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

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/
**Health and Wellness Education**

*at Lost Lake Fire Station*

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**Driver Safety Program**

**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

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**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.

---

**Microbiome**  
What is the microbiome?  
What are Prebiotics & Probiotics?  
*Presented by: Monachusetts 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!

---

**Prediabetes and Diabetes Workshop**  
*Presented by: Nashoba Nursing Service & 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.

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**Curious about Reiki**  
*Presented by: Nashoba Nursing Service & 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.

---

**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 being with 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

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**Pizza and a Flick**
Held at Central Fire Station

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.

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**If you would like a copy of our monthly newsletter e-mailed to you, please call us at the COA, 978-448-1170 or email us, gcoa@townofgroton.org.**
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| 11:30  | Strength Training | 11:00 Strength Training | 9:30 Pilates | 10:00 Groton Swim |
| 12:30  | Documentary Faces Places | 12:00 Strength Training | 9:30 Strength Training | 10:00 Groton Swim |

| 10:00  | Writing Creatively | 9:30 Pilates | 9:00 Yoga | VAN Wal-Mart |
| 10:00  | Focus on Footcare | 10:30 Strength Training | 9:45 Line Dancing | 9:30 Take a Walk |
| 10:30  | Take a Walk | 10:30 Great Courses | 10:00 Veteran’s Breakfast | 10:00 Strength Training |
| 10:30  | Bone Builders | King Arthur | 10:30 Take a Walk | 10:00 Groton Swim |
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| 12:30  | Hand & Foot | 11:30 Pickleball | 10:45 Line Dancing | 12:30 Bridge |
| 12:30  | Mahjong | 12:30 Microbiome | 11:30 Pickleball | |
| 1:30   | Hearing Screening | 7:00 Meditation | 12:30 Meditation | |

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Mondays
Documentaries (Mon varies) 1:00pm
Strength Training 11:30am
Groton Swim 10:00pm
COA Board Meeting (3rd Mon) 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 (3rd Tu) 11:15am
Wednesdays
Book Club (2nd Wed) 9:30am
Pilates 9:30am
Strength Training 10:30am
Groton Women’s Club Luncheon (3rd Wed) 12:00pm
Sponsored by Groton Trust Lecture Fund
Ask the Nurse and Blood Pressure Screenings (3rd Wed) 1:30pm
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Pizza and a Flick (Wed varies) 12:00pm
Sponsored by Ebi and Desiree Masalehdan
Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
Holiday Celebrations (Wed. varies) 12:00pm
Lunch and Learn (4th Wed) 12:00pm
Sponsored by RiverCourt Residences
Thursdays
Yoga—$3 per class 9:00am
Supported by the Friends of Groton Elders
Line Dancing Beginners 9:45am
Take A Walk 10:30am
Line Dancing Advance Beginners 10:45am
Pickleball 11:30am
Vet’s Breakfast (1st Thurs) 10:00am
Sponsored by Groton Police Association
Tech Support (3rd Thursday) 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 (1st and 3rd Fri.) 12:30pm

Always Available
For more information and to register please call or better yet, stop in and see us!

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.
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

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.

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 $4 per class

Pilates
Lost Lake Fire Station
Wednesdays, 9:30am Cost varies

Yoga
Lost Lake Fire Station
Thursdays, 9am $3 per class

Meditation
Lost Lake Fire Station
Thursdays, 7pm No cost

Walk with Us
at the Twomey Center
Tuesdays, 10:30-11:30am
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.
**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.

**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!

**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, simply 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.
**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](http://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.

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**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.

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**Did You Know?**

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

On Sale March 1
Sunday, July 21
Tanglewood
Tanglewood Music Center Orchestra
Gershwin Piano Concerto in F
Gershwin Variations on “I Got Rhythm,” for piano and orchestra
Stravinsky Petrushka
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

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

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.
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
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