



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

March 2019



978-448-1170

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

At the Council on Aging one of our goals is to serve our participants as seamlessly as possible. We want program registration to be easily accessible, serve as many as we can and costs keep to a minimum. We are asking for your help with this goal. Your attention go the following will support optimum services for all.

1. Please remember to call or email us with your program registrations. This ensures programs are not overbooked and we can provide enough space or food and supplies for everyone in attendance.
2. Please cancel if you are unable to attend. This allows those on a waiting list to attend and also if we need to reduce the amount of food or supplies we can do so. This saves us on our budget and the budget for those cooking and donating food as well.
3. Please feel free to call and confirm a program if you're unsure if you've registered. We are always happy to help.

Thank you for your help with this!

Kathy

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

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Alebrije Art Education and Demonstration



Thursday, March 7
9:10am-11am at the Middle School
Van transportation is available

Armando Jiménez Aragon and his son Alejandro, two famous Zapotec **Alebrije** woodcarving artists from Oaxaca, Mexico, are coming to Groton. **Alebrijes** are brightly colored Mexican folk art wood sculptures, carved by hand and depicting fantastical animal-like creatures

The art was passed down to them from Armando's grandfather, one of the originators of the art form. They have traveled throughout the United States and Mexico giving presentations and workshops of their award winning work with pieces featured in museums around the world.

Please register by calling the COA, 978-448-1170.

To learn more about the artist go to:
<https://folkartmarket.org/artist/armando-jimenez/>

To see his work on the Antique Road show:
<https://www.pbs.org/video/animal-carving-xz81cn/>





Wednesday, May 8
at Lost Lake Fire Station

9:45am-3pm with a lunch break

Cost for materials payable at registration
Checks made to AARP
\$15 for AARP Members
\$20 Non AARP Members

Why Take the AARP Smart Driver Course?

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

Please call the COA to register, 978-448-1170

Pinterest with Kathy and Kathy

Lost lake Fire Station



Rustic Eggs

**Friday, March 22 and
Monday, March 25**
12:30pm Cost: none

Using decoupage create these beautiful rustic eggs to display in your home or give as a gift.

Pinecone Flower Garden



Monday, April 29
12:30pm Cost: \$10

Cut, trim and paint pinecones adding moss and sticks to make a beautiful 3-D picture to hang on your wall or door.

Please call the COA to register, 978-448-1170.
Samples available at the COA.

Health and Wellness Education at Lost Lake Fire Station

Thursday, 21 1:00pm

Microbiome

What is the microbiome?

What are Prebiotics & Probiotics?

Presented by: Monachussetts Opportunity Council

Learn how the microbiome affects our health through the foods we eat and more importantly, how quickly & easily we can improve our health with foods that feed our microbiome. We humans are mostly microbes. Over 100 trillion of them make up the microbiome. The majority live in our gut, mainly in the large intestine. The microbiome is essential for human development, immunity, nutrition & so much more!

Thursday, April 18 1:00pm

Prediabetes and Diabetes Workshop

Presented by: Nashoba Nursing and Hospice Services

Joanne McCole RN, BSN from **Nashoba Nursing Service & Hospice** presents information about Prediabetes, Diabetes Type 1, and Diabetes Type 2. The goal of this program is education and understanding of the diabetes disease process, the impact on other body systems, management of the disease through healthier food and lifestyle changes, and a review of common medications used to treat the disease. Handouts and healthy snacks are provided.

Thursday, May 16 1:00pm

Curious about Reiki

Presented by: Nashoba Nursing and Hospice Services

Reiki is a powerful, safe and effective healing technique that can be used in a variety of settings and situations. Many people find Reiki to be enormously beneficial in their professional and personal lives including parents, caregivers and health care providers. Kathy Benson, LICSW at **Nashoba Nursing Service & Hospice** will present the benefits and basic techniques of Reiki.

Please call the COA to register for these classes, 978-448-1170.

Veteran's Breakfast Held at Central Fire Station



First Thursday of the month
Thursday, March 7 10:00am
At the Central Fire Station
Cost: None

Speaker: Chief MSgt Michael Daly, Security Forces Manager, Hanscom AFB

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

March 6 12:00pm

The Wife

this movie is rated R for some sexual content and language

Starring Glenn Close, Joan and Joe remain complements after nearly 40 years of marriage.

Joe enjoys his very public role as the great American novelist, Joan pours her considerable intellect, grace, charm and diplomacy into the private role of a great man's wife. As Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work, Joan starts to think about the shared compromises, secrets and betrayals.

April 3 12:00pm

Old Man and the Gun



Based on the true story and starring Robert Redford, Old Man and His Gun the movie chronicles his audacious escape from San Quentin at the age of 70 to a string of heists that confounded authorities and enchanted the public.



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

Wed, March 20 12:00pm

Join us for a Honky Tonk St. Patrick's!

We'll be having an Irish meal of Shepherd's Pie, Irish Soda Bread, Tossed Salad and completing the meal, Mint Chocolate Chip Ice Cream! Following lunch, Honky Tonk pianist Gary Landgren will have you tapping, clapping and smiling to your favorite Irish songs.



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

Reservations needed by Fri., 3/15



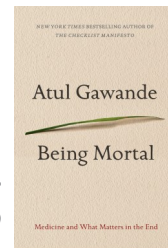
Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences



Wednesday, March 27
at the Country Club
12:00pm

Being Mortal

Kathy Benson, LICSW from **Nashoba Nursing Service and Hospice**, will lead a book discussion on "Being Mortal" by Dr. Atul Gawande, which is a sensitive, intelligent and heartfelt examination of the processes of aging and dying. The program highlights portions of the Frontline program to introduce the book, so that the program is not dependent on attendees reading or completing the book for the program and discussion. Handouts provided.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Accredited by National Institute of Senior Centers				1 VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
4 10:00 Groton Swim 11:30 Strength Training	5 10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	6 9:30 Pilates 10:30 Strength Training 12:00 Movie & Pizza <i>"The Wife"</i>	7 9:00 Yoga 9:45 Line Dancing 10:00 Veteran's Breakfast 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 12:30 Great Courses King Arthur 7:00 Meditation	8 VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim
11 10:00 Groton Swim 11:30 Strength Training 12:30 Documentary Faces Places	12 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	13 9:30 Book Club 9:30 Pilates 10:30 Strength Training 	14 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 12:30 Great Courses King Arthur 7:00 Meditation	15 VAN Westford Market Basket Plaza 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
18 10:00 Groton Swim 11:30 Strength Training 1:00 BOD Meeting	19 10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong 1:30 Hearing Screening	20 9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Gary Landgren "Honky Tonk Piano Man"	21 9:00 Yoga 9:45 Line Dancing 10:00 Tech Support 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 1:00 Microbiome 7:00 Meditation	22 VAN Christmas Tree Shoppe Plaza 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Creative Creations (start Eggs)
25 10:00 Groton Swim 11:30 Strength Training 12:30 Creative Creations Decoupage Eggs	26 10:00 Writing Creatively 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:00 Firehouse Chili 12:30 Hand & Foot 12:30 Mahjong	27 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Learn Presentation by Nashoba Nursing On "Being Mortal"	28 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	29 Cultural Excursion Peabody Essex 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim



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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>3rd Tu</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>	
Ask the Nurse	
and Blood Pressure Screenings (<i>3rd Wed</i>)	1:30pm
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</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>	
Line Dancing Beginners	9:45am
Take A Walk	10:30am
Line Dancing Advance Beginners	10:45am
Pickleball	11:30am
Vet's Breakfast (<i>1st Thurs</i>)	10:00am
<i>Sponsored by Groton Police Association</i>	
Tech Support (<i>3rd Thursday</i>)	10:00am
Meditation	7:00pm

Fridays

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

Hearing Screenings at Lost Lake Fire Station



Tuesday, March 19

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.



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

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.

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 that makes you happy.

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
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, March 11 12:30pm
Lost Lake Fire Station

Faces Places

Running time 90 minutes

Academy Award nominated for best documentary 89-year old Agnes Varda, one of the leading figures of the French New Wave, and acclaimed 33 year-old French photographer and muralist JR teamed up to co-direct this enchanting documentary/road movie. Kindred spirits, Varda



and JR share a lifelong passion for images and how they are created, displayed and shared. Together they travel the villages of France in JR's photo truck meeting locals, learning their stories and producing epic-size portraits of them. The photos are prominently displayed on houses, barns, storefronts and trains revealing the humanity in their subjects, and

themselves. Faces Places documents these heart-warming encounters as well as the unlikely, tender friendship they formed along the way

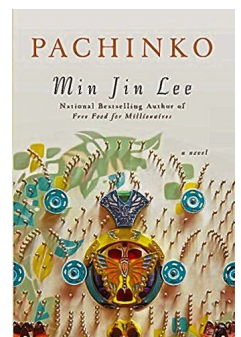
Next documentary: April 8, 1:00pm
Three Identical Strangers

Book Club at Legion Hall

March 13 9:30 AM
2nd Wednesday

March's Book
Pachinko
By Min Jin Lee

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 .



Council on Aging Outreach and Support

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

Why All Adults Need a Health Care Proxy



Have you named a health care proxy to speak for your medical care if you are unable to do so?

A health care proxy is a legal document that lists who you have chosen to make medical decisions for you if you are not able to speak directly to the physicians caring for you.

For example, if you are in an accident and need an emergency surgery, the doctors are going to want someone to sign the form giving permission for the surgery. If you can't give permission because you are unconscious, they would want a family member or person listed as the health care proxy to give permission.

A health care proxy is important to have, even if you have immediate family members nearby. Sometimes decisions need to be made quickly, and if several family members are weighing in, it could delay your care.

You can also decide to list an alternate person on the form, just in case the primary person can't make the decision or is unreachable when needed.

The proxy document gives the person permission to make medical decisions on your behalf, but you are still responsible for explaining your medical wishes to them prior any incident occurs.



Older adults with reduced social networks are associated with higher incidences of dementia and Alzheimer's disease.

NEWS FROM SHINE MARCH 2019

New Medicare Advantage Plan OEP Continues



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.

IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS. ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65. IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass SHINE Program has recently launched a new more interactive website. You can visit us at www.shinema.org. The site has valuable general information, links to other agencies and resources and applications that can may provide you with financial assistance.

Trips

Sponsored by The Friends of Groton Elders

Flyers available at the COA's temporary location: Lost Lake Fire Station 185 Lost lake Dr

\$50 deposit due at registration, balance due 30 days prior to the trip except where noted.

Register for trips at the COA, checks payable to **Friends of Groton Elders**.
(checks only, please no cash)

On sale March 1
Tuesday, April 16
Plymouth MA

Cost: \$92

Depart Groton at 7:00 and return 6:00pm

Trip includes: Guided tours of Monument of Our Forefather, First Parish Church and Plymouth Waterfront. Also includes lunch at Plimoth Plantation and wine tasting and shopping at the Plymouth Bay Winery, transportation and driver's tip.

On sale March 1
Thursday, May 16
Spirit of Boston

Cost: \$99

Depart Groton at 8:15am and return 5:30pm.

Trip includes: Transportation, driver's tip, cruise entertainment, delicious buffet and beautiful scenic Boston cruise followed by shopping at Quincy Market or the North End.

On sale April 1
Wednesday, June 26
Fenway Park
Red Sox vs White Sox

Cost: \$109

Depart Groton at 10:30am and return 6:00pm.

Trip includes: Transportation, driver's tip, Reserved grandstand Seats Third Base Side!



On sale May 1
Tuesday, July 16
Fosters Clambake

Cost: \$109

Departure times TBD

Entertainment by: Michael Minor

Singer, comedian, ventriloquist, celebrity impressionist

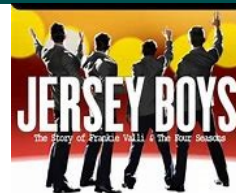
Trip includes: Transportation, driver's tip, Lobster Bake at Foster's with entertainment and your choice of Lobster or chicken.

On Sale June 3
Saturday, August 24
Jersey Boys at the Northshore Theater

Cost: TBD

Departure times TBD

Trip includes: Transportation, driver's tip, show and meal.



On Sale July 1
Thursday, September 19
JFK in Hyannis

Cost: \$105

Departure times TBD

Trip includes: Transportation, driver's tip, narrated harbor cruise, lunch at the Cape Codder Resort, and a visit to the JFK Museum in Hyannis.

On sale August 1
Tuesday, October 22
Essex Valley Steam Train and Connecticut Riverboat

Cost: \$109

Depart Groton at 8:45 and return 6:00pm

Trip includes: Transportation, driver's tip, lunch at the Go Fish Restaurant, scenic Stream train ride, cruise the beautiful Connecticut River.

Tanglewood

Tanglewood Music Center Orchestra

Gershwin Piano Concerto in F
Gershwin Variations on "I Got Rhythm," for piano and orchestra
Stravinsky Petrushka

On Sale March 1

Sunday, July 21

Cost: \$98

Includes: transportation, ticket, dinner and driver's gratuity

We will depart from the senior center at 9:30am with a lunch stop on your own on the Mass Pike. Once we arrive you will have some time to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner at Michaels of Stockbridge and then make our way home arriving at approximately 9:30pm.

Due to our deadline with BSO, final payment must be received Friday, by June 14.



Join the Friends of Groton Elders and Celebrate The Center



Celebrate The Center

Enjoy heavy hors d'oeuvres and champagne toast as we take a virtual tour of The Center, see the progress, look to the future and learn how you can support active living in Groton

Tickets are available:
Members of Friends of Groton Elders
Council on Aging: 185 Lost lake Dr

Saturday, April 6

Tickets \$50

6:00pm

**The Groton Inn
128 Main Street Groton, MA**

COA Van Excursions

Call the COA for your reservation 978-448-1170

Friday, March 29

Peabody Essex Museum

Cost: \$18 for museum entrance with lunch on your own
We'll leave Lost Lake Fire station at 8:30am, tour the museum for 2 hours and then stop for lunch on your own.

Friday, May 31

Tower Hill Botanical Gardens and Old Mill Restaurant

\$10 for museum entrance and lunch on your own.
We depart from Lost lake Fire Station at 9am for a two hour tour of the gardens then stop at Old Mill Restaurant for lunch on the way home.

August 30

Pickety Place

Cost: \$23.95 plus tax for lunch
August Menu will be available soon.



September 20

JFK Library

Cost: \$12 museum admission with lunch on your own
We will depart at 9am and spend the day departing at 2pm.
Lunch is available in the cafeteria or you may bring your own.

Coming this spring...

May 7, 14, 28 and June 4
Stephen Collins

Writings of Shakespeare

May 9
Fire Department Senior
Spaghetti Dinner

May 10
Mothers Day Breakfast

May 15
Gay 90's

June 12
Police Picnic

June 14
Fathers Day Luncheon

June 6
**Great Courses begins
Music and History**



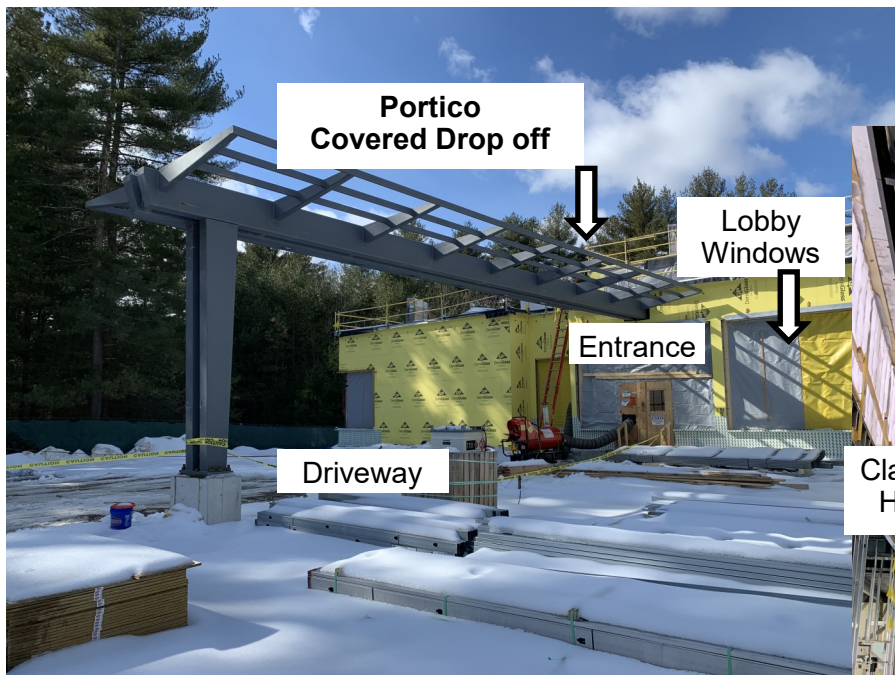
Held at the Central Fire Station

Senior Firehouse Chili Luncheon Tuesday, March 26 12:00PM

Cost: None

The annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us. After lunch, Groton Fire and EMS personnel will share the life saving equipment used in the day and life of a firefighter. It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

Please call the senior center for your reservation, 978-448-1170



Portico
Covered Drop off

Lobby
Windows

Entrance

Driveway

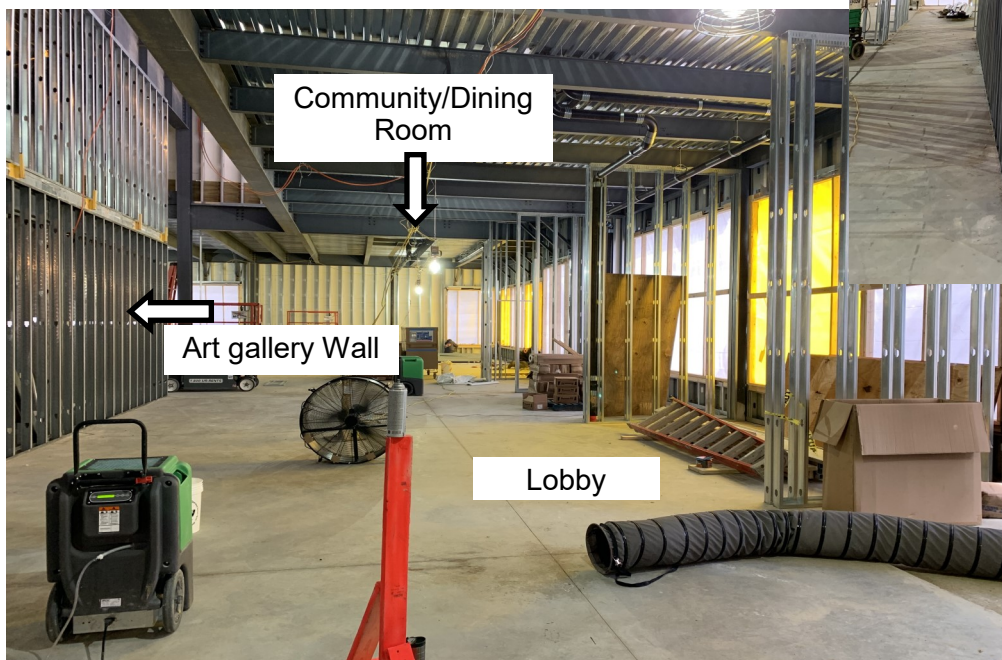
The Building is moving forward!



Classroom
Hallway

Storage

Stairway to
storage



Community/Dining
Room

Art gallery Wall

Lobby

The stairs will
be in an
enclosed
room.

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