



The Center

GROTON COUNCIL ON AGING

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

Temporary office address: 185 Lost Lake Rd Groton

Temporary mailing address: COA c/o 173 Main Street

September 2018



978-448-1170

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

A Cautionary Tale

Last week I called my mom to check on her August schedule so I could go and visit for a few days. Talking to her she seemed a little "off" and I was a bit confused. Out of nowhere, with dread in her voice, she then said, "I have something to tell you". I felt my heart beat faster and was expecting horrible news, however her next words were, "remember I did it because I love my grandchildren". What could she have done that has caused her such sadness?

"I was scammed"

It wasn't dread in her voice, the tone of shame was clear to me now. She felt so ashamed and my heart broke. My mother is smart and well read and had I had called her and talked with her about scams she would have used that mom voice and told me she would never fall for such things and I would have believed her. But this call she received seemed to have an inside view of my family. They knew my nieces name, they knew her husband's name and even knew she was pregnant and they knew that my mother was her grandmother. The young woman that called was crying that she needed immediate help and she was having trouble reaching other family members. My mother instinctively put her super-grandma cape on and went into action, "Ang, don't cry I will take care of it". My smart, well read mother put \$8,000 cash in an envelope and mailed it off.

As I write this I feel so angry that this happened to my mom, not because of the money they stole but for the shame and the embarrassment they put upon her. She carried this for a week and wouldn't tell anyone and that causes me great pain. She was a victim and it was not her fault and she is having a difficult time seeing it that way.

The perpetrators of these scams are heartless, ruthless and manipulative opportunists preying on people's need to be needed and the unconditional love we have for our children and grandchildren. Please head this cautionary tale, share it and take it to heart. None of us are immune.

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

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Paula Martin
Shelia Nash
Jean Sheedy

9/11 Memorial First Responder's Recognition Luncheon

Held at Central Fire Station

Tuesday, September 11 12:00pm

Cost: None

lunch provided through the generosity of Groton residents
Ebi and Desiree Masalehdan
Music provided by John Murphy

On the solemn anniversary of 9/11, please join us at the fire station, as the COA and our senior residents honor Groton's First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated. Please call for your reservation by Thursday, September 7, by calling 978-448-1170.



Council on Aging Outreach and Support

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



(LIHEAP) Low-Income Home Energy Assistance Program

**Also known as Fuel
Assistance**

LIHEAP, also known as Fuel Assistance, helps eligible households challenged by the high cost of home heating fuel pay a portion of their winter heating bills. Eligibility is based on the household size and the gross annual income of every household member, 18 years of age and older.

Applicants must apply each year. Applications are mailed to households after the first year. Fuel Assistance for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1 to April 30,

2018-2019 LIHEAP INCOME ELIGIBILITY

FAMILY SIZE	MAX. ANNUAL GROSS INCOME
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289

If you think your household may qualify for Fuel Assistance, or you have any questions about this program, please call Stacey at the Groton Council on Aging at 978-448-1170.



NEWS FROM SHINE SEPTEMBER 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 SEPTEMBER 2018

Need Help with your Medicare Plan Comparisons for Open Enrollment??

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (October 15th - December 7th), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

REMINDER: You should have received your new Medicare Card in the mail by the end of August. If you don't receive it by September 14th call Social Security to check on the status of your new card.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org



RMV DISABLED PLACARD APPLICATIONS

Current RMV Disabled Placard applications are available at the COA. Placards are for medically disabled drivers and passengers. Please stop in or call us for an application.



Home Visits

There are situations that prevent senior residents from coming to the 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, senior services, referrals, or a social visit, please call us, 978-448-1170.

Veteran's Breakfast Held at Central Fire Station



First Thursday of the month
Thursday, September 6 10:00am
At the Central Fire Station
Cost: None

Speaker: TBD

Nine months a year the Groton Police Union sponsor a free breakfast for our area's veterans and spouses. Head Chef, Fire Lieutenant Tyler Shute will serve eggs, sausage, bacon and hash brown potatoes with the assistance of Groton's First Responders.

At each breakfast, Bob Johnson, Groton's Veterans' Agent/Veterans' Service Officer; will schedule a veterans themed presentation or speaker.

Nashoba Tech Catered Luncheon Held at the Groton Country Club

Wed, September 12 12:00pm
Cost: \$10pp with tip optional

Lunch menu:

Baked Haddock or Bake Chicken

Following lunch please join us in a presentation by:

The Prescott School Community Center
Mary Jennings, Chair Friends of Prescott



The Prescott School Community Center offers a set of programs for the enrichment of the community. Programs include classes for both

children and adults and room rentals – including a gym – for a wide variety of needs. Friends of Prescott is a 501 (c) 3 non-profit organization whose mission is to “Preserve Prescott for the Community” by developing a centrally located gathering place that; keeps the building as a historic town asset, provides space for non-profit and for-profit organizations, and creates educational programming for all ages.

Reservations needed by Fri., September 7, please call The Center at 978-448-1170.

Groton Women's Club

sponsored luncheon

Held at the Groton Country Club

Wed, September 19 12:00pm

Judith Kalaora History at Play Victorian Gossip Girl: Annie Adams Fields

This program is made possible through the generous support of the Groton Trust Program and Lecture Fund



We're so happy to be back with the Groton Woman's Club! Join us for a delicious lunch of Layered Chicken Salad, rolls, pineapple, with brownies and ice cream for dessert. Following lunch history comes alive with Annie

Adams Fields, Victorian Gossip Girl. Mrs. Fields has incredible influence on literary decisions at Ticknor and Fields Publishing House and a great ear for gossip! Counting Nathaniel Hawthorne, Oliver Wendell Holmes, and Henry Wadsworth Longfellow amongst her closest friends, she witnessed a great deal of Victorian revelry at her waterside museum in Beacon Hill. Mrs. Fields wrote about her guests' embarrassing moments in her novel Authors and Friends and shares them with you during an intimate teatime conversation.

*Reservations needed by Fri., 9/14
Please call, 978-448-1170.*

Pizza and a Flick

Held at Central Fire Station

This program is made possible through the generous donation of Ebi and Desiree Masalehdan

September 5 12:00pm

Murder on the Orient Express (2017)


Belgian Detective Hercule Poirot probes the mystery of a murdered American tycoon aboard the legendary Orient Express as Agatha Christie's classic whodunit comes back to the big screen.



October 3 12:00pm

LBJ

LBJ centers on the political upheaval that Vice President Johnson faced when he was thrust into the presidency in November 1963. Johnson faces off against enemies from within his own party and his own White House as he frantically struggles to secure the of his presidency before it slips through his fingers forever.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Accredited by  National Institute of Senior Centers				
3 	4 8:30 Pickleball 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong 1:00 Watercolor	5 9:30 Pilates 12:00 Movie & Pizza <i>"Murder on the Orient Express"</i>	6 8:30 Pickleball 9:00 Yoga 10:00 Veteran's Breakfast 10:30 Take a Walk 12:30 Hand & Foot 1:00 Azores Meeting 7:00 Meditation	7 VAN DW Highway 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge 
10 10:00 Groton Swim 10:00 Strength Training 1:00 Documentary: <i>Transcendentalists</i> <i>The teachings of Henry David Thoreau</i>	11 8:30 Pickleball 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 11:00 Line Dance A 12:00 Honoring First Responders	12 9:30 Book Club 9:30 Pilates 12:00 Nashoba Tech <i>Speaker: Friends of Prescott</i>	13 8:30 Pickleball 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 7:00 Meditation	14 VAN Wal-Mart 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening 6:00 Drive - In Movie : Book Club
17 9:30 Educational Series: Bronson Alcott 10:00 Groton Swim 11:30 Strength Training 1:00 COA Board meeting	18 8:30 Pickleball 10:00 Focus on Footcare 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	19 9:30 Pilates 12:00 Women's Club Luncheon <i>Entertainment: History at Play "Gossip Girl"</i>	20 8:30 Pickleball 9:00 Yoga 10:00 Tech Support 10:30 Take a Walk 12:30 Hand & Foot 7:00 Meditation	21 Fruitlands Trip 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
24 9:30 Educational Series: Margaret Fuller 10:00 Groton Swim 11:30 Strength Training 1:00 Creative Creation	25 8:30 Pickleball 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	26 9:30 Pilates 12:00 Lunch & Learn <i>By Nancy Lemay</i> <i>New England Transcendentalists</i>	27 8:30 Pickleball 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 7:00 Meditation	28 VAN Christmas Tree 8:30 Pickleball 10:00 Groton Swim 10:00 Strength Training



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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	11:30am
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
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	9:00am
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</i>	
<i>of Health & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tech Support (3rd Thursday)	10:00am
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

Tech Support

Thursday, September 20

10:00am

1/2 hour individual appointments



Bring your laptop, phone or tablet and meet with our tech experts Tom Pistorino and Bruce Chase.

They 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

September 18

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, September 14

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.

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

Bone Builders

Tuesdays, 10:30am no cost at GELD
Thursdays, 10:30am no cost at Lost Lake

Pickleball

Lost Lake Fire Station

Tuesdays, 8:30am no cost
Thursdays, 8:30am no cost
Friday, 8:30am no cost

Groton Swim

Groton School Pool

Mondays, 10-11am no cost
Fridays, 10-11am no cost

Line Dancing

Lost Lake Fire Station

Beginners

Tuesdays 10am \$5 per class
Advance Beginners
Tuesdays 11am \$5 per class

Strength Training

Lost Lake Fire Station

Mondays, 11:30am \$4 per class
Fridays, 10:00am \$4per class

Pilates

Lost Lake Fire Station

Wednesdays, 9:30am Cost varies

Yoga

Lost Lake Fire Station

Thursdays, 9am \$3 per class

Meditation

Lost Lake Fire Station

Thursdays, 7pm No cost

Walk with Us

at the Twomey Center

Tuesdays, 10:30-11:30am
Thursdays, 10:30-11:30am

*Inspire Socialization
at Lost Lake Fire Station*

Mahjong
Tuesdays 12:30pm
Cost: none

Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards.
Join us anytime!

Bridge
1st and 3rd Fridays 12:30pm
Cost: none

Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication.

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.

JOY OF LIVING
Meditation Group

7:00 PM Thursdays
at the Lost Lake Fire Station



Each session includes teaching meditation with clear instructions on the basics of meditation practice, guidelines for daily practice, advice for bringing mindfulness into your everyday life, and questions to reflect upon throughout the week.

No registration necessary, simple join in!
There is no charge for this program.



Walk with Us

Tuesdays and Thursdays
9:30-10:30am

A great way to get exercise, walk with friends or meet new ones all in a climate controlled setting.

New walkers please register by calling
COA, 978-448-1170.

Groton Swim
at the Groton School



Open to Groton residents 60 and older

Through the generosity of the Groton School and volunteer facilitators, Amy Killham and Scott Wilson.

Open swim available:
Mondays 10-11am
Fridays 10-11am

First time swimmers are required to stop at the senior center temporary location, Lost Lake Fire Station 185 Lost Lake Drive, to complete a registration form.

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.



If you would like a copy of our monthly newsletter e-mailed to you, please call us at the COA, 978-448-1170 or email us, gcoa@townofgroton.org.

An Intergenerational Film Screening

Lives Well Lived celebrates the incredible wit, wisdom and life experiences of seniors who are living life to the fullest.

Although they may have seen the worst of humanity, their outlook is still optimistic. Their stories are about perseverance, the human spirit, and staying positive in the midst of the great challenges.

Lives Well Lived

Celebrating the Secrets, Wit & Wisdom of Age

A film by **Sky Bergman**

Friday, October 12

The Black Box Theater
Groton Dunstable High School

8:30 - 9:45am
documentary

9:45 - 10:30am
intergenerational
conversation with students,
seniors and **the film maker**



40 people. 3000 years of collective life experience.

Produced and Directed by SKY BERGMAN Associate Producers: GAYLE FORCE & CATHERINE J. TRUJILLO (aka) RANDI BARROS

f i t LivesWellLived

lives-well-lived.com

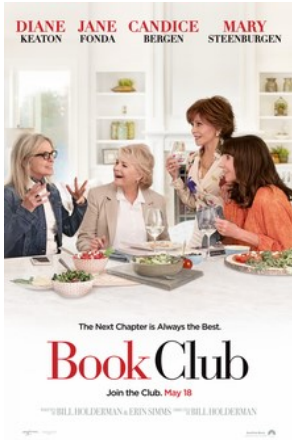
Please call the Council on Aging for
your reservation, 978-448-1170

Transportation is available

**Sponsored by
Friends of the Groton Elders and
Groton Council on Aging**

Drive-In Diner & Movie at Lost Lake Fire Station

Say good-bye to summer in style! BBQ dinner then, as darkness falls, we'll enjoy **Book Club** on the big outdoor screen loaned to us by the Groton Police Department.



Book Club

Friday, September 14
6:00pm BBQ dinner
Movie on the pickleball court
at dusk

\$5pp to cover food
Sausage, peppers and
onions, fries, onion rings &
ice cream

Call 978-448-1170 for your reservation by Wed.,
September 12. The van is available for
transportation. Please let us know if you need the
van when you make your reservation.



Changes for Strength Training class

In support of our incredible
instructor, classes and payment
structure will change a bit
beginning this Fall.

Beginning September 17 Strength Training
classes will be held:

Mondays 11:30am
Fridays 10:00am

There will be no classes on Wednesdays

Cost of class will be **\$4** per class and we ask that
they be paid one month in advance.

\$8 a week for four weeks is \$32 per month
**payable the beginning of each month to
the instructor.**

Months that have an additional Tuesday or
Thursday will be adjusted accordingly.

For those joining the class mid month charges will
be pro-rated.

Thank for your cooperation.

If you have questions please feel free to stop in
the office or call anytime.

Creative Creations with Kathy and Kathy

Creativity and conversation are on the calendar
when we get together for our creative creations.



First in a two part series
Monday, September 14
1:00pm

Cost:\$3 includes both classes

Marbling Paper

Paper marbling is a method of
surface design, which can
produce patterns similar to
smooth marble or other stone. We will experiment
with a couple of methods which bring about
extraordinary results.

Part 2
Monday, October 29
1:00pm

Marbled Pumpkins

Using our marbled paper we will learn how to
bind it and create 3D designs.

Inspire Service

Please call the senior center if you are interested in
any of these programs at 978-448-1170.

Professional Support

Do you have a professional or licensed skill
which you would share with your community.
A electrician, construction or plumber license that
can help a senior with small repairs in their home
would help our residents remain living in their
homes. Perhaps a retired attorney able to
provide to complimentary direction to
someone in need.

Instructors

Do you have a skill or knowledge on a specific
subject that you would like to share with
others. We would love to have you come and
teach a class at the senior center or facilitate a
biking, snowshoeing or other sporting group.

Meals on Wheels Substitute Driver

We have a great group of dedicated drivers but
on occasion we need some support covering
some deliveries. Be part of a national program
of *delivering dignity* to our residents.

Bone Builders

Osteoporosis affects many.
This free class will help



Using light weights, our routines are centered around slow, methodical movements.

Classes will be Tuesdays, 10:30am at GELD and Thursdays, 10:30am at Lost Lake Fire Station Beginning October 2

A recent study in the Journal of Sports Medicine and Physical Fitness found that low-weight, high-repetition resistance training is especially effective for increasing bone mineral density in adults. Participants in the study experienced up to 8 percent bone density increases in their arms, pelvis, spine and legs.



This program is generously sponsored by:
Community Teamwork
Senior Corp Volunteer Program

Trips with Friends of the Groton Elders

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.

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

Call the COA for more information or to make a reservation, 978-448-1170.

Senior Pilates

LOCATION: LOST LAKE FIRE

Wednesdays, September 5 - October 31



9:30 AM - 10:30 am
9 WEEKS \$90

*Boost your metabolism and burn more calories with this 60 minute class! **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!

Register by calling the COA, 978-448-1170

Groton Place Monarch Butterfly Habitat

The Groton Place habitat is a conservation project to support the monarch butterfly population. In order to help offset the serious loss of monarch habitat the New England



Forestry Foundation, owner of Groton Place, gave permission to the Groton Sustainability Commission to create a habitat for monarch butterflies and other pollinators on this property.

There has been an alarming decline in the monarch population primarily due to the milkweed habitat loss. The number of monarchs has plummeted by almost 90% since the 1990's. milkweed is crucial for monarch survival since it is their only caterpillar host plant. IN addition to their role in the monarch life cycle, milkweeds are valuable nectar plants for many other species of pollinators.

Part of the habitat was completed last spring and work will resume in the fall to finish the habitat. For more information or to volunteer to help with the project please contact Alison Dolbear at alison.dolbear@gmail.com

Can you help?



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.

Monday Educational Series

Programs are held at Lost Lake Fire Station

Guest lecturer, Nancy LeMay

Monday, September 17
9:30am

Transcendentalist Bronson Alcott

Alcott was a teacher, philosopher and founder of Fruitland's short lived utopian community .

Emerson paid a visit to the newly settled community in July 1843 and saw the writing on the wall when he wrote to a friend, "...they look well in July but we shall see in December".

Monday, September 24
9:30am

Transcendentalist Margaret Fuller

From her childhood in Cambridge and Groton to Rome as an expatriate journalist during the Roman Revolution of 1848. Fuller became a force for social justice and a ground-breaking pioneer on women's rights. Follow her through the New England transcendentalist circles until her tragic death at the age of 40.

Nancy LeMay, a Groton resident, was employed by the Fruitlands Museum as an Historical Interpreter for 8 seasons. She has lectured on nineteenth century history throughout the region including the Groton Library and the Worcester Antiquarian Society.

Trip to Fruitlands

Friday, September 21

Depart Lost Lake Fire Station at 9:30am

Cost: \$10 for entrance to the museum

Lunch available at their café costs vary or you may bring your own for a picnic

You will have 3 hours to enjoy the galleries and buildings at your pace located on the Fruitlands campus. A docent is available in each area to answer your questions and provide history and background.

We will be traveling in the COA vans, please call 978-448-1170 to register.

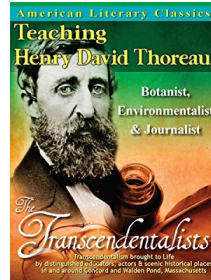
Documentary

September 10 1:00pm
Lost Lake Fire Station

Teachings of Henry David Thoreau

Following the documentary there will be discussion and commentary with Nancy LeMay, retired Historical Interpreter at

Fruitlands Museum.



An introduction to this famous 19th century American philosopher, writer and Intellect. This film features instructional insights by distinguished scholars. Each educator develops essential information about Thoreau's life and his significant ideas to create a better understanding and appreciation for this nineteenth century American writer.

Next documentary: October 15, 1:00pm

**The American Experience:
The Chinese Exclusion Act of 1882**



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Wednesday, September 26 12:00pm

Emerson and the New England Transcendentalist

Presented by: Nancy LeMay, Retired Historical Interpreter at Fruitlands Museum

Completing our series we will bring the individual movers and shakers of the transcendentalist movement of the 1840's together as a whole. Included will be a few famous Transcendentalists such as Amos Bronson Alcott and Margaret Fuller. Also teacher Elizabeth Peabody (founder of the kindergarten movement) where the who's who of that time would be found in her West Street Boston Foreign Book Store where the transcendentalist gathered and well known, poet Walt Whitman and Henry David Thoreau, naturalist.

*Please register by calling the senior center,
978-448-1170, by Friday, 9/21*

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