



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

January 2019



978-448-1170

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

The Steel is up!



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

A great way to get out of the house and 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.

Council on Aging Outreach and Support

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

2019 EMERGENCY PREPAREDNESS FORM

In the January census please look for the 2019 Emergency Preparedness Form. In times of emergency it might be necessary to provide medical assistance or to prepare for the possibility of evacuation and the information you provide could be life saving. If you've previously completed this form we recommend you do so **every year** to ensure the information is up to date.

Please complete and return this form if you:

- ⇒ Are a senior citizen that lives alone
- ⇒ Are disabled regardless of age
- ⇒ Have mobility and physical and limitations
- ⇒ Have special health needs such as (but not limited to); insulin/oxygen dependent, dialysis or cognitive challenges

Your information will be maintained in a secure and **confidential** database that can be accessed by the Fire and Police Departments in case of a weather or civil emergency. Should an emergency occur you will receive a live wellness call to ensure your needs are being met.



Completed forms can be:

1. returned with your census,
2. dropped off at Town Hall,
3. mailed to the COA 173 Main St **or**
4. dropped off to the COA at our temporary location, Lost Lake Fire Station, 185 Lost Lake Dr.,

Please call the Groton Council on Aging if you have any questions, 978-448-1170.



Stacey, The Groton COA's Outreach Coordinator, is a Notary Public? If you need something notarized (no real estate, please), call Stacey at the COA, 978-448-1170.

NEWS FROM SHINE JANUARY 2019 CAN I STILL CHANGE MY MEDICARE COVERAGE?

The 2018 Medicare Open Enrollment period ended on December 7, but beneficiaries may still be allowed to change plans.

Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage.

YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.

For Plan year 2019 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2018 and November 30, 2019. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change once each quarter.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. You can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

Veteran's Breakfast Held at Central Fire Station



First Thursday of the month
Thursday, January 3 10:00am
At the Central Fire Station
Cost: None

Speaker: Fort Devens

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

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. Colette's fight over creative ownership and gender roles drives her to overcome societal constraints, revolutionizing literature.

February 6 12:00pm

First Man



First Man is the riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic *Apollo 11* flight. A visceral and intimate account told from Armstrong's perspective, the film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history.

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

Wed, January 16 12:00pm

Entertainment: **Saxophonist Brian Kane**

For lunch enjoy Corn Chowder, Shredded Wheat Bread, Bartlett's Broccoli Salad with red Velvet Cake for dessert.



Following lunch sit back and enjoy the soulful sounds of Brian Kane and his saxophone. Brian has been a favorite of ours playing the swing classics of the 40's with antidotes that brings the music alive.

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

*Reservations needed by Fri., 1/11
Please call, 978-448-1170.*

Nashoba Tech Catered Luncheon Held at the Groton Country Club

Wed, January 9 12:00pm
Cost: \$10pp with tip optional

Lunch menu:

Bake Haddock or
Baked stuffed Chicken Florentine

Program: Singer, Doug Kwartler



Doug Kwartler sings songs ranging from the 1930's all the way through songs of the 1970's. Genre's include, pop-standards, 50's, folk and soft/classic rock. Doug focuses on engaging his audience and likes to get them to move with high-energy performances!

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

*Reservations needed by Fri., January 4,
please call The Center at 978-448-1170.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>1</p>	<p>2</p> <p>9:30 Pilates 10:30 Strength Training 12:00 Movie & Pizza <i>"Collette"</i></p>	<p>9:00 Yoga 9:45 Line Dancing 10:00 Veteran's Break- 1030 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 1:00 Great Courses King Arthur 7:00 Meditation</p>	<p>4</p> <p>VAN DW Highway</p> <p>9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>7</p> <p>10:00 Groton Swim 11:30 Strength Training</p>	<p>8</p> <p>10:00 Writing Creatively 10:00 Focus on Footcare 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong</p>	<p>9</p> <p>9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Nashoba Tech Luncheon Singer Doug Kwartler</p>	<p>10</p> <p>9:00 Yoga 9:45 Line Dancing 1030 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 1:00 Great Courses King Arthur 7:00 Meditation</p>	<p>11</p> <p>VAN Wal-Mart</p> <p>9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 11</p>
<p>14</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Documentary Icarus</p>	<p>15</p> <p>10:00 Writing Creatively 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong 1:30 Hearing Screening</p>	<p>16</p> <p>9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Jazz Artist Brian Kane</p>	<p>17</p> <p>9:00 Yoga 9:45 Line Dancing 1030 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 1:00 Great Courses King Arthur 7:00 Meditation</p>	<p>18</p> <p>VAN Westford Market Basket Plaza</p> <p>9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>21</p>  <p>MARTIN LUTHER KING JR. —DAY—</p>	<p>22</p> <p>10:00 Writing Creatively 10:30 Take a Walk 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong</p>	<p>23</p> <p>9:30 Pilates 10:30 Strength Training 12:00 Lunch & Learn DA Ryan Winter Scams</p>	<p>24</p> <p>9:00 Yoga 9:45 Line Dancing 1030 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 1:00 Great Courses King Arthur 7:00 Meditation</p>	<p>25</p> <p>VAN Christmas Tree Shoppe Plaza</p> <p>9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim</p>
<p>28</p> <p>10:00 Groton Swim 11:30 Strength Training</p>	<p>29</p> <p>10:00 Writing Creatively 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong</p>	<p>30</p> <p>9:30 Pilates 10:30 Strength Training</p> 	<p>31</p> <p>9:00 Yoga 9:45 Line Dancing 1030 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 1:00 Great Courses King Arthur 7:00 Meditation</p>	<p>Accredited by </p> <p>National Institute of Senior Centers</p>



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
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
Hearing Screenings (<i>2nd Fri</i>)	11:15am

Wednesdays

Book Club (<i>2nd Wed</i>)	9:30am
Pilates	9:30am
Strength Training	10:30am
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
Take Walk	9:30am
Line Dancing Beginners	9:45am
Line Dancing Advance Beginners	10:45am
Strength Training	10:00am
Groton Swim	10:00pm
Bridge (<i>1st and 3rd Fri.</i>)	12:30pm

Focus on Footcare at Lost Lake Fire Station

January 8 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



Tuesday, January 15

3rd Tuesday of each month

1:30 - 2:30pm

By Appointment

Hearing screenings and hearing aid cleanings. Please be sure to make an appointment by calling the center.



This program is made possible through the generosity of RiverCourt Residences

Wednesday, January 23 12:00pm
at the Country Club

Protection from Winter Scams
Middlesex District
Attorney Marian Ryan

A conversation with Middlesex District Attorney Marian Ryan. Scam related topics include: Home heating, snow removal, roof service, chimney cleaning, furnace cleaning, vehicle maintenance and tree service. This forum will educate participants about common scams that target senior citizens during the winter months.

Please call for your reservation by Friday,
January 18, 978-448-1170.



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
Fridays, 9:30-10:30am

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.

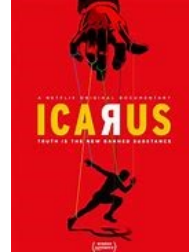
No registration necessary, simple join in!
There is no charge for this program.

Documentary

Monday, January 14 12:30pm
Lost Lake Fire Station

Icarus

Running time 121 minutes



In his Oscar-winning film, an American cyclist plunges into a vast doping scandal involving a

Russian scientist -- Putin's most-wanted whistleblower. While investigating the furtive world of illegal doping in sports, Bryan Fogel connects

with Russian scientist, Dr. Grigory Rodchenkov, the director of Russia's national anti-doping laboratory. Rodchenkov creates a plan for Fogel to take banned performance-enhancing drugs in a way that will evade detection from drug-testing, helping Fogel's experiment to prove that the current way athletes are tested for drugs is insufficient.

As Fogel continues his training, he and Rodchenkov become friends, and Rodchenkov eventually reveals that Russia has a state-sponsored Olympic doping program that he oversees.

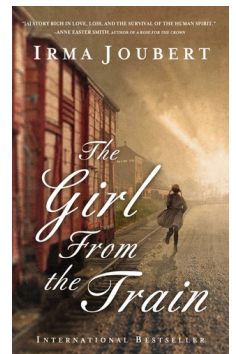
Next documentary: February 11, 1:00pm
Abacus

Book Club at Legion Hall

January 9 9:30 AM
2nd Wednesday

January's Book
The Girl From the Train
by Irma Joubert

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.



Due to limited resources the AARP Tax Preparation program there will be no service at the Groton or Lunenburg COAs. Please call one of the senior centers listed below to schedule your appointment. Please remember appointments are scheduled on a first come first serve basis with limited availability.

Townsend	978.597.1710
Pepperell	978.433.0326
Ayer	978.772.8260
Littleton	978.540.2470
Westford	978.692.7906

If you are interested in volunteering as a tax preparer for 2019 returns please call Roger Kipp at 978-597-6207. AARP provides extraordinary training for its volunteers.

Senior Pilates

LOCATION: LOST LAKE FIRE
Wednesdays 9:30 AM - 10:30 am
9 WEEKS \$90

*Boost your metabolism and burn more calories with this 60 minute class! **This class is perfect for the first time exerciser to the fitness enthusiast!***



You will be given individual attention to ensure that you are getting the most from your workout and exercising safely! If your goal is weight loss, a scale will be available along with initial and ending measurements and Weight Loss tips along the way!

Register by calling the COA, 978-448-1170



The pictures above with the ladder is the loft area that will be used storage and mechanical space. There will be a set of stairs going up to that space.

The cement block in the foreground of the picture is the base of the portico that will cover the driveway in front of the building.

Travel with Groton Council on Aging

TOURS AND MORE TRAVEL
PRESENTS

ICELAND

The Land of Fire and Ice

Join Brenda in Iceland
Experience all the highlights

The Golden Circle

Seljalandsfoss Waterfall

Skogar Folk Museum

Jokulsarlon Glacier Lagoon

Skaftafell Nat'l Park

Blue Lagoon Spa

A chance to witness the Northern Lights!



Information session

**Mon., January 14
9:30am
Lost Lake Fire
Station**

This trip includes:

Round Trip Air From Boston

5 Nights at a 5 Star hotel

5 Breakfasts

2 Lunches

3 Dinners

Professionally led daily tours

Transportation to all included
activities and to/from airport in
Iceland

Full Time Tour Guild

\$3,329

save \$175 if deposited by 1.28.19

\$3,174pp Double Occupancy

Additional cost—Travel insurance
and transfers from home to Logan

For more information please call our tour leader
Brenda Pachucki 978.483.1802

**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

nattychev@nattychev.com

Tel: 978-772-3442 • 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, CPSP

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@lpieniors.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