



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

November 2018



978-448-1170

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

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 be loose:

Meals on Wheels

Walking

Kayaking

Women's Club Sponsored Lunches

Bone Builders

Fire house Chili Lunch

Gibbet Hill Thanksgiving Dinner

Monthly Cable Access TV show

Meditation

Swimming

Pickleball

Creative Writing

Gardens

Police Picnic

Lunch and Learn

Spaghetti Dinner

COA Board of Directors

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.

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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Secretary

Helen Sienkiewicz

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Ellen Baxendale

Peter Cunningham

Norma Garvin

Paula Martin

Shelia Nash

Jean Sheedy

Council on Aging Outreach and Support

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



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.

Marriot Hotels: 15% off (62+)



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.

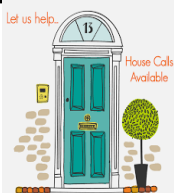


RMV DISABLED PLACARD APPLICATIONS

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



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!

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.



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

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, Scallion 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

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 and 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Accredited by  National Institute of Senior Centers			1 9:00 Yoga 10:00 Veteran's Breakfast 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 7:00 Meditation	2 VAN DW Highway 8:30 Pickleball 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
5 9:30 RMV Presentation 10:00 Groton Swim 11:30 Strength Training 1:00 Documentary <i>Cuba and the Camera Man</i>	6 10:00 Writing Creatively 10:00 Line Dance 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	7 9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Nashoba Tech Lunch Speaker: Larry Lowenthal <i>Cuba: The Reality</i>	8 9:00 Yoga 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 7:00 Meditation	9 VAN Wal-Mart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
12  Veterans Day	13 10:00 Writing Creatively 10:00 Line Dance B 10:00 Focus on Footcare 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	14 9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Entertainment: George Parker	15 9:00 Yoga 10:00 Tech Support 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 5:30 Gibbet Hill 7:00 Meditation	16 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
19 10:00 Groton Swim 11:30 Strength Training 1:00 COA Board Meeting	20 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 10:30 Bone Builders 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	21 9:30 Pilates 10:30 Strength Training 12:00 Movie & Pizza "Leisure Seeker"	22  Happy Thanksgiving	23 VAN Christmas Tree 10:00 Strength Training 10:00 Groton Swim 12:30 GDRS Veterans' Program
26 9:30 Education Series <i>Churchill's Wartime Speeches</i> 10:00 Groton Swim 11:30 Strength Training 1:00 Creative Creation Kissing Balls	27 10:00 Writing Creatively 10:00 Line Dance B 10:30 Take a Walk 11:00 Line Dance A 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	28 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Learn Cuba Travel Log By Ashley Doucette	29 9:00 Yoga 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 7:00 Meditation	30 9:00 Museum of Russian Icons 10:00 Strength Training 10:00 Groton Swim



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

Mondays

Documentaries (<i>Mon varies</i>)	1:00pm
Strength Training	11:30am
Groton Swim	10:00pm
COA Board Meeting (<i>3rd Mon</i>)	1:00pm

Tuesdays

Take a Walk	10:30am
Pickleball	11:30am
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 (<i>1st and 3rd</i>)	1:00pm

Wednesdays

Book Club (<i>2nd Wed</i>)	9:30am
Pilates	9:30am
Groton Women's Club Luncheon (<i>3rd Wed</i>)	12:00pm
<i>Sponsored by Groton Trust Lecture Fund</i>	
Pizza and a Flick (<i>Wed varies</i>)	12:00pm
<i>Sponsored by Ebi and Desiree Masalehdan</i>	
Nashoba Tech Lunch - \$10 (<i>Wed varies</i>)	12:00pm
Holiday Celebrations (<i>Wed. varies</i>)	12:00pm
Lunch and Learn (<i>4th Wed</i>)	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	11:30am
Vet's Breakfast (<i>1st Thurs</i>)	10:00am
<i>Sponsored by Groton Police Association</i>	
Ask the Nurse	
and Blood Pressure Screenings (<i>2nd Thurs</i>)	11:30am
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tech Support (<i>3rd Thursday</i>)	10:00am
Meditation	7:00pm

Fridays

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

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.

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

Twomey Center

Tuesdays, 11:30am no cost
Thursdays, 11:30am 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.

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!

**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.

Yoga

at Lost Lake Fire Station

Supported by the Friends of Groton Elders

Thursdays, 9:00AM

Cost: \$3.00 per class

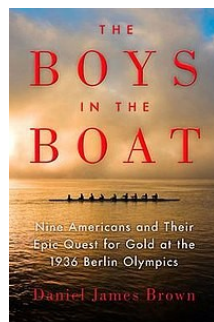
A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.

**Book Club
at Legion Hall**

November 14 9:30 AM
2nd Wednesday

**November's Book:
The Boys in the Boat**

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.

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

Maríel 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**

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.



LUNCH



AND LEARN



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

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.





The Greatest Speeches of All Time

*This program is generously support by the
Friends of Groton Elders
Virginia Wood Lifelong Learning Fund*

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 o 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.



Nashoba Associated Boards of Health

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Tamara Bedard, RN

tamarabedard@nashoba.org



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