



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

December 2018



978-448-1170

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

On November 15, the senior community gathered at the Gibbet Hill Barn for the annual Thanksgiving celebration. It was both esthetically and spiritual beautiful. Surrounded by the beauty of the Gibbet Hill Barn, it was an evening to visit with neighbors and friends you don't see often enough, catching up on what's new. With the music of Groton resident John Murphy lifting the spirit of the evening.

The event was the work of many but it was the inspiration of one, Chef Mark Lynch. More than twelve years ago Mark had a vision to serve Thanksgiving meals to senior citizens in the area. His passion set in motion not only Thanksgiving in Groton but in surrounding towns as well. Were it not for Mark, this community celebration would not have ever come together to be what it is today. Our appreciation for him cannot be overstated.

In addition to Mark's service we are also indebted to our hosts the Weber family and their Gibbet Hill staff, all of whom volunteered their time. They served 238 full Thanksgiving meals to those in attendance, packaged another 37 meals for home delivery and served an additional 50 meals to the volunteers. We thank the students of Florence Roache Elementary school, all the meals were served on placemats designed by the students and we love them! Thank you to the Groton Fire and Police departments who greeted those in attendance, delivered meals and provided transportation on the COA vans.

It was an evening where the community conspired to create a lasting memory, the work of many inspired by one.

Many Blessings,
Kathy

Did you attend the Gibbet Hill Thanksgiving Dinner?



Did you go to the Gibbet Hill Thanksgiving dinner on November 15?

Are you sure you went home with *your* coat?

Do you mistakenly have a woman's Eddie Bauer, black quilted $\frac{3}{4}$ length coat with a hood and brown mixed fur trim?

Are you missing a black, quilted Kenneth Cole with a hood and black fur trim?

Please let us know if we can make a coat exchange!

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

Marcel Falardeau
Richard Marton
Herb Peterson

Selectmen Liaison

Josh Degen

School Committee Liaison

Marlena Gilbert

Police Liaison

Kevin Henehan

COA Board of Directors

Chairman

Gail Chalmers

Vice Chairman

Richard Marton

Secretary

Helen Sienkiewicz

Members

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



Angel Animal Medical Center and Nashoba Valley Technical High School have partnered to create Angell at Nashoba, a **veterinary clinic for low income pet owners** that also serves as a rigorous academic and experiential training program for students.

The clinic provides discounted:

- Spay/neuter services
- Vaccinations
- Primary veterinary care

Open weekdays from 7:45am—4:00pm throughout the year, the clinic does not provide overnight care, specialty service care, nor 24/7 emergency service as Angell's Boston and Waltham facilities do, but will refer cases as appropriate to surrounding specialty veterinary referral hospitals.

To Financially Qualify

To qualify for Angell at Nashoba services, clients must present a photo ID and one of the following:

- Women, Infants, and Children (WIC) program card
- Supplemental Nutrition Assistance Program (SNAP) card
- Spay and Neuter Assistance Program certificate
- A letter/lease from local housing showing participation in public housing

For more information, **please call 978-577-5992.**



GROCERY SHOPPING MADE EASIER!!!



SHAW'S IN GROTON

Groton Shaw's offers Grocery Delivery Get your groceries the same day and in as little as two hours though their partnership with Instacart.

Save time and energy by simply placing your order online, and your groceries will be delivered straight to your door, making grocery shopping easier than ever, so you have more time for what matters most!

For more information, call Shaw's at 978-448-0419 or visit <https://local.shaws.com>

HANNAFORD'S IN LUNENBURG

Offers Hannaford To Go (Shopping Made Easier)

Order online four hours in advance for same day pickup. All pickup times are subject to availability.

Let the "Hannaford To Go Team" shop for you, selecting only the best quality products.

When you arrive to pickup your groceries, look for the "Hannaford To Go" navigations signs. Once you park there, you can pay while they load your groceries.

For more information, call Hannaford's at 978-582-0215 or visit <https://www.hannaford.com>



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, December 6 10:00am
At the Central Fire Station
Cost: None

Speaker: Holiday Service Stories

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

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

January 2 12:00pm

Collette

this movie is rated R for Sexual content



After marrying a successful Parisian writer, Sidonie-Gabrielle Colette is transplanted from her childhood home in rural France to the splendor of Paris. Soon after, her husband convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation. Colette's fight over creative ownership and gender roles drives her to overcome societal constraints, revolutionizing literature, fashion and sexual expression.

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

Wed, December 19 12:00pm

Entertainment:

Groton Dunstable Regional High School Choir

Thank you Buckingham Bus for student transportation services.

For lunch we will delight in a holiday meal of Baked Ziti, Ciabatta Rolls, Caesar Salad and Raspberry Sorbet for dessert!

Following lunch

Groton-Dunstable High School Chorus

As tradition has dictated the extraordinary Groton-Dunstable High School Choir will be here to raise our spirits with their holiday program.



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

Reservations needed by Fri., 12/14
Please call, 978-448-1170.

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.



Reservations needed by Fri., 12/7
Please call, 978-448-1170.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Education Series FDR Inaugural Speech 10:00 Groton Swim 11:30 Strength Training	4 10:00 Writing Creatively 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	5 9:30 Pilates 10:30 Strength Training 12:00 Movie & Pizza <i>"I can Only Imagine"</i>	6 9:00 Yoga 9:45 Line Dancing 10:00 Veteran's Break- 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 7:00 Meditation	7 VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
10 9:30 Education Series JFK Inaugural Speech 10:00 Groton Swim 11:30 Strength Training	11 10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	12 9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Holiday Tea	13 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 7:00 Meditation	14 VAN Wal-Mart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
17 9:30 Education Series Martin Luther King: I have a Dream Speech 10:00 Groton Swim 11:30 Strength Training 1:00 Creative Creation	18 10:00 Writing Creatively 10:00 Focus on Footcare 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	19 9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Entertainment: GDRS Choir	20 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 7:00 Meditation	21 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
24 10:00 Groton Swim 11:30 Strength Training	25 	26 9:30 Pilates 10:30 Strength Training	27 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 7:00 Meditation	28 VAN Christmas Tree Shoppe Plaza 10:00 Strength Training 10:00 Groton Swim
<div> <div>  </div> <div> <p>Accredited by</p> <p>National Institute of</p> <p>Senior Centers</p> </div> </div>				



McGaffigan

FAMILY

FUNERAL HOME

John F. McGaffigan, Jr.

Funeral Director, Type 3

Groton Resident of 32 years

"Our local family serving yours"

37 Main St. • Pepperell, MA

(978) 433-2100

- Customized Funeral and Cremation Services
- Pre-planning and funeral consultations
- Fully renovated facilities, off-street parking
- Authentic, affordable care



Always Available

For more information and to register
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>	
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

Focus on Footcare at Lost Lake Fire Station

December 11 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, December 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.

Volunteer Needs

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.

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.

Leader: Richard Meibers. After graduating from Hunter College in the 60's and working as a therapist, Richard began his career as a professional writer.



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

Medical

Social

Shopping

within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Mondays, Tuesdays, and Thursdays: First pick ups 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.

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

In-Town \$3.00 roundtrip 12 Ride Voucher \$30

Out-of-Town \$4.00 roundtrip 12 Ride Voucher \$40

Inspire Health

Bone Builders

Tuesdays, 10:30am no cost at Lost Lake
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

Thursdays 9:45am \$5 per class

Advance Beginners

Thursdays 10:45am \$5 per class

Strength Training

Lost Lake Fire Station

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

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.



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.**

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!

Hand & Foot

Tuesday 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!

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.

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.

Documentary

Monday, December 10 1:00pm
Lost Lake Fire Station

Havana Curveball

Running time 56 minutes



Mica is a classic young teen. At 13, he is studying for his Bar Mitzvah, and takes to heart his Rabbi's requirement to help "heal the world." He launches a grand plan to send baseballs to Cuba. He knows only that Cubans lack resources and love baseball like he does. He also knows that Cuba gave his grandpa refuge during the Holocaust. Facing the obstacles the U.S. embargo throws in his way, he must decide how far to follow his dream. Researching, writing letters, imploring his senator, meeting Cuba activists and an attorney, trying to make sense of a high school history lecture and his grandpa's own resistance, he wonders if the whole enterprise is even possible, let alone worth it.

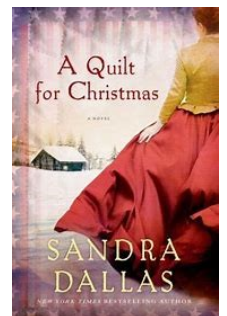
Next documentary: January 14, 1:00pm
Icarus

Book Club at Legion Hall

December 12 9:30 AM
2nd Wednesday

December's Book:
A Quilt for Christmas

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.

Architect update on Groton Senior Center as of November 11, 2018

The Senior Center is currently on schedule for completion by 27 July 2019. The construction is at a critical point with the steel frame scheduled to be erected by early December and the building enclosed by January 2019. However, any material delays, labor disruptions and/or inclement weather could impact these critical path activities.

To date, the site work is 50% completed. The drainage system (infiltration areas #1 and #2), manholes and water utility service (for domestic and fire protection systems) are installed. By the end of November, the septic system, leach field and main electric service are scheduled for installation. Final grading and paving will follow in the spring.

The under slab utilities (plumbing and electrical) and concrete slab have been installed in the building. The steel frame delivery is expected the week of 12 November 2018 and will take 2-3 weeks to erect. Subsequent to the steel erection, the light gauge metal framing (exterior wall studs), sheathing and roof will be installed making the building weather tight to allow for the commencement of interior finishes and systems installations.

While there have been some delays with material delivery scheduling and labor availability issues, the Contractor has assured the Town that the construction will be completed on schedule. The OPM, Clerk and Architect are all carefully monitoring the progress to make sure the final delivery date is satisfied.



It's taking shape!

The steel in the picture is part of the building, it is expected to be completed by Friday, November 30.





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

Join Dr. Lowenthal as he analyzes each speech, putting it into historical perspective and examines its affect on history.

Mondays 9:30am
Lost Lake Fire Station

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.

Noon Year's Eve

Monday, December 31

10:30am Bingo 12pm Lunch
Cost: \$5.00

Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown there will be a party buffet lunch with BINGO for prizes beginning at 10:30am.

**Please call the senior center
Wednesday, 12/26**



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.

A great way to beat the winter blues!
Spend Thursday afternoons with us and discover the secrets of King Arthur.

GREAT COURSES VIDEO LECTURE

KING ARTHUR: HISTORY AND LEGEND

Taught by Dr. Dorsey Armstrong PhD Medieval Literature
Perdue University

January 10—March 14
Thursdays, 12:30 –2:00pm at Lost Lake Fire Station



The saga of King Arthur and his court is the most enduringly popular mythic tradition of Western civilization. For over 1500 years, the Arthurian narrative has enthralled writers, artists, and a limitless audience spanning the Western world and beyond--and its appeal continues unabated in our time.

The Great Courses (TGC) is a series of college-level video courses produced and distributed by **The Teaching Company**. The company was founded in 1990 by Thomas M. Rollins, former Chief Counsel of the United States Senate Committee on Labor and Human Resources. Rollins had been inspired by a 10-hour videotaped lecture series he watched while at Harvard Law School, and began recruiting professors and experts to record lectures.

Nashoba Associated Boards of Health

30 Central Avenue, Ayer MA 01432

Community Nurse - Community Health

978-772-3335 ext. 340

Tamara Bedard, RN
tamarabedard@nashoba.org



Nashoba Nursing Service & Hospice

3 Patterson Road, Shirley, MA 01464
PROVIDING HOME HEALTHCARE,
PALLIATIVE & HOSPICE CARE
24 hours/day—7 days/week

978-425-6675 or
800-698-3307

"Your Community, Your Choice, Since 1931"

www.nashoba.org



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers



Hair Salon

30 Hollis Street | Groton, MA
(978) 448-3500

Hair Design & Style
Full Color • Color Glaze & Foils
Balayage • Permanent Wave
Smoothing Treatments

20% OFF FOR SENIORS

McNabb Pharmacy & Home Health Care

Celebrating our 90th Anniversary

978-597-2392
FREE DELIVERY

Medication Packaging
Home Medical Equipment
Free Medicare Part D Consults



233 Main St.
Townsend



RIVERCOURT RESIDENCES

Independent Living • Assisted Living • Memory Care • Respite Care

Proudly serving seniors and the community for 15 years

Spacious private or companion suites • Fine Dining • Housekeeping • Laundry

Transportation • Personal Care • Medication Management

Social, Health and Wellness programs • 24/7 Certified Staff

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

Law Offices of Nancy Catalini Chew

SPECIALIZING IN ESTATE LAW AND ESTATE PLANNING

Nancy Catalini Chew, Esq.

270 Ayer Road, Unit 2, P.O. Box 667
Harvard, MA

attychew@attychew.com

Tel: 978-772-2442 • Facsimile: 978-456-9233

ATTYCHEW.COM

Life Celebration by
BADGER
LITTLETON & GROTON
Funeral Homes

Proud to be family owned and
operated since 1921



Dear Friends,

At the Life Celebration® Homes Badger of Littleton & Groton, it is our honor and privilege to help share your loved one's story during a most difficult time. By celebrating your loved one's life in a beautiful and personalized way, our staff can assist your family with care and compassion, guiding you toward healing and acceptance. We invite you to come and visit us to discuss the many options available.

Glenn D. Bulamachi, CFSP

Owner / Funeral Director
Mass. License 7582 - Type 3



347 King St., Littleton, MA
45 School St., Groton, MA
www.badgerfuneral.com

(978) 486-3709

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!

ltempleton@lpiseniors.com
or (800) 477-4574 x6377



Ad info. 1-800-477-4574 • Publication 1-800-888-4574 • www.4lp.com Groton Council on Aging, Groton, MA

06-5100