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

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:

<table>
<thead>
<tr>
<th>Stay Hydrated</th>
<th>Use a damp rag</th>
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<tr>
<td>Avoid dehydrating liquids</td>
<td>Avoid getting sunburn</td>
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<td>Wear protective clothing</td>
<td>Be alert to signs of heat related illness</td>
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<td>Pace Yourself</td>
<td>Avoid direct sun</td>
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<td>Schedule frequent breaks</td>
<td>Eat smaller meals</td>
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**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.

---

**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 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.
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**Accredited by National Institute of Senior Centers**
**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
  - 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
- Take A Walk 9:00am
- Pickleball 9:30am
- Vet’s Breakfast (1st Thurs) 10:00am
  - Sponsored by Groton Police Association
- Ask the Nurse and Blood Pressure Screenings (2nd Thurs) 11:30am
  - Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
- Hand and Foot 12:30pm
- 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

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**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

Block Island
Waiting list
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
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.

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.

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

Tanglewood with Yo-Yo Ma, cello
Tanglewood Music Center Orchestra

$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.

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

Tanglewood with Yo-Yo Ma, cell
Tanglewood Music Center 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.

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

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Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.
Reservations cannot be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. **When you make your reservation please let staff know if you are transported by a wheelchair.**

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Kayak Club
We have formed a Kayak Club for those interested in kayaking with a group. There is safety 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.

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Exercise for your Health

**Pickleball**
Lost Lake Fire Station
Tuesdays, 9:00am no cost
Thursdays, 9:00am no cost

**Groton Swim**
Lost Lake Fire Station
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

**Meditation**
Lost Lake Fire Station
Thursdays, 7pm No cost
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**

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<tr>
<td>Book Club (2nd Wed)</td>
<td>9:30am</td>
<td>Legion Hall</td>
</tr>
<tr>
<td>Pilates</td>
<td>9:30am</td>
<td>Lost Lake</td>
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<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>
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<th>Thursdays</th>
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<tbody>
<tr>
<td>Pilates</td>
<td>7:45am</td>
<td>Lost Lake</td>
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<tr>
<td>Yoga</td>
<td>9:00am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Pickleball</td>
<td>9:00am</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>IT Support</td>
<td>1:00 PM</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Meditation</td>
<td>7:00pm</td>
<td>Lost Lake</td>
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<tr>
<th>Fridays</th>
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<tbody>
<tr>
<td>Strength Training</td>
<td>10:00</td>
<td>Lost Lake</td>
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<tr>
<td>Hearing Screenings (2nd Fri)</td>
<td>11:00</td>
<td>Lost Lake</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:30</td>
<td>Lost Lake</td>
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**Senior Pilates**

**LOCATION: LOST LAKE FIRE**

**Wednesdays**

**JULY 11TH- AUGUST 22ND**

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

**7 WEEKS $70**

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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 mostly 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