



The Center

GROTON COUNCIL ON AGING

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

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

June 2018



978-448-1170

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

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

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



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 Crehan

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.*

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.



Open to the entire community

Please help our planet
Sponsored by
Friends of Groton Elders

Saturday, June 16

9:00am-Noon

Town Hall Parking Lot
Station Ave

Bring old fax, bank records—all paper
Paper clips and staples allowed.
Please no cardboard

American Legion Open House Sunday, June 3, 3:00—5:0pm

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.



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

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

Mondays

Documentaries (<i>2nd Mon</i>)	10:00pm	Lost Lake
Crafts (4th Mon)	1:00pm	Lost Lake
Strength Training	11:30am	Lost Lake
COA Board Meeting (<i>3rd Mon</i>)	1:00pm	Lost Lake

Tuesdays

Line Dancing Beginners	9:00am	Lost Lake
Pickleball	9:30am	Lost Lake
One Stroke Painting Club	10:00am	Lost Lake
Writing Creatively	10:00am	Legion Hall
Mahjong	1:00pm	Lost Lake
Hand and Foot Cards	12:30pm	Lost Lake
Watercolor painting (<i>1st and 3rd</i>)	1:00pm	Lost Lake

Wednesdays

Book Club (<i>2nd Wed</i>)	9:30am	Lost Lake
Pilates	9:30am	Lost Lake
Strength Training	11:00am	Lost Lake
Movies Beginning June 20	12:00pm	Main Fire Station

Thursdays

Yoga <i>Supported by the Friends of Groton Elders</i>	9:00am	Lost Lake
Pickleball	9:30am	Lost Lake
Line Dancing Beginners	12:30pm	Lost Lake
Meditation	7:00pm	Lost Lake
Knitting	1:00pm	Lost Lake

Fridays

Strength Training	10:00	Lost Lake
Hearing Screenings (<i>2nd Fri</i>)	11:00	Lost Lake
Bridge	12:30	Lost Lake

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
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>	
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

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.

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

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.



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

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:

Household Size	Annual Income
1	\$22,459
2	\$30,451
3	\$38,443
4	\$46,435

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.



NEWS FROM SHINE June 2018

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

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.

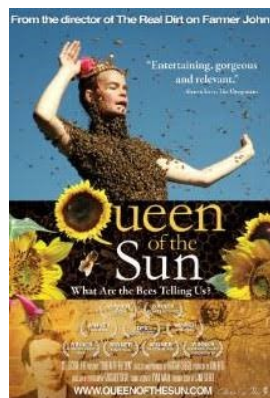
5STAR URGENT RESPONSE BUTTON



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>Accredited by</div> <div>National Institute of Senior Centers</div> </div> <div>ncoa</div>				VAN DW Highway ¹ 10:00 Memory Café 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<div>4</div> 10:00 Groton Swim 11:30 Strength Training	<div>5</div> 10:00 Line Dance B 10:00 Writing Class 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 10:30 11:00 11:30 12:30	<div>6</div> 9:30 Pilates 11:00 Strength Training	<div>7</div> 9:00 Yoga 10:00 Fred & Ginger 10:30 Take a Walk 11:30 Pickleball	VAN Wal-Mart ⁸ 10:00 Groton Swim 10:00 Strength Training
<div>11</div> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	<div>12</div> 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	<div>13</div> 9:30 Book Club 9:30 Pilates 11:00 Strength Training 12:00 Movie & Meal "Dunkirk"	<div>14</div> 9:00 Yoga 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 7:00 Meditation	<div>15</div> VAN Market Basket Plaza 10:00 Groton Swim 10:00 Strength Training 12:00 Father's Day BBQ 12:30 Bridge 
<div>18</div> 10:00 Documentary Queen of the Sun 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage COA Board Mtg.	<div>19</div> 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	<div>20</div> 9:30 Pilates 11:00 Strength Training 12:00 Movie & Meal "Phantom Thread"	<div>21</div> 9:00 Yoga 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 7:00 Meditation	<div>22</div> VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training
<div>25</div> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	<div>26</div> 10:00 Line Dance B 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong *Election*	<div>27</div> 9:30 Pilates 11:00 Strength Training 12:00 Movie & Meal "The Post"	<div>28</div> 9:00 Yoga 10:30 Pickleball 12:30 Hand & Foot 12:30 IT Support 7:00 Meditation	<div>29</div> VAN Merrimack Outlets 10:00 Groton Swim 10:00 Strength Training

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.

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.

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.

Groton Swim



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

Mondays and Fridays
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.

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.

Waiting list

Block Island

Wednesday, July 11

Cost: \$124

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

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*

Authentic Maine Lobsterbake at Fosters

Waiting list

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.

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.

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



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.

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.**

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, 9789-448-1170.

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