



The Center

GROTON COUNCIL ON AGING

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

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

November 2017



978-448-1170

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

The Buzzwords. . . . Intergenerational Programs

The first formal intergenerational program began in the late 1960s as the Foster Grandparents program. It was established as part of the nation's "war on poverty" with dual goals; help reduce isolation in the elderly and provide special one-on-one contact for at risk children. As with all social programs, intergenerational programming is now designed to meet the ever growing needs of older adults and children. Today programming includes everyone across social and age lines. The potential benefits are not limited to just those at risk or isolated. Intergenerational Programs are vehicles that allow the generations to interact, break down stereotypes and actually engage in social and political issues that affect all. They are based on reciprocity, and they are sustained and intentional. Both populations, old and young, are seen as assets and not problems to be solved.

"Somehow we have to get older people back close to growing children if we are to restore a sense of community, a knowledge of the past, and a sense of the future." ~ Margaret Mead

The Council on Aging is very please to be collaborating with GDRS to establish an intergenerational initiative. We believe working together is imperative to a healthy community to breakdown barriers and in understanding not only where we are going, but where we have been. We are striving for new opportunities every month to engage with one another on multiple levels. Please join us in this initiative and be part the whole community.

Opportunity for November:

The middle is drama production is looking for older adults to work with the students to practice their lines for the upcoming play.

You have the opportunity to help this student be the best they can be and achieve a higher level of success.

The student has an opportunity to learn from your life experience and dispel their stereotypes of what an "old" person is all about.

Please call me and offer the priceless commodity of time.

Kathy

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 . Home delivered meals, delivered by Groton Police Depart-



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

Marcel Falardeau
Richard Marton
Herb Peterson

Selectmen Liaison

Josh Degen

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

November Events

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

Veteran's Breakfast

Thursday, November 2 10:00am
Cost: None



**Speaker: State Representative
Shelia Harrington**

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.

Veterans Wall of Honor

We at the Council on Aging in Groton are proud of our veterans and would like to add to our **Wall of Honor** here at the center.

We are asking you to share stories and pictures from your time of service. Anything and all you would like to share. Please drop them off at the center or email them to us at gcoa@townofgroton.org and be part of our Veterans Wall of Honor. *If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.*



This program is made possible through the generosity of RiverCourt Residences

Wednesday, November 29 12:00pm

How to Watch TV Without Cable

Presented by: Mike Preston

So many choices! Roku, Firestick, google TV, Amazon, Netflix, and on and on and on! Mike Preston will be here to sort it all out with a Roku demonstration. Learn how you can watch all your favorite shows without a cable package.

*Please register by calling the senior center,
978-448-1170, by Friday, 11/24*

Groton Women's Club sponsored luncheon

Wed, November 15 12:00pm

Entertainment:
Music by Emma

Enjoy a delicious meal of Chicken with grape sauce, white rice, copper penny carrots, pumpkin cheesecake followed by the delightful Emma!

Emma Riffelmacher is a classically trained singer with a very eclectic range of musical styles. She performs anything and everything from the big band music of the war era, to classic country, to rockin' music from the 60's and 70's, and even some classical. Emma will take you on a "Sentimental Journey" throughout the decades that you surely won't forget!

Emma lives in Holden with her husband and her two daughters who are five years old and nine months old.

Please call the center by Fri. 11/10 for your reservation.

Nashoba Tech Luncheon

Wed, November 8 12:00pm

Feeding the Birds During the Winter

Speaker: Sandy Hurd

Wild Birds Unlimited Westford



Food, Water and Shelter! To survive the long winter months birds that make Massachusetts their home throughout the winter need what we need, food, water and shelter. Join bird expert, Sandy Hurd and learn how to keep the in your gardens and help them thrive.

Menu:

Yankee Pot Roast or Broiled Salmon

Please call the center by Fri. 11/3 for your reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Accredited by</div> <div>National Institute of Senior Centers</div>		<div>9:30 Pilates</div> <div>11:00 Strength Training</div> <div>12:00 Pizza & Movie</div> <div>“Light Between Oceans”</div>	<div>9:00 Yoga</div> <div>10:00 Veterans Breakfast</div> <div>Speaker: Rep. Sheila Harrington</div> <div>12:30 Hand & Foot</div> <div>12:30 Left Right Center</div> <div>1:00 Tai-Chi</div> <div>7:00 Meditation</div>	<div>VAN DW Highway</div> <div>10:00 Groton Swim</div> <div>10:00 Strength Training</div> <div>12:30 Bridge</div>
	<div>6</div> <div>10:00 Groton Swim</div> <div>11:30 Strength Training</div> <div>12:30 Cribbage</div> <div>1:00 Yeats</div>	<div>7</div> <div>9:00 Line Dance</div> <div>10:00 Garden Club</div> <div>10:00 Painting Club</div> <div>10:00 Writing Creatively</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>1:00 Watercolor Class</div> <div>1:00 Mahjong</div> <div>7:00 Line Dance</div>	<div>8</div> <div>9:30 Book Club</div> <div>9:30 Pilates</div> <div>11:00 Strength Training</div> <div>12:00 Nashoba Tech Lunch</div> <div>Speaker: Sandy Hurd</div> <div>Winter Birds</div>	<div>9</div> <div>9:00 Yoga</div> <div>10:00 Footcare Presentation</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>12:30 Left Right Center</div> <div>1:00 Tai Chi</div> <div>7:00 Meditation</div>
<div>13</div> <div>10:00 Coping with the Holidays</div> <div>10:00 Groton Swim</div> <div>11:30 Strength Training</div> <div>12:30 Cribbage</div>	<div>14</div> <div>9:00 Line Dance</div> <div>10:00 Focus on Foocare</div> <div>10:00 Painting Club</div> <div>10:00 Garden Club</div> <div>10:00 Writing Creatively</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>1:00 Mahjong</div> <div>7:00 Line Dance</div>	<div>15</div> <div>9:30 Pilates</div> <div>11:00 Strength Training</div> <div>12:00 Woman’s Club Lunch</div> <div>Entertainment: Emma on Guitar singing the classics</div>	<div>16</div> <div>9:00 Yoga</div> <div>10:00 Importance of Hydration</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>12:30 Left Right Center</div> <div>1:00 Tai Chi</div> <div>5:30 Gibbet Hill Dinner</div> <div>7:00 Meditation</div>	<div>17</div> <div>VAN Market Basket Plaza</div> <div>10:00 Groton Swim</div> <div>10:00 Strength Training</div> <div>12:30 Bridge</div>
<div>20</div> <div>10:00 Documentary</div> <div>10:00 Groton Swim</div> <div>11:30 Strength Training</div> <div>12:30 Cribbage</div>	<div>21</div> <div>9:00 Line Dance</div> <div>10:00 Painting Club</div> <div>10:00 Garden Club</div> <div>10:00 Writing Creatively</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>1:00 Mahjong</div> <div>1:00 Watercolor Class</div> <div>7:00 Line Dance</div>	<div>22</div> <div>9:30 Pilates</div> <div>11:00 Strength Training</div> <div></div>	<div>23</div> <div></div>	<div>24</div> <div>VAN Christmas Tree Shop Plaza</div> <div>10:00 Groton Swim</div> <div>10:00 Strength Training</div>
<div>27</div> <div>10:00 Groton Swim</div> <div>10:30 Talk with Tom</div> <div>11:30 Strength Training</div> <div>12:30 Cribbage</div>	<div>28</div> <div>9:00 Line Dance</div> <div>10:00 Painting Club</div> <div>10:00 Basket Weaving</div> <div>10:00 Writing Creatively</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>1:00 Mahjong</div> <div>7:00 Line Dance</div>	<div>29</div> <div>9:30 Pilates</div> <div>11:00 Strength Training</div> <div>Lunch & Learn: Mike Preston</div> <div>How to watch TV without Cable</div>	<div>30</div> <div>9:00 Yoga</div> <div>10:30 Take a Walk</div> <div>12:30 Hand & Foot</div> <div>12:30 Left Right Center</div> <div>1:00 Tai-Chi</div> <div>7:00 Meditation</div>	

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@4LPi.com or (800) 477-4574 x6377

THIS SPACE IS AVAILABLE

Always Available

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

Mondays

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
Line Dancing	7:00pm

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

Bright Lights

A Different Kind of Love Story



Monday, November 20
10:00am

An intimate portrait of actress
Debbie Reynolds and her
relationship with her beloved
children, Carrie Fisher and
Todd Fisher.

Next documentary: December 18, 10am
Finders Keepers

Pizza and a Flick

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

Wed, November 1 12:00pm

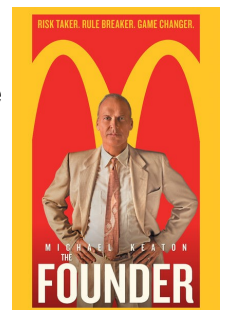
"Light Between Oceans"

(Based on the novel of the same name)
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 pray-
ers 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.

Wed, 6 12:00pm

"Founder"

The true story of how Ray Kroc a struggling
salesman from Illinois, met Mac and
Dick McDonald who were running a
burger operation in 1950s Southern
California. Kroc was impressed by the
brothers' speedy system of making
the food and saw franchise potential.
Kroc soon maneuvers himself into a
position to be able to pull the
company from the brothers and
create a multi-billion dollar empire.



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.**

Coil Basket Weaving Workshop

**Tuesday, November 28 1:00pm
Cost: \$20 pp**



The traditional art of coil basketry with Groton native Pam Gaskins. This workshop introduces students to coil basketry, teaches the skill to allow participants to continue the artform on their own. Using marshes for weaving materials, learn three types of coil basketry using cattails and raffia. All material are provided.

A minimum of 10 participants is needed for this class. Call the COA, 978-448-1170 to register by Wednesday, November 22.

Trip: 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



Inspire Health

Education for your Health

Thursdays, 10:00am

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

November 10 10am

Focus on Footcare

Presented by:

The American Podiatric Medical Association (APMA) considers your feet a marvel of engineering. Together, your two feet contain more than 50 bones, accounting for about one-fourth of all the bones in your body. And somehow they also make room for more than 60 joints and 200 muscles, tendons, and ligaments that hold them together and help them move.

Learn how proper care of your feet can affect your overall feeling of wellbeing.

November 16 10am

Water: An Essential Nutrient

Presented by:

Monachusetts Opportunity Council

A **High Fluid** intake is associated with a **Lower Risk** of kidney stones, and some types of cancer? How much water do I need? What is the best way to get enough water every day? How much water is too much?

To learn about the many vital functions water performs in our body, as well as the best ways to get enough water, join us for a free Nutrition Education Presentation.

November 30 10am

Medical Cannabis

Presented by: Arron Green

What are cannabinoids? How might cannabinoids be useful as medicine? What are the benefits? What are the risks? We'll take a look at medical Marijuana.

Hearing Screenings

Friday, November 10

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.



Exercise for your Health

Groton Swim

at the Groton School Pool

Mondays, 10am no cost

Fridays, 10am no cost

Learn to Line Dancing

Tuesdays, 7pm \$5 per class

Line Dancing

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

Walk with Us

Tuesdays and Thursdays
10:30am—11:30am

**At the Peter Twomey
Center
(behind the middle
school)**



A great way to get exercise, walk with friends, meet new ones, chatting and walking inside with no weather worries!!



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



NEWS FROM SHINE

Medicare Open Enrollment Oct15th - Dec 7th

Don't Wait Until It's Too Late!

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.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

If you have a permanent disability that in the majority of circumstances limits your ability to use the phone effectively, you may be eligible to receive assistive telephone equipment free of charge or at a discounted rate. This equipment is available for people with cognitive impairments, for people with speech impairments, people who are blind/visually impaired, people with mobility impairments, and for people who are deaf/hard of hearing.

To learn more about this program and to obtain an application, please contact the Verizon Center for Customers with Disabilities Monday through Friday 8:30am to 5:00pm at 1-800-974-6006 (Voice/TTY).

Holiday Tea Party

Wednesday, December 13

12:00pm



*Do you need a break from
the stress of the holidays?*

*Join us for an afternoon
"tea" at The Center.*

*Relax, reminisce and enjoy Mike on the piano
softly playing all our favorites.*

*Please register by Friday, December 8,
978-448-1170.*



A Matter of Balance is an evidence-based program developed Boston University: It demonstrates reliable and consistently positive changes in the important health-related and functional measures of fall prevention.

10 Weeks

**Tuesdays, January 9, 16, 23, 30 and
February 6, 13, 20 27, and
March 6, 13 (snow date)
10:00AM**

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase your activity levels.

Register by calling, 978-448-1170.

*This program is made possible through the
generosity of the Community Foundation of
North Central Massachusetts*

Coping with Holiday Stress

Monday, November 13 1pm

The "Holiday Season" (the time from Thanksgiving through New Year's) is supposed to be happy times filled with get-togethers between friends, neighbors, and family. It might include comfort food, family traditions and conversations by the fireplace — spending quality time with loved ones for the holidays is something we cherish. Unfortunately, this special time of the year can turn out to be a time when joy is replaced with sadness, love with anger, and contentment with anxiety. For many, the holidays magnify losses and become a time of year that's hard for seniors and families to navigate.

Please join Beth Rubio, LICSW, social worker at Tandem Care Associates for a discussion and helpful tips for navigating the holidays.

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

HELP!

AARP Tax Program Needs Volunteers

AARP provides free tax preparation to our residents. Please help them help us and become a volunteer preparer or greeter.

This is a program that prepares taxes for free for seniors and low income residents in our area.

Training will be provided. This can be an experience which a volunteer will find very rewarding.

If interested, contact Roger Kipp at 978-597-6207.



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

Creative Creations



Alcohol Ink Trivets

with
Kathy and Kathy

Tuesday, December 12
10am
No cost

Alcohol ink is a fun, creative and a very forgiving medium. You can't make a mistake!
Join Kathy #1 and Kathy #2 for a great morning of conversation, creation and fun!

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

Beginners Watercolor Painting

The first and third Tuesdays of the Month
December 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

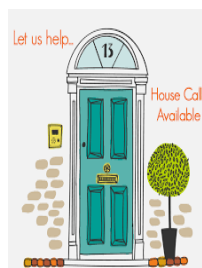
painting from beginning to end.

Landscape scenes will be the focus with suggestions taken from the class.

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



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.

Building Initiative

At Fall Town Meeting, Monday, October 23 the Council on Aging was successful with Article #7 , design money for a new or renovated senior center. To say we are pleased with the results would be a vast understatement! Thank you all that came to support the Council on Aging , it is a community project and will take the community to make it successful.

The *Council on Aging Board of Directors* saw a need to establish a future plan for the COA, to keep the department moving forward while creating a culture of excellence. To that end the board appointed the *COA Planning Committee* (a sub-committee of the COA Board) with a charge of completing a long range plan for the council. Included in that plan is the needs of this building and the recommendation for a Building Feasibility Study.

The *Building Feasibility Oversight Committee* was then formed to oversee the study of the current location, Prescott School and the Country Club to determine the best site for the senior center. At the 2016 Fall Town meeting another committee was formed, *Town Meeting Senior Center Review Committee*, to take a closer look at the Prescott School and address other viable sites in Groton. Currently, the *Senior Center Building Committee* is carrying the weight of this project.

It is difficult to find the words that appropriately express my gratitude for the countless hours of service and advocacy of the people on these committees. They are the energy which keeps us moving, the strength that holds us up, and they have a heart that knows no limits. Their work is not done and they are ready to continue forward.

The contributions of the volunteers that have worked on this initiative are immeasurable. It has taken three years and the work of many to reach this first goal and I am humbled by their service. I am grateful to those that have served on one or more of the above committees:

*John Amaral
Ellen Baxendale
Charlotte Carkin
Gail Chalmers
Michelle Collette
Peter Cunningham
George Faircloth
Maydelle Gamester*

*Norma Garvin
Gary Green
Mihran Keoseian
Bob Lotz
Richard Marton
Marie Melican
Annika Nilsson Ripps
Halsey Platt*

*Jean Sheedy
Greg Sheldon
Helen Sienkiewicz
Beverly Smith
Vera Strickland
Millie Wells
Eddie Wenzell*

Also, I thank our the Town Manager, Mark Haddad and the COA Selectman Liaison, Josh Degen for their continued support of this project and of the Council on Aging.

Moving forward : The Senior Center Building Committee will work closely with the architect and Project Manager throughout the design process. The first decision to be made by the committee will be to determine the whether to more forward with a new build or addition/renovation. The decision will be based on cost, accessibility and senior center programs and services. This decision should be made very early in the process and will be presented to the community as soon as possible. There will be updates monthly in our newsletter and should something important arise in the meantime, there will be public meetings, postings and emails to notify the taxpayer.

It is an exciting time at the Council on Aging, a time for positive engagement and change. If you would like to be part of this and serve on a Senior Center Building Advocacy Team please call and let me know. We expect there will be a meeting soon to brainstorm and share ideas.

Kathy

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
Tel: (978) 425-6675 • (800) 698-3307
3 Patterson Road, Suite 3 • Shirley, MA 01464
www.nashoba.org

Ashburnham • Ashby • Ayer • Berlin • Bolton
Borlough • Dunstable • Groton • Harvard
Lancaster • Littleton • Lunenburg • Pepperell
Shirley • Snow • Townsend
and surrounding communities

COOPERATIVE ELDER SERVICES, INC.

ADULT DAY HEALTH CARE PROGRAMS

Social & Therapeutic Activities
Exercise • Meals • Skilled Nursing Care
Caregiver Support & Education
Door to Door Transportation • Memory Care Programs

Mon-Fri • Call: 781-863-1166 x104 for info.
8 W. Main St., Groton, MA • www.elderdayservices.org

tours & more TRAVEL

"Someday has arrived"

Ocean cruises, River cruises & Escorted Tours plus more!
Exceptional customer service & lowest pricing
available. Guaranteed!
www.toursandmoretravel.com

OR CALL (888) 491-6766
for your free quote!

ALETA MANUGIAN

Attorney at Law

Real Estate • Wills and Trusts
Elder and Estate Planning

112b Boston Rd., Groton, MA
aleta@manugianlaw.com

978.448.8800
978.448.8801 fax



RIVERCOURT RESIDENCES

Independent Living • Assisted Living • Memory Care • Respite Care

Proudly serving seniors and the community for 15 years

Spacious private or companion suites • Fine Dining • Housekeeping • Laundry
Transportation • Personal Care • Medication Management

Social, Health and Wellness programs • 24/7 Certified Staff

www.rivercourtresidences.com - Call for a tour 978-448-4122 - 8 West Main St., Groton, MA

Law Offices of Nancy Catalini Chew

SPECIALIZING IN ELDERS LAW AND ESTATE PLANNING

Nancy Catalini Chew, Esq.

270 Ayer Road, Unit 2, P.O. Box 667
Harvard, MA

attychew@attychew.com

Tel: 978-772-3442 • Facsimile: 978-456-9233

ATTYCHEW.COM

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

➤ Reach the Senior Market ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!

ltempleton@4LPi.com or

(800) 477-4574 x6377



Ad info. 1-800-477-4574 • Publication 1-800-888-4574 • www.4LPi.com

Groton Council on Aging, Groton, MA

06-5100