



The Center

GROTON COUNCIL ON AGING

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

Temporary address: 185 Lost Lake Rd Groton

July 2018



978-448-1170

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

Transitions

The old senior center has been emptied and we are now settled into our new space at the Lost Lake Fire Station. We've had a few bumps along the way but overall it's been a fairly smooth transition. As with all experiences in our lives there are lessons to be learned and we've certainly learned along the way. The largest of the lessons is the reminder that no man is an island and we could not have made this transition without the help of many.

Thank you to the volunteers that packed boxes, loaded their cars and moved things:

George and Maureen Faircloth
Helen Sienkiewicz
Ginny Reinap
John and Jean Sheedy
Pat Karohl

Thank you to Allison Dolbear and Marion Stoddard for their work in digging up plants from the pollinating garden and moving them to safety.

Thank you Roger Temple and Richard Marton for overseeing the storage of the vegetable garden supplies and fencing.

Thank you to the Town Departments that have opened their facilities in support of our programs:

Fire Department both Lost Lake and Central Stations
Legion Hall
The Country Club

Thank you to DPW for ensuring that anything that could be salvaged from the building was salvaged, right down to the lightbulbs!

And last but not least, thank you to Jimmy Kuzmitch, DPW maintenance who was the constant in my ear, "Kathy what else to do you need". Jimmy moved all the heavy things we could not and was thoughtful enough to bring our flower planters and mailbox! He was considerate of the details of our building: bird feeders, signs, and brick by brick salvaged our patio. Thank you Jimmy you were a life saver!

There will be a building update and summer program schedule update that will be inserted in the newsletter.

Enjoy your summer!

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

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Richard Marton

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George Faircloth

Secretary

Helen Sienkiewicz

Members

Ellen Baxendale
Peter Cunningham
Norma Garvin
Jean Sheedy
Eddie Wenzell

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:

<u>Household Size</u>	<u>Annual Income</u>
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 July 2018

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

NEWS FROM SHINE FOR JULY 2018

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Please keep in mind that THE CENTER IS A COOLING CENTER

We are open 8:00am – 4:00pm.

If you don't have AC, grab a book and come relax at The Center in the AC and out of the heat.



10 Hot Weather Safety Tips:

Stay Hydrated
Avoid dehydrating liquids
Wear protective clothing
Pace Yourself
Schedule frequent breaks

Use a damp rag
Avoid getting sunburn
Be alert to signs of heat related illness
Avoid direct sun
Eat smaller meals



SUMMER OF ACADEMY AWARD NOMINATED MOVIES

Held at the Central Fire Station

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.**

July 11 Ladybird

Rating: R, for language, sexual content, brief graphic nudity, and teen partying.

July 18 Shape of Water

Rated R for sexual content, **graphic** nudity, violence and language. - Several scenes of violence depicting injury and physical assault

**July 25 Three Billboards
Outside Ebbing Missouri**

Rated R for violence, language throughout, and some sexual references

August 1 Get Out
August 8 Call Me By My Name
August 15 Darkest Hour
August 22 Dunkirk

Register by calling The Center, 978-448-1170.

Yoga

at Lost Lake Fire Station

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.

Walk with Us



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

Tuesdays and Thursdays 9:30-10:30am
A great way to get exercise, walk with friends, meet new ones, chatting and walking !

New walkers please 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. Swimmers must register with the Council on Aging prior to attending.

During the summer the pool at the Country Club is available for use by Groton's seniors .

The schedule will be:

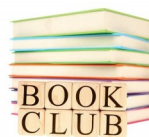
Mondays and Fridays

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.

Book Club at Legion Hall



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 .

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Strength Training 12:00 Groton Swim	3 9:30 Pickleball 9:30 Take a Walk 10:00 Writing Creatively 10:00 Line Dance B 10:00 Writing Class 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong 1:00 Watercolor		5 7:45 Pilates 9:00 Yoga 9:30 Pickleball 12:30 Hand & Foot 7:00 Meditation	6 VAN DW Highway 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
9 10:00 Strength Training 12:00 Groton Swim	10 9:30 Pickleball 9:30 Take a Walk 10:00 Writing Creatively 10:00 Line Dance B 10:00 Writing Class 10:00 Focus on Footcare 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	11 9:30 Pilates 10:00 Strength Training 12:00 Movie & Meal <i>Ladybird</i>	12 7:45 Pilates 9:00 Yoga 9:30 Take a Walk 9:30 Pickleball 12:30 Hand & Foot 1:00 IT Support 7:00 Meditation	13 VAN Wal-Mart 10:00 Strength Training 12:00 Groton Swim
16 10:00 Strength Training 12:00 Groton Swim	17 9:30 Pickleball 9:30 Take a Walk 10:00 Writing Creatively 10:00 Line Dance B 10:00 Writing Class 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong 1:00 Watercolor	18 9:30 Book Club 9:30 Pilates 10:00 Strength Training 12:00 Movie & Meal <i>Shape of Water</i>	19 7:45 Pilates 9:00 Yoga 9:30 Take a Walk 9:30 Pickleball 12:30 Hand & Foot 7:00 Meditation	20 VAN Market Basket Plaza 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
23 10:00 Strength Training 12:00 Groton Swim	24 9:30 Pickleball 9:30 Take a Walk 10:00 Writing Creatively 10:00 Line Dance B 10:00 Writing Class 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	25 9:30 Pilates 10:00 Strength Training 12:00 Movie & Meal <i>Three Billboards Outside Epping Missouri</i>	26 7:45 Pilates 9:00 Yoga 9:30 Take a Walk 9:30 Pickleball 12:30 Hand & Foot 7:00 Meditation	27 VAN Christmas Tree Shop 10:00 Strength Training 12:00 Groton Swim
30 10:00 Strength Training 12:00 Groton Swim	31 9:30 Pickleball 9:30 Take a Walk 10:00 Writing Creatively 10:00 Line Dance B 10:00 Writing Class 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	<div> <div>Accredited by</div> <div>  </div> <div>National Institute of Senior Centers</div> </div>		

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@lpiseniors.com or (800) 477-4574 x6377

THIS SPACE IS AVAILABLE

Always Available

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

Mondays

Documentaries (2nd Mon)	10:00am
Strength Training	10:00am
Groton Swim	12:00pm
COA Board Meeting (3rd Mon)	1:00pm

Tuesdays

Take a Walk	9:30am
Pickleball	9:00am
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
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	10:00am
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>	
Take A Walk	9:00am
Pickleball	9:30am
Vet's Breakfast (1st Thurs)	10:00am
<i>Sponsored by Groton Police Association</i>	
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
Tech Support (2nd Thursday)	1:00pm
Meditation	7:00pm

Fridays

Shopping - \$4 for van	9:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Groton Swim	12:00pm
Bridge (1st and 3rd Fri.)	12:30pm

Weekly Tech Support



Thursday, July 12

1:00—3:00 pm

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 at Lost Lake Fire Station

July 10

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 at Lost Lake Fire Station



Friday, July 13

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 at Legion Hall

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.

Trips with Friends of the Groton Elders

Flyers available at the senior center

Waiting list

Block Island

Wednesday, July 11

Cost: \$124

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

\$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.

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.

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

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.

Waiting list

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 now

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 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

Lost Lake Fire Station

Tuesdays, 9:00am	no cost
Thursdays, 9:00am	no cost

Groton Swim

Groton Country Club

Mondays, 12pm	no cost
Fridays, 12PM	no cost

Line Dancing

Lost Lake Fire Station

Beginners

Tuesdays 10am	\$3 per class
Advance Beginners	
Tuesdays 11am	\$3 per class

Strength Training

Lost Lake Fire Station

Mondays, 10am	\$3 per class
Wednesdays, 10am	\$3 per class
Fridays, 10am	\$3 per class

Pilates

Lost Lake Fire Station

Wednesdays, 9:30am	Cost varies
Thursdays, 7:45am	Cost varies

Yoga

Lost Lake Fire Station

Thursdays, 9am	\$3 per class
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Meditation

Lost Lake Fire Station

Thursdays, 7pm	No cost
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**Nashoba Associated
Boards of Health**

30 Central Avenue, Ayer MA 01432
Community Nurse - Community Health
978-772-3335 ext. 340
Tamara Bedard, RN
tamara.bedard@nashoba.org



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**THIS SPACE IS
AVAILABLE**

ALETA MANUGIAN
Attorney at Law

Real Estate • Wills and Trusts
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Dear Friends,

*At the Life Celebration® Homes Badger of Littleton & Groton,
it is our honor and privilege to help share your loved one's
story during a most difficult time. By celebrating your loved
one's life in a beautiful and personalized way, our staff can
assist your family with care and compassion, guiding you
toward healing and acceptance. We invite you to come and
visit us to discuss the many options available.*

Glenn D. Bulamachi, CFSP

Owner / Funeral Director
Mass. License 7582 - Type B



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45 School St., Groton, MA
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ltempleton@lpi-seniors.com
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Ad info. 1-800-477-4574 • Publication 1-800-888-4574 • www.4lpi.com Groton Council on Aging, Groton, MA

06-5100

Building Update

On June 25 there was a preconstruction meeting during which, among other items, the roles and responsibilities were reviewed for:

Architect, Helene Karl Associates (HKA)
 Project Representatives:
 Town Manager, Mark Haddad
 Operations Manager, NV5
 Clerk of the Works, Bob Garside
 Engineers, Ducharme and Dillis
 General Contractor, Nelco Worldwide

Also, the **Notice to Proceed (NTP)** : Upon receipt of the completed Contract paperwork from NELCO, the TOWN will issue the NTP. The official start date for the Project is **7/9/18**. The contractual completion date is **365 calendar days after the NTP; date 7/8/19**. HKA noted the phasing requirements are in Section 01 11 00, paragraph 1.8. b.

Once approved, complete minutes will be posted on the COA page of the Town's website.

Updated Summer Schedule and locations

Mondays

Documentaries (2nd Mon)	10:00pm	Lost Lake
Strength Training	11:30am	Lost Lake
COA Board Meeting (3rd Mon)	1:00pm	Lost Lake

Tuesdays

Line Dancing Beginners	9:00am	Lost Lake
Pickleball	9:00am	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 (1st and 3rd)	1:00pm	Lost Lake

Wednesdays

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

Thursdays

Pilates	7:45am	Lost Lake
Yoga Supported by the Friends of Groton Elders	9:00am	Lost Lake
Pickleball	9:00am	Lost Lake
IT Support	1:00 PM	Lost Lake
Meditation	7:00pm	Lost Lake

Fridays

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

Senior Pilates

LOCATION: LOST LAKE FIRE

Wednesdays

JULY 11TH- AUGUST 22ND

TIME: 9:30 AM - 10:30 a.m.

7 WEEKS \$70

Boost your metabolism and burn more calories

with this 60 minute class! Learn how to strength train safely



for toning, revved up metabolism and prevention of osteoporosis! The true solution to reducing belly fat begins with this 60 minute class! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. Remember that weight training is the magic bullet to successful weight control and LOSING THE BELLY FAT! As you increase your metabolism, your body will burn more calories 24 hours a day! We will also incorporate balance training and lots of non traditional as well as traditional core training using the newest core training exercises as well as Pilates for AWESOME abs, better posture and stronger backs!

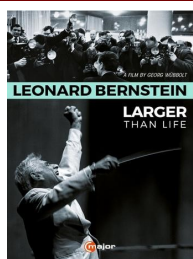
Don't miss this dynamic combination! Metabolism boosting and good health tips will be shared every week! Be ready to have fun! All that is required is a set of weights, a mat and water!

This class is perfect for the first time exerciser to the fitness enthusiast!

You will be given individual attention to ensure that you are getting the most from your workout and exercising safely! If your goal is weight loss, a scale will be available along with initial and ending measurements and Weight Loss tips along the way!

PLEASE SEND YOUR PAYMENT TO :
 SUSAN ROBBINS
 225 LEGATE HILL RD.
 LEOMINSTER, MA. 01453

Leading Up To Tanglewood at Lost Lake Fire Station



**Monday, July 30
1:00pm**

Leonard Bernstein: Larger Than Life

The documentary explores
Leonard Bernstein's

various facets, as a conductor, a composer, a pianist and most of all a teacher and how he influenced so many people. It includes interviews of his children, former conductor students, orchestra members, collaborators and other acquaintances.

**Monday, August 6
1:00pm**

Score: A Film Music Documentary

For a predominately visual medium like cinema, its musical component plays a vital role as well, especially its score. This documentary explores the artistic role of this special musical discipline that completes the cinematic artistic creation process and the artists who have devoted their careers to this contribution. We explore the form's history and examine the masters who defined it with their own distinctive artistic vision.

Our Tanglewood Concert

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

**Monday, August 13
1:00pm**

Discovering Masterpieces Bartok: Concerto for Orchestra

At our Tanglewood concert will we experience Bartok's *Concerto for Orchestra*. It has proven to be Bartok's most popular work, due in large part to the directness of its language. As the title suggests, the *Concerto for Orchestra* treats the various sections and solo instruments of the orchestra as if they were protagonists in a concerto. Even the excitement of the finale is tempered by feelings of mystery and urgency, conveyed via Bartok's tonal ambivalence.

During this documentary we will hear the piece in its entirety with commentary to follow.



Groton COA and the Friends of the Gorton Elders presents:

Vermont, Fit For A King Wednesday, October 24, 2018

Cost \$81 per person

Tour Includes: Roundtrip Motor-coach, Tour of King Arthur Flour, Visit to Simon Pearce, Lunch, Visit to VT Country Store, All Taxes and Gratuities (including Driver)

Checks payable to Friends of Groton Elders

This morning, we head north into the green mountains of Vermont. Our first stop of the day is at King Arthur Flour Company. King Arthur Flour was founded in 1790 in Boston, MA, and is America's oldest flour company. In 1984 (after 194 years in Boston), the company moved to Norwich, VT, where it is headquartered today and has become 100% employee-owned. Upon arrival, we will have some time to shop the fascinating store. Also, take a self-guided tour of the building .

Make a stop at the Simon Pearce Company, located in Windsor, VT. Embark on a self-guided tour through the pottery facility and the glassblowing area. Be sure to view the glassblowing from various vantage points (right next to the work floor and above on the catwalk).

Our coach will wind us through the roads of Vermont to Ludlow, where we will have lunch at the beautiful Castle Hill Resort & Spa. Our pre-select entrée choices are: Chicken Marsala with Linguini or Pan Seared Atlantic Salmon encrusted with Tomato and Fresh Herbs with a Cucumber and Caper Salad. Both entrees are served with a Caesar Salad, Dinner Rolls, Dessert , Coffee, Tea, or Decaf.

The final stop this afternoon will lead us to the VT Country Store which opened in 1946. A couple generations later, the store still holds its charm. Items for sale at the VT Country Store include those that often cannot be purchased elsewhere.

Depart: 6:30 am, Lost Lake Fire Station, 185 Lost Lake Road, Groton,MA
Estimated Return: 7:15 pm, Lost Lake Fire Station

