Groton School’s Invitation to Groton’s Seniors

We have been invited to Celebrate Community at the Groton School campus.

Saturday, May 12

9:15—11:30am

Join students and faculty for a community celebration at Groton School in a range of activities, including a music recital by Groton School students, art projects with faculty and students, and a knitting/crocheting circle to create blankets for Binky Patrol. Following the activities a picnic lunch will be provided to all guests outside the Groton School dining hall at 11:30am.

Please RSVP to the senior center, 978-448-1170 so meal plans can be made.

Van service will be available, please call our Outreach Coordinator, Stacy Shepard Jones to schedule a ride on the main COA phone line, 978-448-1170.

I hope to see you there!

Kathy

Police Picnic

Friday, May 18 11:00am

Held at the Groton Pool and Golf Center!
There will be a shuttle available from the parking lot to the building

Groton’s finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad, a gift bag for everyone and music by Groton’s own John Murphy! A big thank you to Groton’s Police Department for a much anticipated day.

Please call the senior center to register by Friday, May 11

Farewell to Chief Palma
Join us to say thank you!

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 Barnard
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
Groton Women’s Club Luncheon
Sponsored by the Groton Trust Program and Lecture Fund and the Groton Women’s Club
Gay 90’s Celebration
Held at the Country Club
Shuttles available from the parking lot

Wednesday, May 16 12:00PM
We invite everyone to come out and celebrate the lives of Groton residents turning 90 in 2018! Following a lunch of rotini salad, chicken salad and birthday cake, we will enjoy Mr. Brian Cocoran. Brian will join us again this year with “Memories in Music”, great songs from the era of the Greatest Generation. Songs like “Sentimental Journey”, “As Time Goes By”, and “Swinging on a Star” just to name a few. Also a sing-along with classics such as “Beautiful Dreamer”, “Let Me Call You Sweetheart”, “Moonlight Bay” and many more beloved songs. In addition to the music, the show includes humorous stories about Brian’s family and lots of anecdotes about growing up as one of fifteen children!

Please register by calling the senior center, 978-448-1170 by Friday, May 11

Nashoba Tech Catered Luncheon
Wed, May 9 12:00pm
Cost: $10pp with tip optional
David Sykes
New England Humorist
Get your daily giggles in at the Senior Center. David will entertain you with his gentle humor and wit.

Lunch menu:
Chicken Piccata or Broiled Salmon Dijonnaise

Reservations needed by Monday, May 7. Please call the center at 978-448-1170.

Veteran’s Breakfast
Thursday, May 3 9:30am

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.

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

**NEWS FROM SHINE MAY 2018**

**Need Help with the Cost of your Prescription Medications??**

**Prescription Advantage can Help!!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than $60,700 for a single person or $82,300 for a married couple
- OR
- Under 65 years and disabled, with an annual income at or less than $22,823 for a single person or $30,945 for a married couple.

You may also join… if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than $36,420 for a single person and $49,380 for a married couple. There is a $200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply online by going to [www.prescriptionadvantagema.org](http://www.prescriptionadvantagema.org).

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

◊ Are you caring for children of a family member (such as your grandchildren, nieces or nephews) because their parent has a substance abuse disorder?

◊ Do you have questions about the custody, health care, housing or education of the children?

◊ Do you need to find resources and support for yourself and the children?

**NORTHEAST LEGAL AID** may be able to provide free legal assistance through its new

**CARETAKERS OF CHILDREN AT RISK PROJECT.**

For more information, call the intake line

**Monday - Friday 9 am to 1 pm**

978-458-1465 or 800-336-2262

Or visit one of the three offices:

181 Union St., Suite 201A Lynn, MA

50 Island St., Suite 203A, Lawrence, MA

35 John St., Suite 302, Lowell, MA

Or visit their website at [www.northeastlegalaid.org](http://www.northeastlegalaid.org)
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Pizza and a Flick
This program is made possible through the generous donation of Ebi and Desiree Masalehdan

Wednesday, May 2 12:00 PM
Molly’s Game
Rated R for Language
Based on a true story, Molly Bloom reveals how she built one of the most exclusive, high-stakes underground poker games in the world. In the late 2000s, Molly’s game became the game for those in the know—celebrities, business moguls, and millionaires until it all came crashing down around her.

Wednesday, June 6 12:00 PM
Darkest Hour
During the early days of World War II, with the fall of France imminent, Britain faces its darkest hour as the threat of invasion looms. As the seemingly unstoppable Nazi forces advance, and with the Allied army cornered on the beaches of Dunkirk, the fate of Western Europe hangs on the leadership of the newly-appointed British Prime Minister Winston Churchill.

Hearing Screenings
Friday, May 11
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.

Focus on Footcare
Second Tuesday of the month
May 15
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 $35
Provider: Sarah Kinghorn: BSN RN CFCN

Generously sponsored by the Friends of Groton Elders

4 Weeks with the Music of Fred and Ginger
Presented by Theater Historians Ben Sears and Brad Conner

Thurs., May 10, 17, 31 & June 7
10:00AM
Fred Astaire & Ginger Rogers are the most famous dance couple in American film. They appeared together in ten movies always bringing fresh ideas to their featured dances. The top songwriters of the day were eager to write for them with George & Ira Gershwin, Jerome Kern, and Irving Berlin (three films) all providing scores. We will look at some of the classic Fred & Ginger routines along with some of their work separately.

Our Presenters:
Ben Sears and Brad Conner, entertainers extraordinaire, have been called “Boston’s favorite song duo” by the Boston Globe and “the delightful cabaret team” by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers.

Summer of Academy Award Nominated Movies
Wednesdays June 6 – August 8 12:00PM
On Wednesdays throughout the summer we’ll be showing the 2018 Academy Award nominated movies with a sponsored lunch. After the last movie, we’ll vote for the COA Best Movie of the Year.

June 6  Darkest Hour
June 13  Dunkirk
June 20  Phantom Thread
June 27  The Post
July 11  Ladybird
July 18  Shape of Water
July 25  Three Billboards Outside Ebbing Missouri
August 1  Get Out
August 8  Call Me By My Name

Register by Call The Center, 978-448-1170.
Mondays
Line Dancing Beginners 9:15am
Line Dancing Advance Beginners 10:15am
Groton Swim 10:00am
Documentaries (2nd Mon) 10:00am
Strength Training 11:30am
Cribbage 2:30pm
COA Board Meeting (3rd Mon) 1:00pm

Tuesdays
Line Dancing Beginners 10:00am
Line Dancing Advance 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
Pizza and a Flick (Wed varies) 12:00pm
Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
Holiday Celebrations (Wed. varies) 12:00pm
Lunch and Learn (4th Wed) 12:00pm

Thursdays
Yoga—$3 per class 9:00am
Supported by the Friends of Groton Elders
Vet’s Breakfast (1st Thurs) 10:00am
Sponsored by Groton Police Association
Take a Walk with Us 10:30am
Ask the Nurse
and Blood Pressure Screenings (2nd Thurs) 11:30am
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
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
May 21 10:00am
Without A Home
Filmmaker Rachel Fleischer spent four years creating this extraordinary documentary that enters the lives of six homeless individuals in her hometown of Los Angeles. The film’s subjects include families in temporary housing, a street performer who depends on banjo-playing for income, and a heroin-addicted man living in Skid Row an area of the city that contains one of the largest homeless populations in the U.S. Intertwined with each tale is the story of Fleischer herself, as she attempts to walk the fine line between telling the stories of her subjects and helping those in need. As the film’s intimate and powerful stories confront our preconceived notions regarding homelessness, Fleischer's journey unflinchingly reveals the challenges and triumphs that arise when we choose to help those without a home

Next documentary: June 18, Queen of the Sun

Long Term Care Myths, Facts & Options
Tuesday, May 8 1:00pm
at the Senior Center
Separate fact from fiction.
Where to live. What to look for in long term care.
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
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 Fridays:** 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.

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**Local Trips**

within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Medical Social Shopping (Wednesday and Fridays only)

**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

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**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 9:15am  $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!!

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**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.**
Weekly Tech Support

Every Thursday
12:30-2:30pm
1/2 hour individual appointments

Bring your laptop, phone or tablet and meet with our Tech Expert Tom Pistorino. Tom will spend 1/2 hour with you and help get you through your challenges.

Appointments are necessary, please call the senior center, 978-448-1170.

Create with Concrete

Monday May 7 and 14
1:00pm
Second class added
Thursday May 10 and 17
11:00am
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.

Yoga

Supported by the Friends of Groton Elders.

Thursdays, 9:00AM
Cost: $3.00 per class
A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.

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.

Spaghetti Dinner

For seniors

Delizioso!
The Groton Fire Department is treating Groton Seniors to a fabulous dinner! Spaghetti & meatballs for all!

Wednesday, May 2
4:00pm
at the Fire Station
Please call the senior center to register by Friday, April 27

Van transportation is available, please call 978-448-1141 for your reservation.

Breakfast

Friday, May 11 9:30am
Open to all women, those who are mothers and those that mothered, join us in celebration of Mother’s Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures! Please make your reservation by Tuesday, May 8.

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.

For seniors

Delizioso!
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Wednesday, May 2
4:00pm
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Please call the senior center to register by Friday, April 27

Van transportation is available, please call 978-448-1141 for your reservation.
Trips with Friends of the Groton Elders
Flyers available at the senior center

On sale Now
North Shore Music Theatre
Wednesday, June 13
“Mame”
Cost: $124pp
Includes: Transportation, show, full course luncheon and drivers tip

On sale now
Block Island
Wednesday, July 11
Cost: $124
Includes: Transportation, drivers tip, Block Island sightseeing tour, full course luncheon at the National Hotel

On sale now
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

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

On sale now 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.

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.
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

Local elections are May 22.
As usual, the COA van is available to get you to the polls. Please call 978-448-1141 to reserve your ride.

**ABSENTEE BALLOTS**

Did you know that you can vote by absentee ballot if you meet one of these criteria?

- The voter will be absent from the town during normal polling hours; or
- The voter has a disability preventing going to the polling place; or
- The voter has a religious belief

An absentee ballot is counted just like a ballot cast at the polls. Absentee voting is a way to offer an opportunity to vote to voters who may otherwise be unable.

An absentee ballot can be requested for a specific election. If the Voter has a disability of an ongoing nature, the Voter may request an absentee ballot for any election which occurs during the year. These “permanent” absentee ballot applications, however, are only valid for the calendar year and must be renewed each year. It’s possible to sign up this year and not next, or renew every year, as long as the Voter meets the criteria.

It’s easy! The process to obtain absentee ballots consists of filing an absentee ballot application with the Town Clerk’s Office. If a “permanent” application is on file, the Clerk’s Office will mail you an absentee ballot about 3 weeks prior to the election. The voted ballot must be received back in the Clerk’s Office before election day if it is to be counted.

For more information about absentee voting, or to obtain an absentee ballot application, contact the Town Clerk at 978-448-1100 or townclerk@townofgroton.org.
Inspire Socialization

**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.

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**District Attorney Marion Ryan**

Senior Protection Seminar

Also Presenting:

Chief Donald Palma
Jeanine DiMarizio
Monachusett Senior Services

**Monday, May 14 10:00AM**

Please call the Senior Center to register, 978-448-1170.

District Attorney Ryan served for 18 years as the chief of Middlesex District Attorney’s Office’s Elder and Disabled Unit, which prosecutes those who commit crimes against seniors and disabled persons. District Attorney Ryan launched the Senior Protection Seminars as an important prevention effort to teach seniors how to stay safe and avoid being the victim of a crime. The program includes information on safe banking practices, scams and ID Theft, how to protect yourselves and your private information, and how to access local services.

“We want to provide the tools for our elders to be prepared to identify scams and to be able to better protect themselves from criminals who are operating illegal fraud operations," said District Attorney Ryan. "While we can’t prevent every crime, the message we want to share with our seniors is simple – never be afraid to ask for help and always report any suspected criminal activity to authorities.”

Among the tips provided to seniors included how to handle unsolicited calls for donations, information or services; information on health care proxies and power of attorney documents; smart financial planning to avoid theft; smart banking practices and how to protect personal information from identity theft.

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**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 Socialization**

**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!

**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!