



The Center

GROTON COUNCIL ON AGING

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

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

Coming attractions

As I write this it is once again a snowy, cold day. Traditional programming at The Center is scaled back a bit during the winter. To avoid the complication of cancelling programs due to weather or people staying home because of extreme cold during the winter months we offer our "always available" programs supplemented with others that don't have a cost association. Consequently when Spring (March) comes we are ready to go with education seminars, health programs and this year Pickleball for the sports minded!

Check our monthly newsletters for our upcoming Spring programs:

AARP Drivers Safety

Medicare Fraud

Stress Management through Self-Care

Art Matters: Monet

Advance Watercolor

Ben and Brad are back with a program on Fred and Ginger

Father's Day with Red Sox historian Herb Crehen

History at Play: Heddy Lamarr

Tanglewood series

Mother's Day Pampering

Chief Palma: Anatomy of a Murder

Health Education series

Stephen Collins: Irish Voices

Groton's Mind Body and Spirit for a bit of pampering

Fire Department Spaghetti dinner and chili lunch

Police Picnic

Kennedy at 100years

Visit to the Worcester Art Museum and MA Vietnam Memorial
and more!

We look forward to seeing you and we look forward to meeting you if we have not yet had the pleasure!

Kathy

Memory Cafe

Friday, February 2

Friday, March 2

1st Friday of each month

10:00am-11:30am



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.)

Please call the COA to register, 978-4481170.

February 2018



978-448-1170

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

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

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Activities/Volunteer Co.

Kathy Santiago

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Focus on Footcare

Second Tuesday of the month
February 13

During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage.

Each appointment is \$30

Provider: Sarah Kinghorn: BSN RN CFCN

Hearing Screenings



Friday, February 9

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.

Trip
Celebrate St. Patrick's Day
with an Irish Show

ENCHANTED MUSIC OF IRELAND

With Best of Times Travel



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

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 are now being accepted.

PILATES STRENGTH TRAINING: THE BASICS WITH PILATES

January 3—February 28
no class 2/21
Wednesdays, 9:30am
8 classes \$84.00

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

All that you will need is: 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!

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!

Hand & Foot

Tuesday and Thursdays 12:30pm
Cost: none

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!

Mahjong

Tuesdays 12:30pm 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!



Stress Management

Stress Management through Self-Care

Monday, March 26, 2018

&

Monday, April 2, 2018

1:00 – 2:15 pm

You are probably aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. **But do you realize that your ability to manage stress is just as important for your overall health and well-being?**

Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing it. This interactive course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

Please register for both sessions by calling the center, 978-448-1170.

Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist and NASM Senior Fitness Specialist.



NEWS FROM SHINE February, 2018

The base premium for Medicare Part B is \$134 in 2018. This is the same as the base premium from 2017. People who paid the base premium of \$134 in 2017 will pay the same amount, while most who paid less will begin paying \$134 per month.

About a quarter of people will not pay the full \$134 Part B premium because their Social Security benefits did not increase enough in 2018 to cover the Part B premium. There is a rule that your Social Security benefits cannot decrease because of an increase in the Part B premium. This is known as the hold harmless provision. Most people have their Part B premium deducted from their Social Security benefits. Each year, the increase to the Part B premium cannot be greater than the cost of living adjustment (COLA); otherwise, a person's Social Security award amount would go down once the Part B premium is deducted. People in this situation not pay \$134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you may not see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount.

This year, the cost of living adjustment is 2%, which is higher than in past years. If you did not pay \$134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you may not see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount.

If you need to speak with our SHINE Counselor, please call the COA, 978-448-1170 for an appointment



WEST GROTON WATER SUPPLY DISTRICT LOW INCOME ASSISTANCE

West Groton Water Supply District is Pleased to offer customers who are experiencing financial hardship with the opportunity to apply for low income assistance.

What assistance is offered?

Qualified applicants will receive a discount equal to the "Minimum Charge" on their quarterly bills.

How do I apply?

Please contact the office at (978) 448-3711 to request an application be mailed or emailed to you, or stop by the office at 305 Townsend Road to pick one up Mon.- Fri. from 9:00am until 1:00pm.

What are the guidelines for for approval?

Qualified applicants will meet all of the following criteria:

- Household income not to exceed 60% of State Median Income as established by LIHEAP (Fuel Assistance3)
- Household is currently receiving another form of state/federal assistance
- Applicant provides a completed, signed application for processing as well as supporting documentation



November Events

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

Veteran's Breakfast

Thursday, February 1 10:00am
Cost: None



Speaker: Hanscom Air Force Base

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.

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.*

AARP TAX PREPARATION

This year, AARP Foundation is again providing free tax assistance, preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program.



Appointments are available 9-11am
Monday Feb 5
Friday Feb 23
Mondays, March 5 and 19

Please call the senior center to schedule your appointment, 978-448-1170.

An Intake form will be required prior to your appointment, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival.

Groton Women's Club sponsored luncheon

Wed, February 21 12:00pm



Turkey pie, parker rolls, cranberry sauce with cherry almond crisp will fill you for lunch and then we will tap into your brain for the entertainment. Trivia is on the menu, hosted by Chief Palma and Chief McCurdy, each team will compete to be the reigning trivia champions!

Reservations needed by Fri., 2/16
Please call, 978-448-1170.



LUNCH



AND

LEARN



Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences

Wednesday, February 28 12:00pm

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

Too Much Stuff!

How to Downsize

Local Realtor Ursula Flury, **Nashoba Real Estate**, will be here to guide us through the sometime daunting and emotional challenges of downsizing. How do I start? When do I start? What do I get rid of? Who can help me? It can be overwhelming! Join us for some useful tips to help you move forward. Also joining Ursula will be Kris Vogelsang. Kris is a Home Editor and will provide insight into what's essential and what is excessive.

Please register by calling the senior center,
978-448-1170 prior to Friday, 2/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by</p> <p>National Institute of Senior Centers</p> <p></p>			<p>9:00 Yoga 1</p> <p>10:00 Veterans Breakfast</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>7:00 Meditation</p>	<p>VAN DW Highway 2</p> <p>10:00 Memory Café</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p>
<p>5</p> <p>9:00 Taxes</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p>	<p>6</p> <p>10:00 Line Dance</p> <p>10:00 Matter of Balance</p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>12:30 Mahjong</p> <p>1:00 Watercolor Class</p>	<p>7</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p> <p>12:00 Pizza & Movie</p> <p><i>"Victoria & Abdul"</i></p>	<p>8</p> <p>9:00 Yoga</p> <p>10:00 Musical</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>7:00 Meditation</p>	<p>VAN Wal-Mart 9</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>11:15 Hearing Screening</p>
<p>12</p> <p>10:00 Documentary: "I'm Not Your Negro"</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p>	<p>13</p> <p>10:00 Line Dance</p> <p>10:00 Matter of Balance</p> <p>10:00 Focus on Footcare</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>12:30 Mahjong</p>	<p>14</p> <p>9:30 Book Club</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p>	<p>15</p> <p>9:00 Yoga</p> <p>10:00 Musical</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>7:00 Meditation</p>	<p>VAN 16</p> <p>Market Basket Plaza</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p>
<p>19</p> 	<p>20</p> <p>10:00 Line Dance</p> <p>10:00 Matter of Balance</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>12:30 Mahjong</p> <p>1:00 Watercolor</p>	<p>21</p> <p>NO Pilates today</p> <p>11:00 Strength Training</p> <p>12:00 Woman's Club Lunch</p> <p>Entertainment: Trivia w/the Chiefs</p> <p>12:30 Ask the Nurse</p>	<p>22</p> <p>9:00 Yoga</p> <p>10:00 Musical</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>1:00 Trip informational meeting: Azores</p> <p>7:00 Meditation</p>	<p>VAN 23</p> <p>Christmas Tree Shop</p> <p>9:00 AARP Taxes</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p>
<p>26</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p>	<p>27</p> <p>10:00 Line Dance</p> <p>10:00 Matter of Balance</p> <p>10:00 Painting Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>12:30 Hand & Foot</p> <p>12:30 Mahjong</p>	<p>28</p> <p>9:30 Pilates</p> <p>11:00 Strength Training</p> <p>12:00 Lunch & Learn Downsizing w/ Ursula Flury, Nashoba Real Estate</p>		

➤ 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 Advance Beginners	10:00am
Line Dancing Beginners	11:00am
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	12:30pm
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

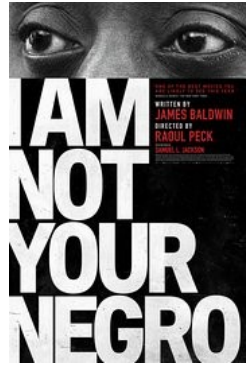
Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am



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



February 12 10:00am
I'm Not Your Negro

A 2016 French, American,
Belgian and Swiss
documentary film based on
James Baldwin's
unfinished manuscript
Remember This House.
Narrated by actor Samuel L.
Jackson, the film

explores the history of racism in
the United States through Baldwin's reminiscences
of civil rights leaders Medgar Evers, Malcolm X and
Martin Luther King, Jr, as well as his personal
observations of American history.

Next documentary: March 12, 10am
Seed: The Untold Story

Pizza and a Flick

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

February 7 12:00pm
Victoria and Abdul

The extraordinary true story of an unexpected friend-
ship in the later years of Queen Victoria's (Judi
Dench) remarkable rule. When Abdul Karim a young
clerk, travels from India to participate in the Queen's
Golden Jubilee, he is surprised to find favor with the
Queen herself. As the friendship deepens, the Queen
begins to see a changing world through new eyes
and joyfully reclaims her humanity.

March 7 12:00pm
Battle of the Sexes



The electrifying 1973 tennis
match between World number
one Billie Jean King (Emma
Stone) and ex-champ and serial
hustler Bobby Riggs (Steve
Carell) was billed as
THE BATTLE OF THE SEXES
and became one of the most
watched televised sports events
of all time.

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.**

beat the
winter
blues

with Winter Musicals

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

Advanced Beginners

Tuesdays 10am \$3 per class
Beginners
Tuesdays 11am \$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

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!!

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