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.

Thank you Volunteers
On Thursday, October 11 we had the great honor to recognize the contributions of the Council on Aging’s volunteers. (This event is usually held in the Spring however, due to our move, it was postponed.)

WOW! Our volunteers represent:

$48,442 estimated staff cost savings to the town
4,131 hours of time donated

Without our volunteers there would be a large gap in programs and services. Without them, we would loose:

- Meals on Wheels
- Swimming
- Walking
- Pickleball
- Kayaking
- Creative Writing
- Women’s Club Sponsored Lunches
- Gardens
- Bone Builders
- Police Picnic
- Fire house Chili Lunch
- Lunch and Learn
- Gibbet Hill Thanksgiving Dinner
- Spaghetti Dinner
- Monthly Cable Access TV show
- COA Board of Directors
- Meditation
- A new building

We are continuously humbled by the service and dedication of our volunteers. Thank you from the very bottom of our hearts.

Kathy, Kathy and Stacey

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.” Erma Bombeck

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 now available at the Senior Center, aka Lost Lake Fire Station.

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.
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 the COA at 978-448-1170 for an appointment.

**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.

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**SENIOR DISCOUNTS!!!**

- **Applebee's:** 10-15% varies. May require Golden Apple Card (60+).
- **Ben & Jerry's:** 10% off (60+).
- **Bonefish Grill:** AARP members get 10% off.
- **Carrabba's:** 10% off for AARP members.
- **Chili's:** 10% off (55+).
- **Denny's:** 15% off for AARP members.
- **Friendly's:** 10% off meal.
- **The Outback:** AARP members save 10%.
- **Perkin's:** 55+ menu.

- **Banana Republic:** 10% off (62+).
- **Dress Barn:** 10% off Tues. and Wed. (55+).
- **Goodwill:** 10-20% off one day a week.
- **Kohl's:** 15% off (60+) on Wednesdays in-store only.
- **Michael's:** 10% off your entire purchase every day (55+).

- **American Airlines:** Various discounts for 65+, (call before booking for discount).
- **Amtrak:** 15% off (62+).
- **Avis:** AARP members enjoy up to 30% off base rates.
- **Marriott Hotels:** 15% off (62+)

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**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.

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**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 the COA at 978-448-1170 for an appointment.
**Veteran’s Breakfast**  
**Held at Central Fire Station**

First Thursday of the month  
**Thursday, November 1**  
**10:00am**  
**At the Central Fire Station**  
**Cost: None**

**Speaker: Representative Harrington**  
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!

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**Pizza and a Flick**  
**Held at Central Fire Station**  
*This program is made possible through the generous donation of Ebi and Desiree Masalehdan*

**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.

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**December 5  
12:00pm**

**I Can Only Imagine**  
The inspiring and unknown true story behind MercyMe’s beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

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**Groton Women’s Club**  
**sponsored luncheon**  
**Held at the Groton Country Club**

**Wed, November 14  
12:00pm**

**Entertainment:**  
**Latin Guitar by George Parker**

The Groton Women’s Club will serve up a delicious meal of Polish Casserole, Garden Salad, Scali Bread, Pumpkin Crunch Cake with whipped cream. Following lunch enjoy the spicy sounds of George Parker and his Latin music.

George’s guitar studies began in the teenage years when he became captivated by the passion and history of his instrument. Early studies in Classical guitar were done Keene State College, New England / Boston Conservatory, New England Conservatory, and University of Mass. at Lowell. Twenty years as a guitar instructor have led to many different musical endeavors on the Classical, Acoustic, and Electric guitars. Other instruments include Bass Guitar, Sitar, Banjo, Koto, and Keyboard.

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

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**Nashoba Tech Catered Luncheon**  
**Held at the Groton Country Club**

**Wed, November 7  
12:00pm**

**Cost:** $10pp with tip optional

**Lunch menu:**
Maple Glazed Virginia ham or Chicken marsala

**Program:**
**Dr. Larry Lowenthal**  
**Cuba --The Reality Behind the Image:**
The people, economy, healthcare, culture, entertainment, family life an daily living.

During his 29 years of organizational work in the Greater Boston area, Dr. Lowenthal has been involved in interfaith activities, written extensively about human rights issues for the local press, appeared often on radio and TV, hosted a local radio interview program, and taught courses on Jewish history, film, literature, and humor.

*Reservations needed by Fri., November 2, please call The Center at 978-448-1170.*
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<td>Hand and Foot Cards</td>
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<td>Mahjong</td>
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<td>Nashoba Tech Lunch - $10 (Wed varies)</td>
<td>12:00pm</td>
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<td>Holiday Celebrations (Wed. varies)</td>
<td>12:00pm</td>
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<td>Lunch and Learn (4th Wed)</td>
<td>12:00pm</td>
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<td><strong>Sponsored by RiverCourt Residences</strong></td>
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<td><strong>Thursdays</strong></td>
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<td>Yoga—$3 per class</td>
<td>9:00am</td>
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<td><strong>Supported by the Friends of Groton Elders</strong></td>
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<td>Take A Walk</td>
<td>10:30am</td>
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<td>Pickleball</td>
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<td>Vet’s Breakfast (1st Thurs)</td>
<td>10:00am</td>
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<td><strong>Sponsored by Groton Police Association</strong></td>
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<td>Ask the Nurse</td>
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<td>and Blood Pressure Screenings (2nd Thurs)</td>
<td>11:30am</td>
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<td><strong>Presented by Nashoba Associated Boards</strong></td>
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<td>of Health &amp; Nashoba Nursing Service &amp; Hospice</td>
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<td>Hand and Foot</td>
<td>12:30pm</td>
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<td>Tech Support (3rd Thursday)</td>
<td>10:00am</td>
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<td>Meditation</td>
<td>7:00pm</td>
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<td><strong>Fridays</strong></td>
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<tr>
<td>Shopping - $4 for van</td>
<td>9:00am</td>
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<td>Strength Training</td>
<td>10:00am</td>
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<tr>
<td>Hearing Screenings (2nd Fri)</td>
<td>11:15am</td>
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<td>Groton Swim</td>
<td>10:00pm</td>
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<tr>
<td>Bridge (1st and 3rd Fri.)</td>
<td>12:30pm</td>
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**Tech Support**

**Thursday, November 15**

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**

**November 13 10am-1:30pm**

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, November 9**

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.
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

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 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

Twomey Center

Tuesdays, 10:30am no cost at GELD

Thursdays, 10:30am no cost at Lost Lake

Pickleball

Twomey Center

Beginners

Tuesdays 10:30am no cost

Thursdays, 10:30am 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 $4 per 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, 10-11:30am

Thursdays, 10-11:30am

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.
**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.

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**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.

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**Mahjong**

**Tuesdays 12:30pm**

**Cost: none**

Mahjong, 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!

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**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.

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**Hand & Foot**

**Tuesday and Thursdays 12:30pm**

**Cost: none**

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!

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**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.

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**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.**
**Documentary**

Monday, November 5  1:00pm  
Lost Lake Fire Station

**Cuba and the Cameraman**  
*Running time 1hr 53 min*

Filmmaker Jon Alpert began a chronicle of Fidel Castro’s Cuba in 1972, bringing along a small crew and a portable camera. Filmed over 45 years, Cuba and the Cameraman follows three families and Castro. Alpert was there for Cuba’s socialism of the early ’70s, and for the 1980 Mariel Bay boatlift, when over 100,000 Cubans fled the island, accompanied by inmates released from prisons and insane asylums. He returned to cover the hardships of the 1990s and the “Special Period” after the fall of the Soviet Union when Cuba literally went dark, documenting how these families and the Cuban leader dealt with the serious challenges gripping their country.

**Next documentary: December 10, 1:00pm**  
Havana Curveball

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**Hungry for Knowledge?**  
This program is made possible through the generosity of RiverCourt Residences

**Wednesday, November 28  12:00pm**  
at the Country Club

**Experience Cuba**  
Groton Channel’s Ashley Douchette

Last November Ashley Douchette traveled to the island of Cuba. Join her as she navigates us through picturesque beauty of this mysterious country. In her visual presentation, share her first hand experiences of the culture, people and land where time had stopped.

*Please register by calling the senior center, 978-448-1170, by Friday, 10/26*

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**Renewing Your MA Drivers License**  
**Real ID or Standard ID**

MA RMV will join us to review the new license and its requirements.

**Monday, November 5  9:30 am**  
Lost Lake Fire Station

To get a learner's permit, driver’s license, or Mass ID in Massachusetts, you’ll need to provide proof of citizenship or lawful presence, a Social Security number, and Massachusetts residency. You’ll also need to decide between a Standard driver’s license/ID and a REAL ID driver’s license/ID. REAL ID is a federal ID that you can use, beginning October 2020, to fly within the United States or enter federal buildings. To get one, you’ll need to provide additional documentation. Join us to learn what is needed and when you will need it.

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**Holiday Tea**

**Wednesday December 12  12:00pm**  
at the Country Club

Do you need a break from the stress of the holidays? Join us for an afternoon “tea”.

Following a light meal stay and enjoy “Tea with the Dames”. Spend a delightfully bawdy afternoon with 4 legends of British stage and cinema. Dames Maggie Smith, Judi Dench, Eileen Atkins, and Joan Plowright spill the tea on life, love, and art.
Great Speeches Educational Series
Speaker: Dr. Larry Lowenthal

- Mondays 9:30am
- Lost Lake Fire Station

November 26
Churchill Wartime Speeches

December 3
FDR Inaugural Speech

December 10
JFK Inaugural Speech

December 17
Martin Luther King: I Have Dream

During his 29 years of organizational work in the Greater Boston area, Dr. Lowenthal has been involved in interfaith activities, written extensively about human rights issues for the local press, appeared often on radio and TV, hosted a local radio interview program, and taught courses on Jewish history, film, literature, and humor.

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.

Van Excursion
Russian Icon Museum
Friday, November 30
9:30am - 2:00pm

Cost: Museum entrance $6pp
Lunch on your own at the museum

The Museum of Russian Icons inspires the appreciation and study of Russian culture by collecting and exhibiting one of the world’s largest collections of Russian icons — sacred paintings used for veneration in the Orthodox tradition.

Temporary Special Exhibits:
- Opulence Rediscovered: The Romanov
- Liturgical Silver
- Matryoshki in Winter
- Art of Alexander Gassel

Please call the OCA for your reservation, 978-448-1170.

Pinterest with Kathy and Kathy
Lost lake Fire Station

Tree Branch Tree
Monday, November 26
1:00pm

Cost: $5.00
Create your own special rustic tree with a holiday or winter theme. Hang on your door or anywhere in your house. Great for a gift too!
Please call the COA to register, 978-448-1170.

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.
Building update
Steel is expected around November 5 and should be up within two weeks of arrival.
Project is expected to be complete by July 29, 2019.

Preparing to pour the slab on October 30!

Storm water control ready for installation.
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AD SALES EXECUTIVES

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• Paid Training
• Overnight Travel Required
• Expense Reimbursement

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www.rivercourtresidences.com - Call for a tour 978-448-4122 - 8 West Main St., Groton, MA

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Tamara Bedard, RN
tamara@bedard@nashoba.org

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