



The Center

GROTON COUNCIL ON AGING

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

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

March 2018



978-448-1170

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

Farewell Chief Palma

By now most have heard of Chief Palma's retirement announcement as of May 28. While we congratulate him for the end of an illustrious 40-year career we at the senior center are already feeling the impact of his departure. He has been an extraordinary supporter of the Council on Aging, not only the myriad of programs he supported but his professional leadership enabling his officers to support the senior citizens of this town in a quiet and dignified manner. We recognize what he and his officers do for our senior community that is not written about in the papers, blogged about on line or shared publicly. I've worked in other communities and have interactions with enough COA's to know our relationship with the Groton PD is the exception and not the norm and in an environment where everything is quantified and measured, some things can't be measured. Chief Palma's dedication to the Groton's senior citizens cannot be measured

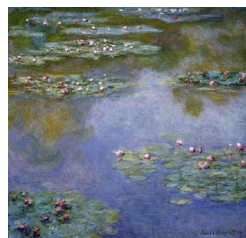
Until his official departure we will continue to collaborate with the Chief for our Chiefs Trivia, he will be presenting at our April Lunch and Learn and we anticipate moving the Police Picnic to May so we may have a fitting celebration of his commitment to the Council on Aging.



Farewell Chief Palma, we wish you the finest that this next chapter may bring to you and your family.
Salute!

Monet : Inspiration and Creation

Oscar-Claude Monet was a founder of French Impressionist painting, and the most consistent and prolific practitioner of the movement's philosophy of expressing one's perceptions before nature. Explore Monet with us!



Inspiration

ARTMATTERS:

They Bring the Museum to You

The Art of Monet

Monday, April 23 10:30am

See his work.
Learn about his life.
No cost

Creation

Color and Impressionism through Monet's Eyes

2- Day Watercolor impressionism
painting workshop
April 30 and May 7

Cost: \$20

All levels of art enthusiasts welcome.
Priti Lathia Artist/Teacher
Priti-fine-art.blogspot.com

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

John Bernard
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

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George Faircloth

Secretary

Helen Sienkiewicz

Members

Ellen Baxendale
Peter Cunningham
Norma Garvin
Jean Sheedy
Eddie Wenzell

FIREHOUSE CHILI

Sound the alarm



Held at the Fire Station

Thursday, March 29 12:00PM

Cost: None

The annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us. After lunch, Groton Fire and EMS personnel will share the life saving equipment used in the day and life of a firefighter.

It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

Please call the senior center for your reservation,
978-448-1170

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!



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.

Focus on Footcare

Second Tuesday of the month

March 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, March 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-



Stress Management

Stress Management through Self-Care

Join us both

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.



**The Catholic Heart Workcamp
will return to Lawrence Academy
for its 13th Summer on Sunday, June 24th.**

**This means the CHWC will be working at
seniors' homes Monday – Thursday,
June 25th-28th, 2018.**

The Catholic Heart Workcamp is an amazing organization that comes to Groton once a year for a week, and helps Groton seniors in need maintain their homes. The teenagers and adult counselors will repair drywall, repair/replace screens, install handrails, repair outer steps, paint indoors/outdoors (not over two stories), wash windows indoors/outdoors (not over two stories), pull weeds, cut down small tree (s), cut/trim bushes, clean out/organize garages, and much more. Labor is free, and Groton seniors only need to provide the materials.

This program is for seniors in need. If you think you may qualify, please stop in to the Center to fill out an eligibility form and to pick-up an application. All applications must be completed and returned no later than April 25.



Memory Cafe

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.



NEWS FROM SHINE MARCH 2018

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

NEWS FROM SHINE MARCH 2018 MEDICARE WILL BE ISSUING NEW MEDICARE CARDS

You asked and MEDICARE listened! You will be getting a new Medicare card! Between April of 2018 and April of 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new randomly selected Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information when your new card is mailed.

A couple of things to point out:

If you change your address be sure to notify Social Security promptly so your new card can be mailed to the correct address. Also, beware of anyone who contacts you about your new Medicare card, Medicare will not ask you to give them personal or private information to get your new Medicare Number and card. We will keep you posted on the mailing schedule, as of now Massachusetts beneficiaries will get their new cards sometime after June 2018.

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2016!



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 or community services, referrals, or a social visit, please us, 978-448-1170.

November Events

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

Veteran's Breakfast

Thursday, March 1, April 5 and May 3
10:00am



March Speaker: Fort Devens

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.*

Nashoba Tech Catered Luncheon

Wed, March 21 12:00pm
Cost: \$10pp with tip optional

Stephen Collins: Irish Voices



Massachusetts Cultural Council

Mr. Collins' one man performances deliver not just the poetry and plays, but they bring poets and playwrights to life on the stage. A great deal of Irish writing deals with the land, the past, the church, and the changing political landscape. Yeats, Joyce, Heaney, McCourt, and other prominent writers are represented in this dramatic

Lunch menu: Vermont Chicken or Seafood Creole

Reservations needed by Fri., Friday, March 16, call the center at 978-448-1170.

This program is made possible through the generous support of the Massachusetts Cultural Council



Groton Women's Club sponsored luncheon

Wed, March 14 12:00pm

Irish Music with Gary Langdren

For lunch we will bring out the Irish in everyone! Shepherd's pie, wedge salad, with homemade Irish soda bread and mint chip ice cream dessert.

Following lunch Gary Langdren the original Honkey Tonk piano man will have you singing along with your toes tapping to his Irish tunes

An upbeat, exhilarating afternoon guaranteed!

Reservations needed by Fri., 3/10



This program is made possible through the generous support of the Groton Trust Program and Lecture Fund.



This program is made possible through the generosity of RiverCourt Residences



Wednesday, March 28 12:00pm

Groton Dunstable Regional School Superintendent **Dr. Laura Chesson**

Dr. Chesson will discuss the proposed FY19 school budget and the anticipated needs of the Florence Roach School.

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

*Next Lunch and Learn April 25
Chief Palma: Anatomy of a Murder*

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>9:15 Line Dance</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>11:30 Pickleball</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>"Battle of the Sexes"</i></p>	<p>8</p> <p>9:00 Yoga</p> <p>9:30 Music of Ireland Trip</p> <p>10:00 Health Class</p> <p>10:30 Take a Walk</p> <p>11:30 Pickleball</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: "Seeds: The Untold Story"</p> <p>9:15 Line Dance</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 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>10:30 Take a Walk</p> <p>11:30 Pickleball</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>12:00 Woman's Club Lunch</p> <p>Entertainment: Gary Landgren</p> <p>Honky Tonk Piano</p>	<p>15</p> <p>9:00 Yoga</p> <p>10:00 AARP Smart Driver Class</p> <p>10:30 Take a Walk</p> <p>11:30 Pickleball</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>9:00 Taxes</p> <p>9:15 Line Dance</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p>1:00 COA Board Mtg</p>	<p>20</p> <p>10:00 Line Dance</p> <p>10:00 Focus on Footcae</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>11:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>12:30 Mahjong</p>	<p>21</p> <p>NO Pilates today</p> <p>11:00 Strength Training</p> <p>12:00 Nashoba Tech Luncheon</p> <p>Entertainment: "Irish Voices"</p> <p>12:30 Ask the Nurse</p>	<p>22</p> <p>9:00 Yoga</p> <p>10:30 Take a Walk</p> <p>11:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>7:00 Meditation</p>	<p>VAN 23</p> <p>Christmas Tree Shop</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p>
<p>26</p> <p>10:00 Groton Swim</p> <p>9:15 Line Dance</p> <p>11:30 Strength Training</p> <p>12:30 Cribbage</p> <p>1:00 Stress Management (Part 1)</p>	<p>27</p> <p>10:00 Line Dance</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>11:30 Pickleball</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</p> <p>Dr. Chesson Superintendent Of GDRS</p>	<p>29</p> <p>9:00 Yoga</p> <p>10:00 Medicare Fraud</p> <p>10:30 Take a Walk</p> <p>11:30 Pickleball</p> <p>12:00 Firehouse Chili</p> <p>12:30 Hand & Foot</p> <p>7:00 Meditation</p>	<p><i>Cultural Excursion to</i> 30</p> <p><i>Worcester Art Museum</i></p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>10:00 Mind Body Spirit Spa: Skin Care & Make up</p>

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

March 12 10:00am
Seed: The Untold Story



Few things on Earth are as miraculous and vital as seeds -- worshipped and treasured since the dawn of humankind. This documentary follows passionate seed keepers who are protecting a 12,000 year-old food legacy. In the last century,

94 seed varieties have disappeared. A cadre of 10 agrichemical companies, including Syngenta, Bayer, and Monsanto, controls over two-thirds of the global seed market, reaping unprecedented profits. Farmers and others battle to defend the future of our food.

Next documentary: April 16, 10am
Inconvenient Truth: The Sequel

Pizza and a Flick

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

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.

April 4 12:00pm
Good Bye Christopher Robin



GOODBYE CHRISTOPHER ROBIN gives a rare glimpse into the relationship between beloved children's author A. A. Milne and his son Christopher Robin, whose toys inspired the magical world of Winnie the Pooh. Along with his mother Daphne, and his nanny Olive (Kelly Macdonald), Christopher Robin and his family are swept up in the international success of the books; the enchanting tales bringing hope and comfort to England after the First World War.

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: Trips to Senior Center no charge
In-Town \$3.00 roundtrip 12 Ride Voucher \$30
Out-of-Town \$4.00 roundtrip 12 Ride Voucher \$40

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.**

Inspire Health

Exercise for your Health

Pickleball

At the Twomey Center

Tuesdays, 11:30-1:30 no cost
Thursdays, 11:30-1:30 no cost

Groton Swim

at the Groton School Pool

Mondays, 10am no cost
Fridays, 10am no cost

Line Dancing

Beginners

Mondays 9:15aam \$3 per class

Advance Beginners

Mondays 10:15am \$3 per class

Beginners

Tuesdays 10am \$3 per class

Advance 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

March 21—April 25

no class 4/18

\$70 for all classes

Payable to the instructor

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!!

Van Excursions

Worcester Art Museum

Friday, March 30

Depart the Center at 9am

Cost: \$14 for 65years and older \$16 under 65 years

The Worcester Art Museum is world-renowned for its 35,000-piece collection of paintings, sculpture, decorative arts, photography, prints, drawings and new media. The works span 5,000 years of art and culture. We will be at the museum 10am-1:30pm, you may have lunch at the café (average cost for salad or sandwich is \$13) or bring your own.

Fife and Drum Restaurant Concord, MA

Wednesday, May 23

Depart the center at 11am and return about 1:30pm

Cost: \$3.21 for lunch

Enjoy a delicious lunch at the Northeast Correctional Center, prepared and served by the minimum security inmates.



Tech Support

Thursday, April 12
12:30 - 2:30

We are lucky to have two computer whizzes to come and help us with all our computer/phone/gadget questions. Plan on general orientation to computer security with time for your questions.

Please call for your reservation, class size limited, 978-448-1170.

Writing Creatively

Tuesdays, 10:00-11:30 am

There are many people who know how to write, but may not know how to write creatively. In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas into prose. The final product will be something you're happy with.

Leader: Richard Meibers. After graduating from Hunter College in the 60's and working as a therapist, Richard began his career as a professional writer. His most recent work includes the novel, *Falling off the Wind* (2012), but he has also written non-fiction, *The Fitchburg Watch: History of a Masterpiece* (2002). He has been a Groton resident for over forty years.



March 15
(snow date March 22)

10am-3pm with a lunch break

Cost for materials is \$15 payable at registration
Checks made to AARP

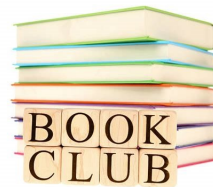
Why Take the AARP Smart Driver Course?

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

Book Club

2nd Wednesday

9:30 AM



Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members .

COA Garden Club

**Come be part of our growth.
We'd love to have you!**

Tuesdays, 10:00am

*Attendance at all meetings is not necessary,
join us anytime for as much time as you
can give.*

You've seen what we did last year! Just think what we could do with you joining us! We invite everyone with an interest, desire, and or experience in gardening to join us in the planning process.



Skin Care & Make-Up

Friday, March 30
10:00am

There are a slew of skincare dos and don'ts, but following all of this supposedly sound advice may do more harm than good. With help from top experts, get the scoop on nine easy-to-fall-for skin myths that are actually far cries from the truth.



Skin technicians from Body Mind Spirit Day Spa of Groton will demonstrate proper skin care and make up techniques for our aging skin.

Call The Center to register, 978-448-1170.



Kayak Klub

Informational/Organizational meeting
Monday, April 30 1:00pm

There are a group interested in beginning a kayaking group to informally set a schedule and meet up for a morning or afternoon on the water. Stop in and see what it's about.



Long Term Care Myths, Facts & Options

Tuesday, May 8 1:00pm
at the Senior Center



Separate fact from fiction.
Where to live. How to cover the costs.
What's right for your family?
In-home care, Day Wellness,
Assisted Living, Skilled Nursing

Our professional panel includes:

Nancy Catalini Chew
Elder Law Attorney

Sheila Nash
RiverCourt Residences

Kathy Shelp
Groton Council on Aging Director

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

Inspire Health and Wellness

Thursday, March 15 10am
AARP Smart Driver

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course.

Thursday, March 29 10am
Medicare Health Patrol

Empower yourself to detect Medicare fraud- Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Thursday, April 12 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?

Thursday, April 19 10am
Parkinson Disease Talk

Presented by: Denise Paradise of Aynsley Place a Courville Community.

Parkinson's disease is a neurological disorder with an average onset of age 60. Come learn the latest in research, treatments, coping and what you can do to mitigate the challenges this disease brings.

Thursday, April 26 10am
Integrated Therapies:

A Holistic Approach to Pain and Symptom Management

Presented by Nashoba Nursing Service and Hospice

In this presentation we will focus on non-medical approaches to pain including the benefits of Reiki, Aromatherapy Therapy, Music Therapy, Journaling, and Pet Therapy. Discussion of real life scenarios will be discussed.

Please call The Center to register for these classes, 978-448-1170.



Mark Your Calendar for May

Firehouse Spaghetti Dinner
Wednesday, May 2

Ben and Brad are back!
Fred Astaire and Ginger Rogers
Thursdays, May 10, 17, 24 and 31

Mother's Day
Friday, May 11

Gay 90's
Wednesday, May 16

Police Picnic
Friday, May 18

Create with Concrete



Monday May 7 and 14
1:00pm
Cost: \$5

Samples on display at the Center

Concrete planters, bowls and candleholders are a wonderful addition to your home. Often, such decor comes with a high price, enormous size and incredible weight which is not easily transported. The solution? Make your own. Call The Center and register, 978-448-1170.

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!

Inspire Service

Please call the senior center if you are interested in any of these programs at 978-448-1170.

Newsletter Delivery

We are looking for someone interested in delivering our monthly newsletter to area businesses and doctor's offices. You don't have to do them all but maybe a few stops while you're running your errands.

Meals on Wheels Driver

We have a great group of dedicated drivers but on occasion we need some support covering some deliveries. Be part of a national program of *delivering dignity* to our residents.

Professional Support

Do you have a professional or licensed skill which you would share with your community. A electrician, construction or plumber license that can help a senior with small repairs in their home would help our residents remain living in their homes. Perhaps a retired attorney able to provide complimentary advice and give direction to someone in need.

Groton Channel Producer/Director

The Groton Channel offers training on their audio and visual equipment that enables you to produce and direct their programming. The COA tapes a monthly show and would love to have you behind the scenes for each one.

Instructors

Do you have a skill or knowledge on a specific subject that you would like to share with others. We would love to have you come and teach a class at the senior center or facilitate a biking, snowshoeing or other sporting group.

Friendly Callers

Some members of our community are unable to leave their home on a regular basis and would welcome a daily call from someone as a simple check-in to ensure their safety. This is a great opportunity for someone that is home themselves or has some extra time every morning.

Free Help with MASS Health Application In-Home Care Placement in Long-term Care Facility

Treading the waters of long term care can be difficult and confusing and is often done in a highly emotional state.

Gina Cronin a paralegal with attorney Nancy Catalini Chew, will be available to help you complete the Mass Health application will and guide you through the application process.

Appointments must be scheduled through the senior center. Please call Stacey at 978-448-1170 to schedule your appointment.

***Gina is not a lawyer and cannot offer legal advice

Trips
with
Friends of the Groton Elders

Flyers available at the senior center

On sale March 1

Atlantic City

Tuesday—Thursday, April 10-12

Cost: \$229pp dbl \$219pp Triple \$309pp Single

Includes transportation, drivers tip, one night at the Resorts

\$25 casino slot cash, \$60 food credit and casino show ticket

On sale March 1

North Shore Music Theatre

Wednesday, June 13

"Mame"

Cost: \$124pp

Includes; Transportation, show, full course luncheon and drivers tip

On sale April 2

Block Island

Wednesday, July 11

Cost: \$124

Includes: Transportation, drivers tip, Block Island sightseeing tour, full course luncheon at the National Hotel

On sale April 2

Authentic Maine Lobsterbake at Fosters

Tuesday, August 7

Cost: \$89pp

Includes: Transportation, driver's tip, sightseeing in York, Maine and Hampton Beach, NH, Lobster Bake at Foster's with entertainment and your choice of Lobster or chicken.

On sale May 1

Vermont Fit for a King

October date TBD

\$101pp

Includes: Tour of King Arthur Flour, visit to Simon Pearce and Vermont Country Store, transportation, and drivers tip.

On sale May 1

Hyde Park, West Point, Hudson Valley

Monday and Tuesday, October 1-2

Includes: Tour of West Point, Hudson River Cruise, Hyde Park, three meals, drivers tip and transportation.

Cost: \$309pp dbl \$289pp triple \$379 single

\$50 deposit due at registration, balance due 30 days prior to the trip except where noted.

Register for trips at the senior center, checks payable to
Friends of Groton Elders.

Tanglewood with Yo-Yo Ma, cello

Tanglewood Music Center Orchestra

On sale March 1

Copland : An Outdoor Adventure

Bernstein: Three Meditations from Mass for cello and orchestra

John Williams : New work for cello and orchestra (world premiere)

Bartok: Concerto for Orchestra

Sunday, August 19

Cost: \$99 for seniors

\$115 for non seniors

Includes: transportation, ticket, dinner and drivers gratuity

We will depart from the senior center at 9:30am with a lunch stop on your own on the Mass Pike. Once we arrive you will have some time to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner at Michaels of Stockbridge and then make our way home arriving at approximately 9:00pm.

Due to our deadline with BSO, final payment must be received Friday, by June 29.



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