



The Center

GROTON COUNCIL ON AGING

Your place for lifelong learning,
wellness, and support.

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

December 2017



978-448-1170

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

Future Programs

It's that time of year when COA staff looks toward the Spring and Summer planning programs and events. We've requests for a few specific programs and would like to gauge your interest level. Please take let us know if you have an interest in any of the following:

Pickleball : Organizational meeting will be Monday, January 22 at 10am.

Puzzle Group: A time for socialization, a cup of coffee and something for the cold winter months. Days and time would be at the convenience of the group.

Kayaking: For those with kayaks that would like a few others to get out on the waters. Again, day and time will be flexible.

Mock Stock Club: Learn to trade or share your knowledge with others. Simulated stock purchases, trades and sell offs.

Guitar and or Ukele classes: Classes can be set up as lessons or simply an opportunity to play together.

Singing Group: Opportunity to sing as a group and enjoy the music!

Digital Camera: Learn how to make the most of your camera or your phone camera.

Should any or all of the above interest you please let us know. There is no obligation or commitment , it will however, give us solid direction in future programming.

Kathy

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

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

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Activities/Volunteer Co.
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Trip
Celebrate St. Patrick's Day
with an Irish Show

**ENCHANTED MUSIC OF
IRELAND**

Featuring

ANDY COONEY

"Irish America's Favorite Son"



Also performing
Shauna McStravock,
The Irish Pops
Ensemble, and the
World Class Irish
Dancers.

Thursday, March 8

Venus De Milo
Swansea, MA

\$92pp

Includes Transportation, show and lunch
Meal choice corned beef or fish

Andy Cooney, has 7 Carnegie Hall sellouts under his belt and recently filled The David Geffen Hall at Lincoln Center with The New York Tenors. Andy is surely one of the greatest singing sensations on the Irish Music scene today. Christened "Irish America's Favorite Son" by The New York Times, it's a title he truly deserves.

Joining Andy is vocal sensation Shauna McStravock from Ireland. This young lady in her mid 20's has already shared the stage with some of the best and brightest names on the Irish & Country music scene.

Accompanying Andy and Shauna is The Irish Pops Ensemble, lead by musical director Bugs Moran, will perform exquisite arrangements. Completing the bill are the World Class Irish Dancers, all of which make this a terrific Irish Celebration in 2018!

The coach will depart from the senior center at 9:30am and return at 6:00pm. There is very limited walking on this trip.

Reservations will be accepted beginning January 2 for residents and non residents.

WITH GRATITUDE

Once again the simple elegance of the Gibbet Hill barn was the perfect back drop for a beautiful expression of gratitude and community. On Thursday, November 16, the seniors of Groton were invited to the barn to gather as a community, and celebrate the Thanksgiving holiday. Through the extraordinary generosity of Steve and Nancy Webber, their Gibbet Hill family and Mr. Mark Lynch, a complete Thanksgiving meal was served to 225 seniors at the Grill with an additional 40 meals delivered by the Groton Police Department to those unable to attend. The traditional Thanksgiving feast was delicious but what stood out was the sense of community that filled the room. Our gratitude is immeasurable. This event is possible because the entire community conspires to make it happen; Steve and Nancy Webber and the Gibbet Hill staff with, Mr. Mark Lynch, secure the donations of food, cook the food and set up the dining room. Finishing touches are added by the students of Florence Roach School make unique placemats for everyone. Groton's first responders, in their dress uniforms, topped off a sophisticated evening as the Fire Department assisted the Police Department in the delivery of meals, transportation and greeting guests as they arrived. The Council on Aging would like to express our gratitude to the community for their time and commitment in continuing this tradition and demonstrating the true heart of Groton. We have much to be thankful.

GDRS Collaborations

"Shakespeare to Hip Hop"

Groton-Dunstable Regional Middle School

Thursday, December 19 12:30-1:30pm

Shakespeare to HipHop is the combined poetic and educational talents of literary performers Regie Gibson and Marlon Carey. Both have been featured on various TED events and have profound experience with literary and spoken word traditions that have shaped their mission: to help cultivate and nurture a love of words and an understanding of the power of language. They had a series of shows at the Boston Public Library this year, which hosted the performances to commemorate 400 years after Shakespeare's death.

Please call the senior center to reserve your seat at the Middle School Performing Arts Center. The van is available for transportation.

Lunch and a Tour

Groton Dunstable High School

**Monday January 8
12:00pm**



Join us at Groton Dunstable High School for a lunch of soup and sandwich in the school cafeteria and a tour of this beautiful building.



Coming to Groton **PICKLEBALL**

The fastest growing sport in America!

Join us at the Senior Center
Monday, January 22 10am
Pickleball Information Session
*Small court play (less running)
paddles and whiffle balls*

What is Pickleball?

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It combines tennis, badminton and table tennis.

Who can play?

The game is open to players of all ages and skill levels, it can be competitive or social.



If you are unable to attend the meeting and would like more information please call the Council on Aging, 978-448-1170.

This program is possible through the generous support of Friends of Nashoba Valley Medical Center, Inc.

PILATES STRENGTH TRAINING: THE BASICS WITH PILATES FOR AWESOME ABS

Wednesdays, 9:30am
7 classes \$84.00
Payable to the instructor

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

All that you will need is:
set of weights
a mat and water

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! Come and be ready to have fun! This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely!

Inspire Socialization

Bridge

1st and 3rd Fridays 12:30pm
Cost: none

Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication.
Great for brain health!

Mahjong

Tuesdays 1:00pm
Cost: none

Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards.
Join us anytime!

Noon Year's Eve

Friday, December 29

10:30am Bingo 12pm Lunch
Cost: \$5.00

Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown there will be a party buffet lunch with BINGO for prizes beginning at 10:30am.

**Please call the senior center
Tuesday, 1/26**



November Events

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

Veteran's Breakfast

Thursday, December 7 10:00am
Cost: None



Speaker: Shared Christmas Stories

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.*

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.

Groton Women's Club sponsored luncheon

Wed, December 20

12:00pm

Entertainment:
Groton Dunstable High School Chorus



Our holiday lunch will be inside out ravioli, tossed salad, bread with oatmeal spice cake for dessert. Following lunch we will enjoy the much anticipated holiday concert by the impeccable GDRHS Chorus.

Please call the center by Fri. 12/15 for your reservation, 978-448-1170.



Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences

Wednesday, January 24 12:00pm

Righting a Wrong Against Humanity- Restoring Jewish Headstones and Monuments in Bagnowka Cemetery, Bialystok, Poland

Presented by: Josh and Amy Deegan

Join us and learn of the important work of Josh and Amy Deegan. In June of 1943, the Nazis entered Bagnowka Cemetery to wipe out any remaining traces of the Jewish community in Bialystok. Upon their visit to Bagnowka in 2015, Josh and Amy Deegan were devastated by the extent of the desecration at Bagnowka Cemetery and began the work to restore dignity to the deceased. Their work to restore and re-set monuments and headstones at Bagnowka is bringing a measure of peace to the dead and to right a wrong inflicted on humanity by the Nazis. Finally, and as importantly, we will ensure to the best of their ability that the Nazis' plan to wipeout any traces of Jewish life and culture in Bialystok will be thwarted, forever.

Please register by calling the senior center, 978-448-1170, by Friday, 1/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by  National Institute of Senior Centers</p>				<p>VAN DW Highway ¹</p> <p>10:00 Groton Swim 10:00 Strength Training 12:30 Bridge</p>
<p>4</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>5</p> <p>9:00 Line Dance 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Mahjong</p>	<p>6</p> <p>9:30 Pilates 11:00 Strength Training 12:00 Pizza & Movie</p> <p>"Founder"</p>	<p>7</p> <p>9:00 Yoga 10:00 Veterans Breakfast</p> <p>12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai-Chi 7:00 Meditation</p>	<p>VAN Wal-Mart ⁸</p> <p>10:00 Groton Swim 10:00 Strength Training</p>
<p>11</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>12</p> <p>9:00 Line Dance 10:00 Creative Creations 10:00 Focus on Footcare 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong</p>	<p>13</p> <p>9:30 Book Club 9:30 Pilates 11:00 Strength Training 12:00 Christmas Tea</p> 	<p>14</p> <p>9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai Chi</p> <p>7:00 Meditation</p>	<p>VAN ¹⁵</p> <p>Market Basket Plaza</p> <p>10:00 Groton Swim 10:00 Strength Training 12:30 Bridge</p>
<p>18</p> <p>10:00 Documentary: Finders Keepers 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>19</p> <p>9:00 Line Dance 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class</p>	<p>20</p> <p>9:30 Pilates 11:00 Strength Training 12:00 Woman's Club Lunch Entertainment: GDRS Chamber</p> <p>12:30 Ask the Nurse</p>	<p>21</p> <p>9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai Chi 7:00 Meditation</p>	<p>VAN ²²</p> <p>Christmas Tree Shop</p> <p>10:00 Groton Swim 10:00 Strength Training</p>
<p>25</p> 	<p>26</p> <p>9:00 Line Dance 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong</p>	<p>27</p> <p>9:30 Pilates 11:00 Strength Training</p> 	<p>28</p> <p>9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 12:30 Left Right Center 1:00 Tai-Chi</p> <p>7:00 Meditation</p>	<p>29</p> <p>10:00 Groton Swim 10:00 Strength Training</p> <p>11:00 NOON YEARS Celebration</p> 

➤ Reach the Senior Market

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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

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



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

Documentary



Finders Keepers

A Different Kind of

Monday, December 18
10:00am

Funny and insightful, recovering addict and amputee John Wood finds himself in a stranger-than-fiction battle to reclaim his mummified leg from Southern entrepreneur Shannon Whisnant, who found it in a grill he bought at an auction and believes it to therefore be his rightful property.

Next documentary: January 15, 10am
Imaginary Witness

Pizza and a Flick

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

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.



January 3

The Big Sick

This movie is Rated R for language

Comedy based on a true story: Kumail is a Pakistani comic who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional

Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father.

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.**



10 Weeks

Kathy Shelp and Susan McCarthy
Instructors

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

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.

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.

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

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.

beat the
winter
blues

with Winter Musicals

Thursday, January 11 10am
Annie Get Your Gun

Thursday, January 18 10am
Fiddler on the Roof

Thursday, January 25 10am
Beauty and the Beast (2017 version)

Thursday, February 8 10am
Annie

Thursday, February 15 10am
Phantom of the Opera

Thursday, February 22 10am
Oklahoma

Inspire Health

Exercise for your Health

Groton Swim

at the Groton School Pool

Mondays, 10am no cost

Fridays, 10am no cost

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

Hearing Screenings

Friday, December 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.



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!!

JOY OF LIVING Meditation Group

7:00 PM Thursdays

at the senior center



Each session includes a video, teaching with
clear instructions on the basics of meditation
practice, guidelines for daily practice, advice
for bringing mindfulness into your everyday
life, and questions to reflect upon.
throughout the week.

No registration necessary, simple join in!



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 **Oct 15th - 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.

Everyone Needs The "FILE OF LIFE"

Medical emergencies can happen anytime. Paramedics arrive to the scene with no information about the person in need. **Seconds count!** Does the person have prior medical conditions, allergies, what medications are they taking? Who should EMT's call? How do EMT's contact family members?

The "File of Life" gives first responders all of these answers and allows them to immediately begin the best possible treatment, notify your loved ones, and pass the vital data on to awaiting physicians at the emergency room.

All you need to do is fill out all of the information requested in the "File of Life", and then put it on your refrigerator. EMT's will know to look there. Please stop by the Center and pick up a "File of Life".

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.

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, 978-448-1770.

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.

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