



The Center

GROTON COUNCIL ON AGING

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

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

May 2018



978-448-1170

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

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

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

Farewell to Chief Palma
Join us to say thank you!



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

May Events

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

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

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.

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.



Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences

Wednesday, May 30 12:00pm

Working Through the Prison System Bill Jennings, PhD

Presenter, Bill Jennings, PhD, spent his career working with inmates afflicted with a full range of mental health issues: schizophrenia, criminally insane, juveniles issues, suicide and isolation. Dr. Jennings will give a presentation on his work and answer your questions about our prison system.

Please register by calling the senior center,
978-448-1170 prior to Friday, 5/25



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.

Council on Aging Outreach and Support

Please call Stacey Shepard Jones, COA Outreach Coordinator, 978-448-1170



NORTHEAST LEGAL AID

- ◇ 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 1pm

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



NEWS FROM SHINE MAY 2018

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

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 on line by going to **www.prescriptionadvantagemma.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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00 Line Dance B 10:00 Painting Club 10:00 Writing Class 10:00 Garden Club 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 12:00 Board Meeting 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	2 9:30 Pilates 11:00 Strength Training 12:00 Pizza & Movie "Molly's Game" 4:00 Firehouse Spaghetti	3 9:00 Yoga 9:30 Veterans Breakfast 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 7:00 Meditation	4 VAN DW Highway 10:00 Memory Café 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
7 9:15 Line Dance B 10:00 Groton Swim 10:15 Line Dance Adv. 10:30 Monet Painting Class 11:30 Strength Training 12:30 Cribbage 1:00 Creative Creations	8 10:00 Line Dance B 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong 1:00 Long Term Care	9 9:30 Book Club 9:30 Pilates 11:00 Strength Training 12:00 Nashoba Tech Lunch Entertainment: David Sikes Comedian	10 9:00 Yoga 10:00 Fred & Ginger 10:30 Take a Walk 11:00 Creative Creations 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 7:00 Meditation	11 VAN Wal-Mart 9:30 Mother's Day Breakfast 10:00 Groton Swim 10:00 Strength Training 11:15 Hearing Screening
14 9:15 Line Dance B 10:00 DA Scams 10:00 Groton Swim 10:15 Line Dance A 11:30 Strength Training 12:30 Cribbage 1:00 Creative Creations	15 10:00 Focus on footcare 10:00 Line Dance B 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong 1:00 Watercolor Class	16 11:00 Strength Training 12:00 Women's Club Lunch Entertainment: Brian Corcoran Gay 90's @ The Country Club	17 9:00 Yoga 10:00 Fred & Ginger 10:30 Take a Walk 11:00 Creative Creations 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 1:00 Essential Oils 7:00 Meditation	18 VAN Market Basket Plaza 10:00 Groton Swim 10:00 Strength Training 11:00 Police Picnic 12:30 Bridge
21 9:15 Line Dance B 10:00 Documentary 10:00 Groton Swim 10:15 Line Dance A 11:30 Strength Training 12:30 Cribbage 1:00 COA Board Mtg.	22 10:00 Focus on footcare 10:00 Line Dance B 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong *Election*	23 9:30 Pilates 11:00 Strength Training 	24 9:00 Yoga 10:00 Heart Healthy Nutrition 10:30 Take a Walk 11:00 Parkinson's Disease 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 1:00 Essential Oils 7:00 Meditation	25 10:00 Groton Swim 10:00 Strength Training 12:00 Fife and Drum Lunch
28 	29 10:00 Line Dance B 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	30 9:30 Pilates 11:00 Strength Training 12:00 Lunch & Learn Bill Jennings Working Through the Prison System	31 9:00 Yoga 10:00 Fred & Ginger 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 7:00 Meditation	Accredited by  National Institute of Senior Centers

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.*

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



**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.

Always Available

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

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
<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

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



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

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.

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

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 9:15am \$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!!

Mother's Day

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

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

second class added

**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.

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 .

Writing Creatively

Tuesdays, 10:00-11:30 am

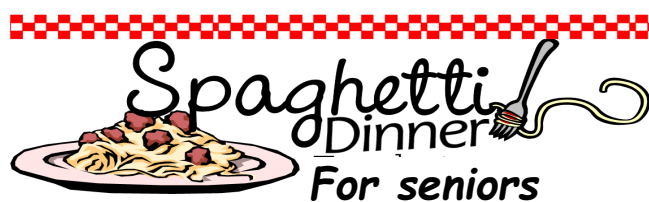
There are many people who know how to write, but may not know how to write creatively. In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas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

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.



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.

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 beau-

tiful 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.



What Is **AROMATHERAPY?**

Thursday, May 17 1:00pm

Experience
10 Minutes AromaTouch hand massage

AromaTouch Technique provides one of the most effective ways to use the essential oils on the body. The AromaTouch Hand Technique can be of tremendous benefit due to its simplicity and impactful effects, it gives an individual a beautiful essential oil experience

Thursday, May 24 1:00pm

Learn
Benefits of Essential Oils

Essential oils have enhanced lives for thousands of years, offering a variety of benefits from cosmetic and dietary purposes to spiritual and religious use. Join us and learn how essential oils can help you.

Please register for both programs by call the senior center, 978-448-1170

Father's Day BBQ

Friday, June 15 12:00pm

Cost: none

Menu:

Grilled Sausage, Peppers and onions and Mac salad

Open to all men. Join us and celebrate the special bond of fathers and their children.

Open to all men, please join us if you were a father and/or you had a father.



Special guest speaker: Herb Crehen

Red Sox Heroes of Yesteryear

Over the years the Boston Red Sox have featured as many colorful and memorable players as any team in Major League Baseball. In the first tow decades of the 20th Century the Red Sox were the dominant team in professional baseball with such stars as Babe Ruth and Cy Young. Later players included Ted Williams, Bobby Doerr, John Pesky, Carl Yastrzemski, Fred Lynn, Jim Rice and Roger Clemens.

Author Herb Crehan has spent 20 years writing for the team's official program, Red Sox Magazine. During his time with the ball club he has interviewed and written feature articles on more than 125 former Red Sox stars.



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.



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

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.

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 to 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.

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!

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!

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