



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

October 2018



978-448-1170

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

Documentary Screening: *Lives Well Lived*

We invite you to join us for a private screening of the documentary "Lives Well Lived" on Friday, October 12 at 8:30am at the Blackbox Theater at Groton Dunstable Senior High School. We will share the experience with GDRS students and their teachers with the filmmaker skyping in following the screening.

I had the pleasure to see this film at a small independent theater in Portsmouth, New Hampshire. As I watched I kept thinking people need to see this. Not just older people but more importantly younger people. When we're young and things go wrong in our life we feel we may never get through it. This documentary's overriding theme is perseverance, keep going and don't give up. It combats ageism and what retirement (and aging) can bring to us that is new and exciting!

What would be so important as to get you out of bed for an early morning showing?

Help break down stereotypes of aging with the students.

Authenticate the movie's theme of perseverance, lifelong learning and optimism.

Be inspired!

Inspire others!

Call the COA and reserve your seat to for this unique intergenerational experience.

Lives Well Lived celebrates the incredible wit, wisdom and experiences of adults aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. These men and women open the vault on their journey into old age through family histories, personal triumph and tragedies, loves and losses - seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you.

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

School Committee Liaison

Marlena Gilbert

COA Board of Directors

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Paula Martin
Shelia Nash
Jean Sheedy

Council on Aging Outreach and Support

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



SENIOR PROGRAMS SPONSORED BY GROTON FIRE AND EMS

FREE!!! FREE!!! FREE!!!

The Groton Fire Department and EMS received grant money that will allow Groton seniors to qualify for the following ;

- Free smoke detectors and free installations of the smoke detectors including batteries.
- Free carbon monoxide detectors and free installations of carbon monoxide detector including batteries.
- Free check to make sure your fire detectors and carbon monoxide detectors are located in the safest places in your home.
- Free battery replacement for detectors that are too high to reach safely.

If you are interested in any of these programs, please call Stacey at the Council on Aging at 978-448-1170.



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.



NEWS FROM SHINE

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

NEWS FROM SHINE OCTOBER & NOVEMBER 2018

The Medicare Open Enrollment begins on October 15th and ends on December 7th

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

Please remember, you need to be sure that your primary care physician and other providers are covered in the plans network **before** you change to a different Medicare plan. You should also be sure your medications are covered as well.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.



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

Veteran's Breakfast Held at Central Fire Station



First Thursday of the month
Thursday, October 4 10:00am
At the Central Fire Station
Cost: None

Speakers:

Rick Arena, GDRS Veterans Program Coordinator
Bob Lotz, Groton Neighbors
Professional Firefighters of Groton Local 4879
and the Groton Firefighter's Association
sponsor a free breakfast for our area's
veterans and spouses.
Head Chef, Fire Lieutenant Tyler Shute, with the
assistance of Groton's First Responders,
will serve up a hearty meal with the promise no
one will go home hungry!

Nashoba Tech Catered Luncheon Held at the Groton Country Club

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

Lunch menu: TBD

Following lunch please join us for a one-man
performance by Stephen Collins

Sailing Towards my Father

written and directed by Carl A. Rossi

Sailing Towards My Father is a one-man play
about Herman Melville
(1819-1891), the
American author best
known for his whaling
epic Moby-Dick;



The play
chronicles Melville's life
from youth to old age, concentrating on his
evolution as a writer and his complex relations
with God, his parents and siblings, his wife and
children, and Nathaniel Hawthorne.

Mr. Collins is a regular presenter at the COA
topics include on Hawthorn, Shakespeare and
Longfellow

*Reservations needed by Fri., October 5,
please call The Center at 978-448-1170.*

Groton Women's Club sponsored luncheon Held at the Groton Country Club

Wed, October 17 12:00pm

Guitarist/ singer Tim Barrett
Country Music

The Groton Woman's Club will be serving chicken
sliders, Chinese Cole Slaw with Apple nut bars
with rum butter for dessert. Yum!

Following lunch enjoy the
country sounds of guitarist/
singer Tim Barrett.

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

*Reservations needed by Fri., 10/12
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*

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.

November 21 12:00pm



Leisure Seekers



The film stars Helen Mirren and
Donald Sutherland as a runaway
couple going on an unforgettable
journey in the faithful old RV they
call The Leisure Seeker, travelling
from Boston to The Ernest
Hemingway Home in Key West. They recapture
their passion for life and their love for each other
on a road trip that provides revelation and
surprise right up to the very end.



*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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Groton Swim 11:30 Strength Training	2 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	3 9:30 Pilates 12:00 Movie & Pizza "LBJ"	4 8:30 Pickleball 9:00 Yoga 10:00 Veteran's Breakfast 10:30 Bone Builders 10:30 Take a Walk 12:30 Hand & Foot 1:00 Azores Meeting 7:00 Meditation	5 VAN DW Highway 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
Columbus Day  <small>shutterstock · 215480947</small>	8 9 8:30 Pickleball 10:00 Focus on Footcare 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	10 9:30 Book Club 9:30 Pilates 12:00 Nashoba Tech Lunch Poetry of Melville Speaker: Stephen Collins	11 8:30 Pickleball 9:00 Yoga 10:30 Take a Walk 10:30 Bone Builders 12:30 Hand & Foot 7:00 Meditation	12 VAN Wal-Mart 8:30 Lives Well Lived 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
Gibbet Hill Tickets 15 10:00 Groton Swim 11:30 Strength Training 1:00 Documentary: The Chinese Exclusion Act	16 8:30 Pickleball 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	17 9:30 Pilates 12:00 Women's Club Luncheon Entertainment: "Tim Barrett"	18 8:30 Pickleball 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders 10:30 Take a Walk 12:30 Hand & Foot 1:00 Medicare Enrollment Presentation 7:00 Meditation	19 VAN Westford Market Basket Plaza 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
22 10:00 Groton Swim 11:30 Strength Training 1:00 COA Board Meeting	23 8:30 Pickleball 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	24 Vermont Trip Depart from the Country Club 9:30 Pilates	25 8:30 Pickleball 9:00 Yoga 10:30 Take a Walk 10:30 Bone Builders 12:30 Hand & Foot 7:00 Meditation	26 VAN Christmas Tree 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
29 10:00 Groton Swim 11:30 Strength Training 1:00 Creative Creation	30 8:30 Pickleball 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 12:30 Hand & Foot 12:30 Mahjong	31 9:30 Pilates 12:00 Lunch & Learn Justice Denied: A Personal Perspective	<div>  <p>Accredited by National Institute of Senior Centers</p> </div>	



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please call or better yet, stop in and see us!

Mondays

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

Tuesdays

Take a Walk	10:30am
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	10:30am
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	10:00pm
Bridge (1st and 3rd Fri.)	12:30pm

Tech Support

Thursday, October 18

10:00am

1 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

October

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, October 12

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

Country Club

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
10:30—11:30am**

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 Tessa David.

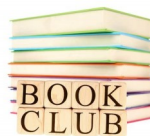
Open swim available:

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.

Lives Well Lived

Celebrating the Secrets, Wit & Wisdom of Aging

An Intergenerational Film Screening

Sponsored by
*Friends of the Groton Elders and
Groton Council on Aging
Groton Dunstable Regional High School*

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 filmmaker

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

Transportation is available

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.


**MEDICARE
OPTIONS**
Thursday, October 18 1pm

SHINE: Serving the Health Needs of Everyone
Shine Counselors will be conducting a Medicare
Open Enrollment Update Meeting at the Lost
Lake Fire Station to explain any changes to
Medicare or Medicare Health Plans or Drug Plans
for the 2016 plan year. Please be sure to attend
by calling the COA, 978-448-1170

Gibbet Hill Holiday Dinner

Thurs., November 15
5:30 PM

Our much anticipated annual dinner is held
at the Gibbet Hill



Barn and
provided through the
generosity of Mark
Lynch and his team.
This event is free to
residents of Groton

60 and older and is a **ticketed event with
limited seating.**

**Tickets are available at the
Senior Center beginning
Monday, October 15.**

Entertainment for the
evening will be Groton's own, John
Murphy and The McMurphys. Home
delivered meals, delivered by Groton Police
Department, are available by request by
Thursday, November 8.

Inspire Service

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.

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.



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



Groton Public Library

Wednesday, October 24
3:00pm—6:00pm

If you have any questions or for more information, go to www.nashoba.org or call Nashoba Board of Health at 978-772-3335 ext. 340.

Creative Creations with Kathy and Kathy

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

Part 2
Monday, October 29
1:00pm

Marbled Pumpkins

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

Documentary

Monday, October 15 1:00pm
Lost Lake Fire Station

Chinese Exclusion Act of 1882

The Chinese Exclusion Act explores this episode in American history and sheds light on aspects of the history of American civil liberties, immigration and culture. The film examines the law from a variety of dimensions, including economic, cultural, social, legal, racial and political; the forces and events that led to its creation; and its lingering effects on American culture and identity.



Next documentary: November 5,
1:00pm
Cuba and the Cameraman



LUNCH



LEARN



Hungry for Knowledge?

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 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

This program is made possible through the generosity of RiverCourt Residences

Wednesday, October 31 12:00pm
at the Country Club

Justice Denied: A Personal Perspective

This illustrated lecture tells the story of the Japanese incarceration during World War II as seen through the eyes of a Japanese American family. It follows their passage from immigration in the 1890s through their imprisonment during the war years and documents how they rebuilt their lives thereafter. The 45-minute PowerPoint presentation is richly illustrated with more than 100 family and historic WWII photographs, many of the latter obtained from U.S. government archives. The speaker, Margaret Yamamoto, is a member of the family featured in the presentation and was incarcerated at the age of two months. Margie is retired after more than 40 years in the communications and public relations fields. Most recently she was Director of Community Program Initiatives at WGBH, Boston's public broadcasting station.

The foundation is in!



View looking away from the building



View looking towards the building



Most of the concrete will be below grade.



Nashoba Associated
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Community Nurse - Community Health
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Tamara Bedard, RN
tamarabedard@nashoba.org



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