



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

April 2019



978-448-1170

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

Emergency Contact

Several weeks ago I got a evening call from the Groton Police Department hoping I had emergency contact information for a senior resident. The resident had been transported to the hospital unresponsive and they needed to get in touch with the family or a friend. I, in fact, did not have the information but because this is a small caring town I was able to call someone, who knew someone, who then finally knew the right someone for me to contact. I was able to track down the emergency contact. But what would have happened if it didn't work out that way? The police department and the hospital did not have the information and our resident may have been left unresponsive and alone.

We are on a mission to update our data base with your emergency contact information to do what we can to ensure our residents will always get the "small town treatment". We encourage you to call or email us with the following information; name and phone number of a friend or family member you would wish to be called in the event of an emergency.

You can email the information to GCOA@townofgroton.org, call us, 978-448-1170 or stop in and see us at 185 Lost Lake Dr.

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
Peter Cunningham
Herb Peterson
John Reilly
Heather Rhodes
Eddie Wenzell

Selectmen Liaison

Josh Degen

School Committee Liaison

Marlena Gilbert

COA Board of Directors

Chairman

Gail Chalmers

Vice Chairman

Richard Marton

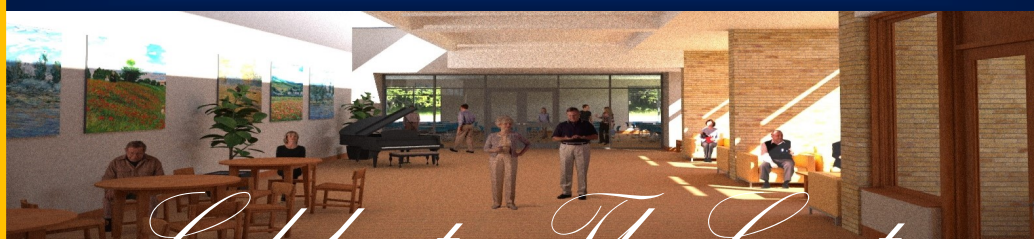
Secretary

Helen Sienkiewicz

Members

Ellen Baxendale
Peter Cunningham
Norma Garvin
Paula Martin
Shelia Nash
Jean Sheedy

Join the Friends of Groton Elders and Celebrate The Center



Celebrate The Center

Saturday, April 6

Tickets \$50

6:00pm

The Groton Inn

128 Main Street Groton, MA

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

Council on Aging Outreach and Support

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



NORTHEAST
LEGAL AID

- ♦ Are you caring for children of a family member (such as your grandchildren, nieces or nephews) because their parent has a substance abuse disorder?
- ♦ Do you have questions about the custody, health care, housing or education of the children?
- ♦ Do you need to find resources and support for yourself and the children?

Northeast Legal Aid may be able to provide free legal assistance through its new **Caretakers of Children at Risk Project**.

For more information, call the intake line:

Monday - Friday 9 am to 1pm
978-458-1465 or 800-336-226

Or visit one of the three offices:

181 Union St., Suite 201A Lynn, MA

**50 Island St., Suite 203A,
Lawrence, MA**

35 John St., Suite 302, Lowell, MA

Or visit their website at
www.northeastlegalaid.org

NEWS FROM SHINE APRIL 2019



THE FEDERAL POVERTY LEVELS HAVE INCREASED

As a result of increases to the Federal Poverty Level, Eligibility Guidelines for Public Benefits Programs in Massachusetts have changed. MassHealth has increased the income limits for several programs you may be eligible for. The income to be eligible for MassHealth **Standard** has increased from \$1,012 for a single person to \$1,041, for a married couple it has gone up to from \$1,372 to \$1,410. For another popular program MassHealth **Buy-in (this would pay your Medicare Part B Premium)** the eligibility income has gone up from \$1,366 to \$1,406 for a single person, and from \$1,852 to \$1,903 for a couple. These increases also apply to **Full Extra Help** a program from Social Security that helps pay for your medications. You can qualify for **Partial Extra Help** if your income is below \$1,561 for a single person and \$2,114 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call the SHINE Program for more information.

CENTRAL MASS SHINE WEBSITE

We are happy to announce we have recently upgraded our SHINE website www.shinema.org, this upgrade is more user friendly and provides easier access and viewing to more digital devices such as cell phones and tablets. It is a great source for Medicare, MassHealth and SHINE information and is available to consumers all over the state.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also 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.

You can also visit SHINE at www.shinema.org.



It would make my day if you called me and said **"lets get together for coffee/tea"**. I have worked at the COA for several years and there are still seniors I haven't met. It would be great to meet new residents, have coffee, and talk about the services/programs that are available through the COA. I hope to hear from you! Stacey

Veteran's Breakfast Held at Central Fire Station



First Thursday of the month
Thursday, April 4 10:00am
At the Central Fire Station
Cost: None

Speaker: David King
President, Devens Museum

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

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.

May 1 12:00pm
At Eternity's Gate

During a self-imposed exile in Arles and Auvers-Sur-Oise, France, Dutch painter Vincent van Gogh develops his unique, colorful style of painting. While grappling with religion, mental illness and a tumultuous friendship with French artist Paul Gauguin, van Gogh begins to focus on his relationship with eternity rather than the pain his art causes him in the present.

Groton Women's Club **sponsored luncheon**

Held at the Groton Country Club

Wed, April 17 12:00pm



Dixie Hot Four
New Orleans Jazz Quartet

Lunch menu:

Baked Zita with fruit salad and Chocolate Dessert

Enjoy the high energy of the Dixie Hot Four and celebrate with New Orleans style enthusiasm.



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

*Reservations needed by Fri., 4/12
Please call, 978-448-1170.*



Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences





Wednesday, April 24
at the Lost Lake Fire Station
12:00pm

Groton Dunstable School Committee

Members of the Groton Dunstable School Committee, including Chair, Marlena Gilbert, will address the school's Spring Town Meeting Warrant Articles including; FY20 District Capital Budget as well as an update on Florence Roche Building project



Please call for your reservation by
Friday, 4/19, 978-448-1170.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  11:30 Strength Training	2 10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	3 9:30 Pilates 10:30 Strength Training 12:00 Movie & Pizza <i>"Old Man and the Gun"</i>	4 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 7:00 Meditation	5 VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
8 11:30 Strength Training 12:30 Documentary Three Identical Strangers	9 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	10 9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Nashoba Tech Luncheon Presentation by: Art Matters	11 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	12 VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training
	16 7:00 Plymouth Trip 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	17 9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Entertainment: Dixie Hot Four	18 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 Diabetes Workshop 7:00 Meditation	19 VAN Westford Market Basket Plaza 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
22 11:30 Strength Training 1:00 BOD Meeting	23 10:00 Writing Creatively 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	24 9:30 Pilates 10:30 No Strength Training Today 12:00 Lunch & Learn at Lost Lake GDRS School Committee	25 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	26 VAN Christmas Tree Shoppe Plaza 9:30 Take a Walk 10:00 Strength Training
29 11:30 Strength Training 12:30 Creative Creations	30 10:00 Writing Creatively 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	<div> <div>Accredited by</div> <div>National Institute of Senior Centers</div> <div>ncoa</div> </div>		

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
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
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.

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.

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.



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 \$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.



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.



Delizioso!

The Groton Fire Department is treating Groton Seniors to a fabulous dinner!

Spaghetti & meatballs for all!



Wednesday, May 22

4:00pm

at the Fire Station

Please call the senior center to register by Friday, May 17

Van transportation is available, please call 978-448-1141 for your reservation.

Documentary

Monday, April 8 12:30pm
Lost Lake Fire Station



Three Identical Strangers

Running time 90 minutes

Director Tim Wardle's documentary re-examines the 1980 publicity blitz triggered by the reunion of long-lost New York triplets Bobby Shafran, Eddy Galland, and David Kellman. After reliving the heart-warming serendipity of their chance reunion, the film pivots to the question of why the triplets were raised by separate families with no knowledge of each other's existence.

Next documentary: May 13, 12:30pm
Dark Money

Book Club

at Legion Hall

April 10 9:30 AM
2nd Wednesday

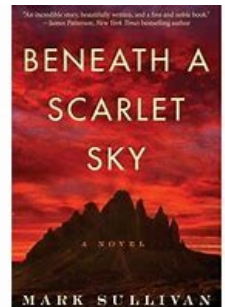
April's Book

Beneath the Scarlet Sky

By Mark Sullivan

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 .



Focus on Footcare

at Lost Lake Fire Station

April 9 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

Nashoba Tech Catered Luncheon Held at the Groton Country Club

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

Lunch menu:
Grilled Salmon w/Maple Chipotle Glaze or
Chicken Piccata

Program: **Art Matters**

ArtMatters is an art awareness program offering live presentations designed to bring art and the museum experience to you.

American Art Part 1 1776-1900

The United States was not founded by schooled artists, but by people seeking freedom and adventure. American artists have been like America itself, pioneering, bold, and independent. Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit.



Reservations needed by Fri., April 5,
please call The Center at 978-448-1170.

Pinterest with Kathy and Kathy Lost lake Fire Station

Pinecone Flower Garden



**Monday, April 29
12:30pm Cost: \$5**

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

Concrete Bowls

**Thursday, May 23 12:30pm
12:30pm Cost: \$5**

Concrete planters, bowls and candleholders are a wonderful addition to your home. Often, such decor comes with a high price, enormous size and incredible weight which is not easily transported. The solution? Make your own.

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

Health and Wellness Education at Lost Lake Fire Station

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, April 25 1:00pm
Medication management and Costs
Presented by:
Nashoba Valley Medical Center & Visiting Angels

Please join Tracy Ezzio, owner and Pharmacist of Ayer Family Pharmacy, for a discussion on medication management and medication costs. Medications are often an essential part of our daily lives but cost should not be the limiting factor.



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.



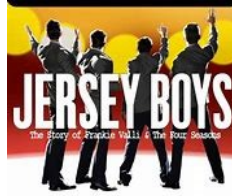
*If you would like a copy of our
monthly newsletter e-mailed to you,
please call the COA, 978-448-1170
or email us, gcoa@townofgroton.org.*

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 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 now
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 now
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 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

Sunday, July 21

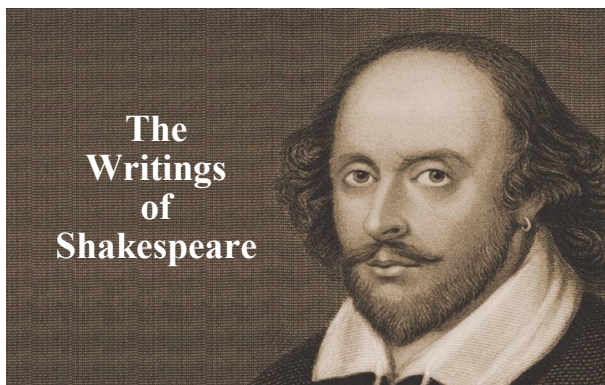
Cost: \$98

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.



Supported by the Friends of Groton Elders
Virginia Wood Life Long Learning Fund

**Tuesdays, May 7, 14, 28 and June 4
1pm**

Class head at Legion Hall

To make sense of The Bard, a reader of his works must approach the text much like an actor to make it come alive.

In Elizabethan England, the plays were meant to be heard, performed, not read.


The First Folio of his work wasn't ever printed until 8 years after his death. We will work together to demystify the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating. Maybe a class member will do dramatic readings of some of the scenes.

To register please call the
COA, 978-448-1170.

Save the Date

Gay 90's Celebration

We invite everyone to come out and celebrate the lives of Groton residents turning 90 in 2019!



Wednesday,
May 15

12:00PM

Sponsored by the Groton Trust Program and Lecture Fund and the Groton Women's Club

Mother's Day

Breakfast

Friday, May 10 9:30am
at the Country Club

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society.

Please make your reservation by
Tuesday, May 7

ABSENTEE BALLOTS

Did you know that you can vote by absentee ballot if you meet one of these criteria?

- ⇒ The voter will be absent from the town during normal polling hours; **or**
- ⇒ The voter has a disability preventing going to the polling place; **or**
- ⇒ The voter has a religious belief

An absentee ballot is counted just like a ballot cast at the polls. Absentee voting is a way to offer an opportunity to vote to voters who may otherwise be unable.

An absentee ballot can be requested for a specific election. If the Voter has a disability of an ongoing nature, the Voter may request an absentee ballot for any election which occurs during the year. These "permanent" absentee ballot applications, however, are only valid for the calendar year and must be renewed each year. It's possible to sign up this year and not next, or renew every year, as long as the Voter meets the criteria.

It's easy! The process to obtain absentee ballots consists of filing an absentee ballot application with the Town Clerk's Office. If a "permanent" application is on file, the Clerk's Office will mail you an absentee ballot about 3 weeks prior to the election. The voted ballot must be received back in the Clerk's Office before election day if it is to be counted.

For more information about absentee voting, or to obtain an absentee ballot application, contact the Town Clerk at 978-448-1100 or townclerk@townofgroton.org.



Swimming on Hiatus



As of March 23 the Groton Pool will be closed for the season for maintenance.



We will resume our swimming program on Mondays and Fridays, at the Groton Country Club, after Memorial Day weekend.

Tech Support

Thursday, April 18

10:00am

1 hour individual appointments

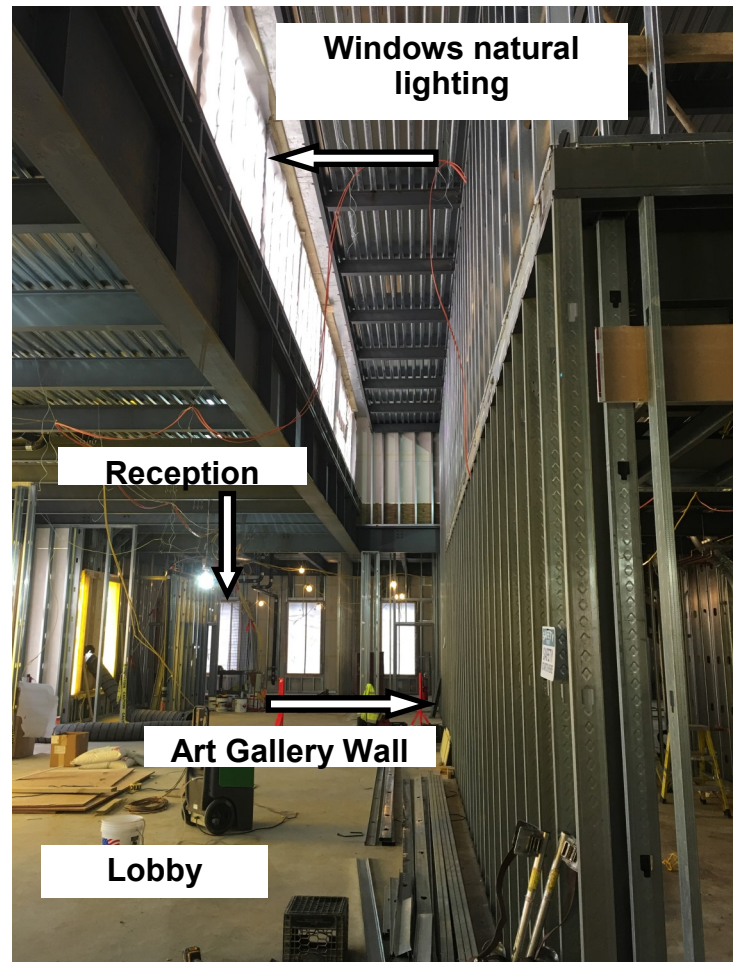


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Brick installation

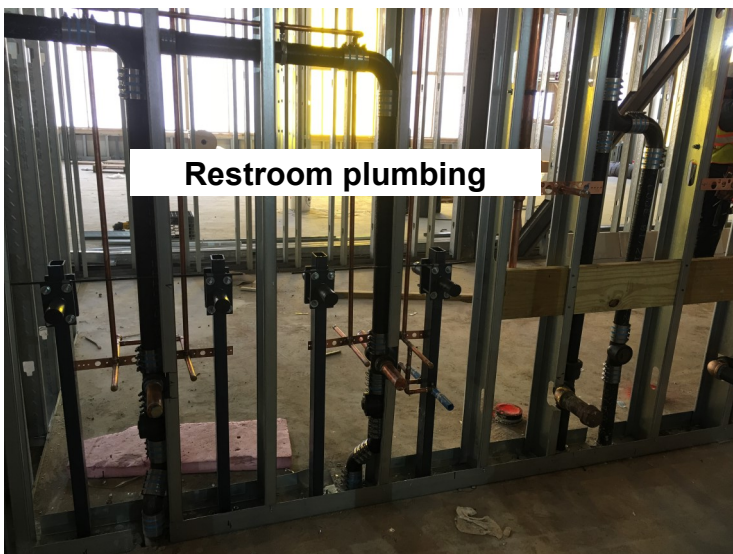


Windows natural lighting

Reception

Art Gallery Wall

Lobby



Restroom plumbing



Dinning/Community room

Bricking



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