A Time To Be Grateful

It’s May 22, Election Day. It is important to me to write this today before we know the election results. You can imagine that we are very anxious today at the Council on Aging when one minute we are planning what will happen should the vote pass for a new building and the other planning the next steps should the voters decide they are not ready for this change. What is foremost in my thoughts today is what I’ve learned and what I have been reminded of from this experience.

I’ve learned a lot about septic systems, window glazing, storm water and turtle management. I’ve also learned about the process of a large building project in a municipality; excluded debt, various committee approval, meetings and more meetings, permits for everything including tree removal and rodent abatement. It’s been an education that can’t be purchased.

More importantly I’ve been reminded of who we are as human beings. We have different views, different life experiences that contribute to our values and opinions and the importance to respect those opinions in one another. I’m reminded that we (the community) have felt an obligation to work to understand the needs of others especially when it is not our need. I’m reminded we are blessed to live in a democracy where we can voice our opinions through a vote and graciously accept that outcome.

I don’t know the outcome of today’s election, but I do know that regardless, we will continue to grow, strengthen our support for the senior citizens of Groton and move forward. Thank you to everyone that took the time to vote your convictions today and I commit to you a strong Council on Aging for the Town of Groton.

Kathy

Father’s Day BBQ
Held at Lost Lake Fire Station
Wednesday, June 13 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. 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 two 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.
Walk with Us

June 21 last day walking inside
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!!

Summer walking begins July 10 at the track behind the Twomey Center.

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

Moving Forward

On behalf of Groton’s current and future senior citizens, the Council on Aging Board of Directors, the Senior Center Building Committee and COA staff I humbly thank the voters for their support of the new Center. We recognize the closeness of the election results and the responsibility that we hold moving forward. We take this responsibility seriously and ensure the community that we are dedicated to continue to reduce the burden on the taxpayer through corporate sponsorships, grants and other fundraising efforts.

We are now looking forward and planning for the coming year as the new building is under construction. We will be housing our programs at five town buildings; Lost Lake Fire Station, Legions Hall, the Country Club, the main Fire Station and the Twomey Center. Administrative offices will be at Lost Lake Fire Station with staff traveling to the other sites when necessary. There will ALWAYS be someone at the offices at Lost Lake during working hours.

**There we be no programs at the current building as of Monday, June 4.** That week, the only programs that we will hold will be our exercise classes and they will be at the Lost Lake Fire Station, the writing class at Legion Hall and the **final class in our Fred Astaire and Ginger Rogers series** which will be at the main Fire Station. A full schedule of class locations is included in the newsletter.

---

**American Legion Open House**

Sunday, June 3, 3:00—5:00pm

The Lawrence W. Gay American Legion Post 55, Groton, Massachusetts is having an open house on June 3, 2018 at 3:00 PM until 5:00 PM at Legion Hall, Hollis Street. All US Veterans, their spouses and children are invited. We will have hamburgers and hot dogs for a Sunday afternoon barbeque. The barbeque will be hosted by members of the American Legion Post, Women’s Auxiliary, and Son’s of the American Legion (SAL). We look forward to seeing our fellow veterans and their families. Please RSVP to Jim McMath, Post Commander, jmcmath1@verizon.net.
Summer Schedule and locations

The week of June 4th there will be **no programs** with the exception of:

- Line Dancing
- Strength Training
- Yoga
- Pilates

The exercise programs will be held at the Lost Lake Fire Station the week of June 4.

The movie, scheduled for **June 6 will be rescheduled to August 15 and shown** at the Main Fire Station.

### Beginning June 11

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Documentaries (2nd Mon)</td>
<td>10:00pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Crafts (4th Mon)</td>
<td>1:00pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Strength Training</td>
<td>11:30am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>COA Board Meeting (3rd Mon)</td>
<td>1:00pm</td>
<td>Lost Lake</td>
</tr>
</tbody>
</table>

### Tuesdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Line Dancing Beginners</td>
<td>9:00am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Pickleball</td>
<td>9:30am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>One Stroke Painting Club</td>
<td>10:00am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Writing Creatively</td>
<td>10:00am</td>
<td>Legion Hall</td>
</tr>
<tr>
<td>Mahjong</td>
<td>1:00pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Hand and Foot Cards</td>
<td>12:30pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Watercolor painting (1st and 3rd)</td>
<td>1:00pm</td>
<td>Lost Lake</td>
</tr>
</tbody>
</table>

### Wednesdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book Club (2nd Wed)</td>
<td>9:30am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Pilates</td>
<td>9:30am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Strength Training</td>
<td>11:00am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Movies Beginning June 20</td>
<td>12:00pm</td>
<td>Main Fire Station</td>
</tr>
</tbody>
</table>

### Thursdays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Supported by the Friends of Groton Elders</td>
<td>9:00am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Pickleball</td>
<td>9:30am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Line Dancing Beginners</td>
<td>12:30pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Meditation</td>
<td>7:00pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Knitting</td>
<td>1:00pm</td>
<td>Lost Lake</td>
</tr>
</tbody>
</table>

### Fridays

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength Training</td>
<td>10:00</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Hearing Screenings (2nd Fri)</td>
<td>11:00pm</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:30pm</td>
<td>Lost Lake</td>
</tr>
</tbody>
</table>
**Mondays**

- 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  
  Sponsored by Groton Trust Lecture Fund
- Pizza and a Flick (Wed varies) 12:00pm  
  Sponsored by Ebi and Desiree Masalehdan
- Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
- Holiday Celebrations (Wed. varies) 12:00pm
- Lunch and Learn (4th Wed) 12:00pm  
  Sponsored by RiverCourt Residences

**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
- Tech Support 12:30pm
- 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

**Focus on Footcare**

- June 12
  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

**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.

**Hearing Screenings**

- Friday, June 8  
  2nd Friday of each month
  11:15am-1pm
  By Appointment

  Hearing screenings and hearing aid cleanings. Please be sure to make an appointment by calling the center, 978-448-1170.

**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.

---

**Always Available**

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

---

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.
FARMERS’ MARKET COUPONS ARE COMING IN JULY

Farmers’ Market Coupons provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at participating farmers’ markets, roadside stands, and community supported agriculture programs.

To be eligible to receive Farmers’ Market Coupons you must be 60 years of age or older, and your income must be lower than the income limits outlined below:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$22,459</td>
</tr>
<tr>
<td>2</td>
<td>$30,451</td>
</tr>
<tr>
<td>3</td>
<td>$38,443</td>
</tr>
<tr>
<td>4</td>
<td>$46,435</td>
</tr>
</tbody>
</table>

If you qualify and would like to be put on a list to receive Farmers’ Market Coupons, please call Stacey at 978-448-1170. I will give you a call in July when they come in.

Coupons are limited.

REMEMBER!! NEW MEDICARE CARDS ARE COMING

We want everyone to remember you will be getting a new Medicare Card between now and April 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.

5STAR URGENT RESPONSE BUTTON

The 5Star Urgent Response medical alert device plans start at $24.99 a month. The device itself costs about $50.00, and can be purchased at Walmart. These devices have a built in GPS so agents know your location. So whether you’re lost in an unfamiliar part of town, walking in a parking lot at night, or experiencing a medical issue, this service can locate where you are and help you. It works anywhere Verizon cell phones work. The device is small enough to wear everywhere. For more information you can call 5Star directly at 1-866-362-0006.
# Groton Senior Center Activities

## June 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accredited by</strong></td>
<td><strong>National Institute of Senior Centers</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>FRIDAY</td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>10:00</strong> Line Dance B</td>
<td><strong>9:00</strong> Yoga</td>
<td><strong>10:00</strong> Memory Café 1</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>10:00</strong> Writing Class</td>
<td><strong>10:00</strong> Fred &amp; Ginger</td>
<td><strong>10:00</strong> Groton Swim</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>10:00</strong> Take a Walk</td>
<td><strong>10:00</strong> Take a Walk</td>
<td><strong>10:00</strong> Strength Training</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>10:30</strong> Line Dance A</td>
<td><strong>10:30</strong> Hand &amp; Foot</td>
<td><strong>11:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:00</strong> Strength Training</td>
<td><strong>11:00</strong> Pickleball</td>
<td><strong>12:30</strong> IT Support</td>
<td><strong>12:00</strong> Father’s Day BBQ</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Cribbage</td>
<td><strong>11:30</strong> Take a Walk</td>
<td><strong>12:30</strong> IT Support</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Pickleball</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>10:00</strong> Groton Swim</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>11:30</strong> Strength Training</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:30</strong> Cribbage</td>
<td><strong>12:30</strong> Mahjong</td>
<td><strong>12:30</strong> Meditation</td>
<td><strong>12:30</strong> Bridge</td>
<td></td>
</tr>
</tbody>
</table>
**Documentary**

June 18  10:00am
Queen of the Sun
QUEEN OF THE SUN: What Are the Bees Telling Us? is a profound, alternative look at the global bee crisis from award-winning filmmaker Taggart Siegel, director of REAL DIRT ON FARMER JOHN. Taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world including Michael Pollan, Gunther Hauk and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture in balance with nature.

Next documentary: Documentaries will return in September.

**Groton Swim**

Held at the Main Fire Station
**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.

**August 15**
- 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 calling The Center, 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.

**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.

**Summer Schedule**
Thank you to the Groton Country Club for the use of the swimming pool.
There is no charge for this program thanks to their generosity.

During the summer the pool at the Country Club is available for use by Groton's seniors.
The schedule will be:

- Mondays and Fridays
  - May 28 - June 22  3:30-4:30pm
  - June 25 – September 3  12:00-1:00pm

There is a steep walk to the pool. With advance notice a golf cart can be made available for access, please call the COA if you need one.
At the pool there is no lift apparatus however there is a ladder and shallow stairs with a railing.
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.

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

$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.

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

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 24
   $81pp
   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

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

   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.
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

---

**Kayak Club**

We have formed a Kayak Club for those interested in kayaking with a group. There is safety in numbers and comradery in numbers! You need to have your own kayak and ability to transport it. Outings vary once or twice a week, scheduled dates are available through email within the group.

To join call and let us know and we will add you to our mailing list.

Call The Center, 978-448-1170.

---

**Inspire Health**

**Exercise for your Health**

**Pickleball**
At the Twomey Center until 6/14
At Country Club Tennis Courts beginning 6/19

**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**
Tuesdays 10am $3 per class

**Advance Beginners**
Tuesdays 11am $3 per class

**Strength Training**

**Mondays, 11:30** $3 per class
**Wednesdays, 11am** $3 per class
**Fridays, 10am** $3 per class

**Pilates**

**Wednesdays, 9:30am**

**Yoga**

**Thursdays, 9am** $3 per class

**Meditation**

**Thursdays, 7pm** No cost

---

**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.