The Center

GROTON COUNCIL ON AGING

*Your place for lifelong learning,
wellness, and support.*

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

October 2017



978-448-1170

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

Planning for Your Health Care

It can be hard decision and a harder conversation. What do you want your health care to include, more specifically, our end of life health care? It's something we need to think about, make clear choices and then make those choices known while we have the capability to do so.

By doing so we take the responsibility from our loved ones with clear and concise directions.

Honoring Choices Massachusetts will walk you through the steps of health care planning providing achievable steps to this ongoing process ensuring your choices are honored. They believe this is not about one document or one conversation, but a life process to promote everyday wellness, plan for the future, and get the best possible person-centered care all through your life. Your choices will be based on:

- Your legal rights
- Your medical information
- Your values and belief system
- Your relationship with your family.

Please join us at the senior center with Kathy Benson, LICSW with Nashoba Nursing Services to ensure your healthcare providers, family and friends **Honor Your Choices.**

It's Your Health Care. It's Your Choice.

Tuesday, October 17 1:00pm
or

Wednesday, October 18 6:30pm

Your health care is your choice, make your choices known. Join us and empower your decisions for your health care plan or help a loved one make a plan to ensure your choices are honored.

You'll receive a "Getting Started Took Kit" which include information and documents to:

- ♦ Choose a Health Care Agent for your Health Care Proxy
- ♦ Complete your Personal Directive or Living Will.
- ♦ Talk with your health care providers to align care to your choices.

This program is presented by Nashoba Nursing Services and Hospice.

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



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

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 Degen

Liaison Police Officer

Kevin Henehan

School Committee Liaison

Marlena Gilbert

COA Board of Directors

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Gail Chalmers

Vice Chairman

Richard Marton

Treasurer

George Faircloth

Secretary

Helen Sienkiewicz

Members

Ellen Baxendale
Peter Cunningham
Norma Garvin
Jean Sheedy
Eddie Wenzell

October Events

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

Veteran's Breakfast

Thursday, October 5 10:00am

Cost: None



Speaker: Bedford VA

If you have not signed up for Veteran's healthcare benefits you can do so today.

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.

Join us for Trunk or Treat

The Council on Aging is very excited to participate in the Florence Roche Trunk or Treat Halloween Parade. For Trunk or Treat the children parade in the school parking lot as candy is distributed from the trunks of cars and the COA van! Join us and enjoy all the kids and their costumes!



**Sunday October 29
at Florence Roche
2:00-4:00pm**

We are looking for support from the senior community for the following:

1. We would love to have you join us to hand out candy to the children.
2. Donations of Halloween candy.
3. Donation of Halloween decorations to "trick" out the van.

Please give us call and let us know you'll be joining us!
Drop off candy and decorations anytime prior to October 25.

Groton Women's Club Sponsored Luncheon

Wed, October 18 12:00pm

Groton Old Burial Ground

We are excited local expert Eleanor Gavazzi will explore Groton's Old Burial ground with her presentation. Prior to the program we will enjoy a lunch of Cowboy Beans, Cole Slaw, corn bread and, of course, cake for dessert.!



Please call the center by Fri. 10/13 for your reservation.

Nashoba Tech Catered Luncheon

Due to Governor Baker's visit to Nashoba Tech on October 11 there will be no October luncheon.

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, Oct. 16, 23, 30 and Nov. 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, 978-448-1170

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Beginner Line Dance</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p>	<p>3</p> <p>9:00 Line Dance</p> <p>10:00 Garden Club</p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand & Foot</p> <p>1:00 Watercolor Class</p> <p>1:00 Mahjong</p> <p>7:00 Line Dance</p>	<p>4</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p> <p>12:00 Pizza & Movie</p> <p>"Zookeepers Wife"</p>	<p>5</p> <p>9:00 Yoga</p> <p>10:00 Veterans Breakfast</p> <p>12:30 Hand & Foot</p> <p>12:30 Left Right Center</p> <p>1:00 Tai-Chi</p> <p>7:00 Meditation</p>	<p>6</p> <p>VAN DW Highway</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Meditation</p>
<p>9</p> <p><i>Columbus Day</i></p> 	<p>10</p> <p>9:00 Line Dance</p> <p>10:00 Focus on Foocare</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand & Foot</p> <p>1:00 Mahjong</p> <p>7:00 Line Dance</p>	<p>11</p> <p>9:30 Book Club</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p> <p>12:00 Nashoba Tech Lunch</p>	<p>12</p> <p>9:00 Yoga</p> <p>10:00 Stroke Prevention</p> <p>12:30 Hand & Foot</p> <p>12:30 Left Right Center</p> <p>1:00 Tai Chi</p> <p>7:00 Meditation</p>	<p>13</p> <p>VAN Wal-Mart</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>11:15 Hearing Screening</p> <p>1:00 Meditation</p>
<p>16</p> <p>9:00 Beginner Line Dance</p> <p>10:00 Documentary</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p>1:00 Yeats</p> <p>1:00 COA Board Mtg.</p>	<p>17</p> <p>9:00 Line Dance</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand & Foot</p> <p>1:00 Mahjong</p> <p>1:00 Honoring Choices</p> <p>7:00 Line Dance</p>	<p>18</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p> <p>12:00 Woman's Club Lunch</p> <p>Speaker: Old burial Ground</p> <p>1:30 Flu Clinic</p> <p>6:30 Honoring choices</p>	<p>19</p> <p>9:00 Yoga</p> <p>10:30 Diabetes Management</p> <p>12:30 Hand & Foot</p> <p>12:30 Left Right Center</p> <p>1:00 Tai Chi</p> <p>7:00 Meditation</p>	<p>20</p> <p>VAN Market Basket Plaza</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>10:30 Pickety Place</p> <p>12:30 Bridge</p> <p>1:00 Meditation</p>
<p>23</p> <p>9:00 Beginner Line Dance</p> <p>10:00 Groton Swim</p> <p>10:30 Talk with Tom</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p>1:00 Yeats</p> <p>Town Meeting</p>	<p>24</p> <p>9:00 Line Dance</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand & Foot</p> <p>1:00 Mahjong</p> <p>7:00 Line Dance</p>	<p>25</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p> <p>12:00 Lunch & Learn: Russian Culture</p> <p>6:30 Alzheimers: Know the Signs</p>	<p>26</p> <p>9:00 Yoga</p> <p>10:00 Gluten Free Living</p> <p>10:00 Memory Cafe</p> <p>12:30 Hand & Foot</p> <p>12:30 Left Right Center</p> <p>1:00 Tai-Chi</p> <p>7:00 Meditation</p>	<p>27</p> <p>VAN Christmas Tree Shop Plaza</p> <p>10:00 Groton Swim</p> <p>10:00 Creative Creations</p> <p>10:00 Strength Training</p> <p>1:00 Meditation</p>
<p>30</p> <p>9:00 Beginner Line Dance</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p>1:00 Yeats</p>	<p>31</p> <p>9:00 Line Dance</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand & Foot</p> <p>1:00 Mahjong</p> <p>7:00 Line Dance</p>			<p>Accredited by </p> <p>National Institute of Senior Centers</p>

Always Available

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

Mondays

Line Dancing	10:00am
Groton Swim	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

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
<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 & Nashoba Nursing Service & Hospice</i>	
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



Spymasters

Monday, October 16
10:00am

The Spymasters: CIA In the Crosshairs is a 2015 documentary film which covers the experience of the Central Intelligence Agency as seen through the eyes of the twelve living CIA directors, all of whom were interviewed for the film. This Documentary is 2 hours.

Next documentary: November 20, 10am
Bright Lights

Pizza and a Flick

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

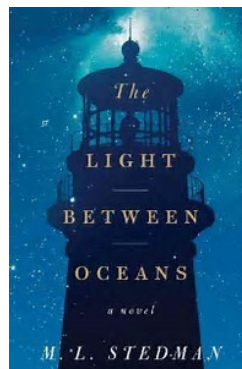
Wed, October 4 12:00pm

"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.

Wed, November 1 12:00pm

"Light Between Oceans"



Tom is a World War I veteran who maintains a lighthouse off the shore of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. Fate strikes again when the couple meet the child's biological mother on the mainland. Now, Tom and Isabel must make a decision that will forever affect the lives of four people.

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.**

THE 5 STAR URGENT RESPONSE ALERT SYSTEM FROM GREATCALL

The 5 Star Urgent Response Device operates on a cellular network (Verizon), so wherever a Verizon cell phone works, this device works as well.

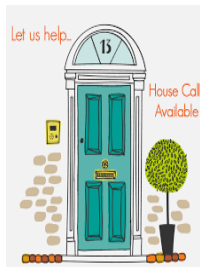
It is very simple to use, as it only has 1 button. You push it once to connect to the emergency call center or hold the button down to connect directly to 911.

This has a built-in GPS location tracking device, which pinpoints your location so that emergency personnel can respond to you faster.

The 5 Star Urgent Response Alert is available at Walmart, Best Buy, and Sear's for around \$49.99, and their monthly plans start at \$19.99. There is no contract, so you can cancel at any time.

For more information about The 5 Star Urgent Response Alert System from GreatCall call 1-800-650-5921.

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 us, 978-448-1170.

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 the center, 978-448-1170.



FreeForm Collage Art

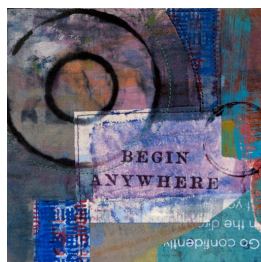
Friday, October 27

10am—1pm

Cost \$15

Instructor:
Professional artist,
Linda Dunn,

(Linda's 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.



OCTOBER NEWS FROM SHINE

The Medicare Open Enrollment begins on Oct 15th and ends on Dec 7th

Don't Wait Until It's Too Late!
Open Enrollment Appointments will begin mid-October.

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call the senior center, 978-448-1170, and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.



Friday, October 27 1pm

Shine Counselors will be conducting a Medicare Open Enrollment Update Meeting at the Senior Center to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2016 plan year. Please be sure to attend by calling the senior center, 978-448-1170.

Gibbet Hill Holiday Dinner

Thurs., November 16 5:30 PM

Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free to residents of Groton 60 and older and is a ticketed event with limited seating. Tickets are available at the Senior Center beginning Monday, October 30. Entertainment for the evening will be Groton's own, John Murphy and The McMurphys. Home delivered meals, delivered by Groton Police Department, are available by request.



Talk with Tom
Sponsored by the
Friends of the Groton Elders

Discussion Group with Tom Hartnett
October 23

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.

Inspire Health

Education for your Health

Thursdays, 10:00am

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

October 12 10am

Stroke Prevention

Presented by: LifeCare Littleton

Pam Cole, Director of Rehab at Lifecare will discuss steps people can take to help prevent strokes, warning signs and how to respond, and the potential for rehabilitation after a stroke.

October 19 10am

Diabetes Management

Presented by: Nashoba Valley Hospital

Managing diabetes is a challenge everyday. There are many variables to keep in mind: food, exercise, stress and general health. Keeping blood sugar levels in the desired range is a constant balancing act. We want to make managing diabetes easier and help prevent the onset.

October 26 10am

Gluten Free Living

Presented by: Nashoba Valley Hospital

Getting the basic gluten-free diet right is easy when you know the ground rules. Join us and you will be on your way to a happy, healthy gluten-free life.

Coming in November:

November 9 Focus on Footcare

November 16 The Importance of Hydration

November 30 Medical Properties of Cannabis

Exercise for your Health

Groton Swim

at the Groton School Pool

Mondays, 10am no cost

Fridays, 10am no cost

Learn to Line Dancing

Mondays, 10am \$3 per class

9am if you need some personal instruction

Tuesdays, 7pm \$5 per class

Line Dancing for Experienced Dancers

Tuesdays 9am \$3 per class

Strength Training

Mondays, 11:30 \$3 per class

Wednesdays, 10:30am \$3 per class

Fridays, 10am \$3 per class

Pilates

Wednesdays, 9:30am 8 classes \$80

Yoga

Thursdays, 9am \$3 per class

Tai Chi

Thursdays, 1pm \$5 per class

Meditation

Thursdays, 7pm No cost

Fridays, 1pm No cost

Walk with Us

at the Twomey Center

Tuesdays, 10:30-11:30am

Thursdays, 10:30-11:30am

Alzheimers Know the 10 Signs:



Wednesday, October 25 6:30PM

If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters!

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

Knowledge is power. Attend Alzheimer's Association free education programs and learn about Alzheimer's disease and related disorders. Understanding the challenges will help you take control.



**Wednesday
October 18**

**1:30-2:30pm
at the
Senior Center
downstairs**

please bring your
Medicare card.

Senior Center Building Initiative FAQs

Please feel free to call the center should you have additional questions or would like clarification.

At 2017 Spring Town Meeting, the Council on Aging asked for up to \$400,000 for design of a new senior center. There was also an Article to determine the appropriate site. The Article for design monies passed for the current W. Groton location. However, at the town election on May 16, the debt exclusion ballot question for design money did not pass.

The Senior Center Building Committee listened to voter concerns regarding the ballot question vote. We are now more ready to move forward at Fall Town Meeting to request funding for building design. Our Selectmen unanimously approved their support for an RFP for the design phase. The bids were due September 20 and voters will have an exact cost for the design at Fall Town Meeting.

Why ask for design money?—What's included?

Design Bidding covers the following: Building Design Development, including choosing whether to build new or renovate. This is not unique to this project, it is done in every building or renovation project. It includes:

- Site Design, including sewage disposal system, storm water management, building lay out, landscaping, parking etc.

- Construction Documents – Full Set of Plans and Specifications to bid the project

- Bid advertising, reviewing bid, checking references, recommending award

The design phase will give us an exact amount for the final project. The Building Committee has heard taxpayers' concerns. Through value engineering and creative design, and without compromising programs, the Committee is committed to keeping the cost of the final project within a range that will minimize taxpayer burden. It is clearly understood that project costs previously estimated were too high and those costs must be reduced a lot.

What will the design phase cost? Currently the Senior Center Building Committee is interviewing architects for the design phase and the town Manager will negotiated fees. There will be an exact cost by time meeting. The cost will not exceed \$400,000

Renovation vs new build The architect awarded this bid will recommend feasibility of a renovation/expansion of the current building as compared to a new build. Using their information re: cost differences, and accessibility and considering programing needs, the Building Committee will make a determination as to the better option for final design. The voters ultimately will still have the final say in the spring.

Why seek design money now at Fall Town Meeting, vs waiting until spring?

Townpeople need a clear picture of the exact costs for total project and to consider that within the context of other capital needs at the 2018 spring town meeting. That can only happen if an architect provides full construction design for a facility and then that design is put out for bid. The total project, with firm costs, would then be placed on the ballot at the town election ballot in May 2018

Why not a debt exclusion-ballot?

The short answer is that Article 7 will not be funded by borrowing money. That action requires debt exclusion ballot vote. It is proposed that the funding for the Senior Center Design come from funds that are available from the sale of town owned property (\$175,000) supplemented by money from the excess and deficiency account - free cash.

In Summary

There is very little disagreement over the need to address the serious shortcomings of the current facility either through renovation or new construction. Failure to do so and to specifically address the lack of universal accessibility and code violations places the town in jeopardy of legal action and a possible court order to address these issues. Estimates have placed the cost of doing this at close to \$900,000. However, this would only correct deficiencies and does nothing to address the programming needs of our growing senior population.



Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences

Wednesday, October 25 12:00pm

“Russian Culture”

Presented by: Tanya Shepard

Tanya Sheppard was born in Bavaria, Germany of Russian and German parents and came to the U. S. as a child. She attended New Jersey public schools and has a B.A. In History . She earned an M.A. In Russian Language and Literature from Fordham University.

Tanya travelled extensively throughout the former Soviet Union, Russia and Eastern Europe from 1978 until 2005. As a result of her many friends and relatives there, she has a deep and personal understanding of Soviet/Russian Culture.

*Please register by calling the senior center,
978-448-1170, by Friday, 10/20*

**COA Van service available—please
call 978-448-1141 by Wed. 11/1**

The **Groton Dunstable High School**
Drama Guild invites you to attend:

**Twelve
Angry
Jurors**

By Reginald Rose
Adapted by Sherman L. Sergel

Sunday, November 4 2:00pm
Groton Dunstable High School

Tickets are only \$8 at the door.

*Twelve Angry Jurors produced by special
arrangement with the Dramatic Publishing
Company of Woodstock, Illinois*

The Breakers

*The Groton Senior Center
and
Tours and More Travel
Presents*

Christmas at the Newport Mansion The Breakers



November 28, 2017

\$89 per person

Payment due at registration

Join us and see this beautiful mansion
decorated for the Holiday Season!
We look forward to meeting you!

Trip Includes:

Round Trip Transportation by Luxury Motor
Coach Bus
Professional Driver
Driver Gratuity
Entrance to the Breakers
&
Lunch

Pick Up at 9:00 am and
return is 5:00pm

Minimum 20 to run program/max 28 spaces

*On sale for Groton October 2
On sale for non-residents October 16*



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

