



# 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

May 2019



978-448-1170

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

## Celebrating with Gratitude

On April 6 the Friends of Groton Elders hosted an event celebrating our new center. It was a lovely evening with good food and remarkable enthusiasm. We were able to take a virtual tour of The Center with Greg Yuchenko, the building architect and discover the exciting new program areas.

Also at the celebration four very important donations to the Center Building Fund were announced:

Marie Melican Chairperson of the Friends of Groton Elders announced \$10,000 donation designated to the Virginia Wood Lifelong Learning Classroom .

Patty Chisholm, Vice President and Regional Manager of Middlesex Savings, announce their sponsorship of the new Center with a generous donation of \$15,000.

Lowell 5 has committed to sponsor the Center's lobby coffee and beverage gathering center and art gallery with their generous donation of \$30,000. Representing Lowell 5 was Cheryl Popp.

Paul Griesinger of RiverCourt Residences, announced they will be the primary benefactor of the Center's Community room. The community room, one of the key centerpieces of the new Center will be used for recreational activities, movies, educational programs and lectures along with other community wide events.

The Community room will be dedicated in appreciation of those individuals who have made Groton a great place to live in, and who have made a significant impact on the quality of life of our senior citizens and the Senior Center for over 20 years.

Those individuals are:

Fran Dillon  
Barbara Jean Temple  
Tom Hartnett  
Barney Blood  
Frank Belitsky

The gratitude we have for this support cannot be overstated. It is a momentous launch for the Friends of Groton Elders building fundraising initiative which will in the end, benefit the entire Groton community. Stay tuned.....there will be more to come!

*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](mailto: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

Sheila Nash

Jean Sheedy

# Council on Aging Outreach and Support

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



## The Catholic Heart Workcamp Is Returning to Groton for its 14th Summer!!!

**This means the CHWC will be working  
on senior residents' homes  
July 1st, 2nd, 3rd, & 5<sup>th</sup>, 2019**

The Catholic Heart Workcamp is an amazing organization that comes to Groton once a year for a week, and helps Groton seniors in need, maintain their homes. The teenagers and adult counselors will repair drywall, repair/replace screens, install handrails, repair outer steps, paint indoors/outdoors (not over 2 stories), wash windows indoors/outdoors (not over 2 stories), pull weeds, cut down small trees, cut/trim bushes, clean out/organize garages, basements, attics, and much more. This is a free service the CHWC provides. Groton seniors only need to provide the materials.

**This program is only for Groton seniors in need.** If you think you may qualify or have questions about this program, please call at 978-448-1170 or stop by (our temporary location), at the Lost Lake Fire Department, 185 Lost Lake Drive. All applications for this program must be in no later than Wednesday, May 15. The CHWC will help as many seniors as possible during the week that they are here, but **cannot guarantee** that everyone that applies for the program will be accepted, as they only have 4 workdays in Groton.

## NEWS FROM SHINE MAY 2019



### Need Help with the Cost of your Prescription Medications?? Prescription Advantage can Help!!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

#### **Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$62,450 for a single person or \$84,550 for a married couple OR

Under 65 years and disabled, with an annual income at or less than \$23,481 for a single person or \$31,791 for a married couple.

You may also join if you are 65 years or older and **not eligible for Medicare. There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$37,470 for a single person and \$50,730 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

**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 voice mail, leave your name and number. A volunteer will call you back. You can also visit us on the internet at [shinema.org](http://shinema.org)



The Attorney General's office has resources for tenants, and landlords, homeowners, developers, and more. For more information go to <https://www.mass.gov/topics/housing-property>

## **Veteran's Breakfast** Held at Central Fire Station



First Thursday of the month  
**Thursday, May 2 10:00am**  
**At the Central Fire Station**  
**Cost: None**

**Speaker: YBD**

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*

**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.

**June 5 12:00pm**  
**Can You Ever Forgive Me**

Lee Israel made her living in the 1970's and 80's profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack. This adaptation of the memoir "Can You Ever Forgive Me?" relays the true story of the best-selling celebrity biographer.



*Hungry for Knowledge?*

*This program is made possible through the generosity of RiverCourt Residences*

**Wednesday, May 22**  
**at the Country Club**  
**12:00pm**

**Julie Johnson, Esq.**  
**Law Offices of Nancy Catalini Chew**

## **Estate Planning:**

What do you need and what to consider. We will explain the documents necessary to protect and preserve your wishes and your family's financial and legal welfare in the event of your incapacity or death. The goal is to ensure your emotional, financial, and legal goals are met in the event such circumstances arise. Our discussion will include Trusts, Wills, Powers of Attorney, Health Care Proxies, HIPAA Releases and Homesteads, as well as what you get from your doctor versus your lawyer.

Please call for your reservation by  
Friday, 5/17, 978-448-1170.



**"Fear of dying is  
human.  
Fear of aging is  
cultural."**

**ASHTON APPLEWHITE**

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A MANIFESTO AGAINST AGEISM**

# Groton Senior Center Activities

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Accredited by</b></p> <p><b>National Institute of Senior Centers</b></p>		<p><b>1</b></p> <p>9:30 Pilates 10:30 Strength Training <b>12:00 Movie &amp; Pizza</b></p> <p><i>"At Eternity's Gate"</i></p>	<p><b>2</b></p> <p>9:00 Yoga 10:00 Line Dancing <b>10:00 Veteran's Breakfast</b> 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 7:00 Meditation</p>	<p><b>3</b></p> <p>VAN DW Highway</p> <p>9:30 Take a Walk 10:00 Strength Training 12:30 Bridge</p>
	<p><b>6</b></p> <p>11:30 Strength Training</p> 	<p><b>7</b></p> <p>10:00 Writing Creatively 10:30 Take a Walk 11:30 Pickleball 12:30 Hand &amp; Foot 12:30 Mahjong <b>1:00 Shakespeare</b></p>	<p><b>8</b></p> <p>9:30 <b>Book Club</b> 9:30 Pilates 10:30 No Strength Training  <b>9:45-3:00 AARP Defensive Driving</b></p>	<p><b>9</b></p> <p>9:00 Yoga 10:00 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 7:00 Meditation</p>
<p><b>13</b></p> <p>11:30 Strength Training <b>12:30 Documentary Dark Money</b></p>	<p><b>14</b></p> <p>10:00 Writing Creatively <b>10:00 Focus on Footcare</b> 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand &amp; Foot 12:30 Mahjong <b>1:00 Shakespeare</b></p>	<p><b>15</b></p> <p>9:30 Pilates 10:30 Strength Training <b>12:00 Women's Club Luncheon Gay 90's Entertainment: Brian Corcoran</b></p>	<p><b>Spirit of Boston Trip 16</b></p> <p>9:00 Yoga 10:00 Line Dancing <b>10:00 Tech Support</b> 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball <b>1:00 Curious about Reiki by Nashoba Nursing</b> 7:00 Meditation</p>	<p><b>17</b></p> <p>VAN Westford Market Basket Plaza</p> <p>9:30 Take a Walk 10:00 Strength Training 12:30 Bridge</p>
<p><b>20</b></p> <p>11:30 Strength Training <b>1:00 BOD Meeting</b></p>	<p><b>21</b></p> <p>10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand &amp; Foot 12:30 Mahjong <b>1:30 Hearing Screening</b></p>	<p><b>22</b></p> <p>9:30 Pilates 10:30 Strength Training  <b>12:00 Lunch &amp; Learn Julie Johnson, Esq. Estate Planning</b> <b>4:00 Spaghetti Dinner</b></p>	<p><b>23</b></p> <p>9:00 Yoga 10:00 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball <b>12:30 Concrete Bowls</b> 7:00 Meditation</p>	<p><b>24</b></p> <p>VAN Christmas Tree Shoppe Plaza</p> <p>9:30 Take a Walk 10:00 Strength Training</p>
 <p><b>MEMORIAL DAY</b></p>	<p><b>28</b></p> <p>10:00 Writing Creatively 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:30 Hand &amp; Foot 12:30 Mahjong <b>1:00 Shakespeare</b></p>	<p><b>29</b></p> <p>9:30 Pilates 10:30 Strength Training</p>	<p><b>30</b></p> <p>9:00 Yoga 10:00 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 7:00 Meditation</p>	<p><b>Tower Hill Botanical Gardens Trip 31</b></p> <p>9:30 Take a Walk 10:00 Strength Training</p>



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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
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 &amp; Nashoba Nursing Service &amp; 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	10:00am
Take A Walk	10:30am
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, May 21

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

### Meditation Practice

We gather weekly to practice, study, and discuss meditation based on the Joy of Living teachings of Yongey Mingyur Rinpoche. Each session includes guided meditations and group discussion as we learn how to transform the challenges of day-to-day life into sources of joy and inner peace. Feel free to drop in anytime!

**When:** Every Thursday from 7:00 – 8:30 p.m.

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](mailto: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

**1<sup>st</sup> Friday:** Shopping on DW Highway, Nashua  
The mall, Savers, BJ's, Trader Joe's back to Mall

**2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart

**3<sup>rd</sup> Friday:** Westford Market Basket Plaza (afternoon)

**4<sup>th</sup> 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

Thursdays 10:00am \$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.**





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**06-5100**

## 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

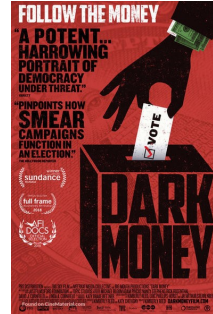
1st and 3rd Fridays 12:30pm

Cost: none

Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication.

## Documentary

Monday, May 13 12:30pm  
Lost Lake Fire Station



### Dark Money

Running time 83 minutes

A century ago, corrupt money swamped Montana's government, but Montanans rose up to prohibit corporate campaign contributions. Today, in the wake of the Supreme Court's Citizens United decision, Montana is once again fighting to preserve open and honest elections. Following an investigative reporter through a political thriller, Dark Money exposes one of the greatest threats to American democracy.

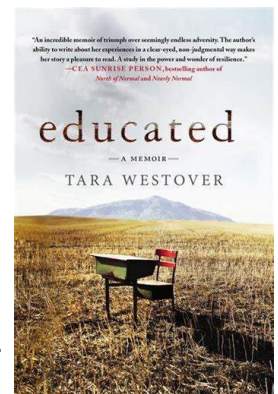
Next documentary: June 10, 12:30pm  
Distant Barking of Dogs

## Book Club at Legion Hall

May 8 9:30 AM  
2nd Wednesday

### April's Book Educated By Tara Westover

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

May 14 10am-1:30pm  
June 11 10am-1:30pm

During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage. Each appointment is \$35  
Provider: Sarah Kinghorn: BSN RN CFCN



### 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.



# Trips

Sponsored by The Friends of Groton Elders

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

## 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.

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 now

**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!



\$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 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

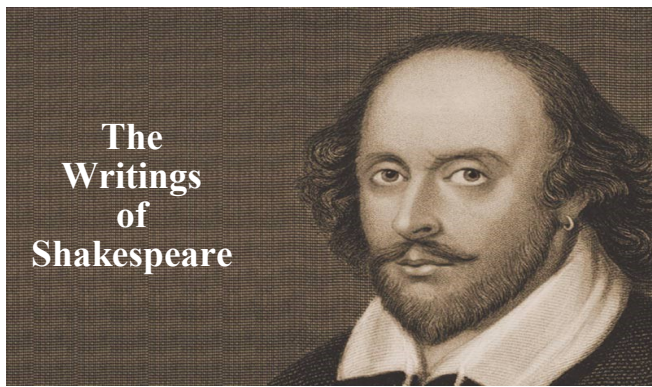
**Tuesday, October 22**

**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.



*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.

## *Health and Wellness Education at Lost Lake Fire Station*

Thursday, May 16 1:00pm

### **Curious about Reiki**

Presented by: *Nashoba Nursing & 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.

## **Tech Support**

**Thursday, May 16  
10:00am**

**1 hour individual appointments**

Bring your laptop, phone or tablet and meet with our tech expert Tom Pistorino. He will spend up to 1 hour with you and help get you through your challenges.



Appointments are necessary, please call the COA, 978-448-1170.

## *Pinterest with Kathy and Kathy* Lost lake Fire Station

### **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.*



## **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*

## Groton Women's Club Luncheon

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

# Gay 90's Celebration

Wednesday, May 15

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



Following a lunch of rotini salad, chicken salad and birthday cake, we will enjoy Mr. Brian Cocoran. Brian will join us again this year with "Memories in Music", great songs from the era of the Greatest Generation.

In addition to the music, the show includes humorous stories about Brian's family and lots of anecdotes about growing up as one of fifteen children!

Please register by calling the COA, 978-448-1170 by Friday, May 10



Local elections are **May 21**. The COA van is available to get you to the polls. Please call **978-448-1141** to reserve your ride.



## Police Picnic



Wednesday, June 12 11:00am

Held at the Groton Pool and Golf Center!  
There will be a shuttle available from the parking lot to the building

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad, a gift bag for everyone and music by Groton's own John Murphy!  
A big thank you to Groton's Police Department for a much anticipated day.

Please call the senior center to register by Wednesday, May 5

## Celebrating Fathers Day BBQ and Car Show

Held at Central Fire Station

Friday, June 14 12:00pm

Cost: none

**Menu:** Grilled Sausage, Peppers and Onions with Pasta Salad followed by strawberry shortcake for dessert.

Open to all men. Join us and celebrate the special bond of fathers and their children. Please join us if you were a father and/or you had a father!

Perhaps you're one of the many who hanker after those clanking, rumbling old models of years ago – those dear, old, eloquent cars with their simple, accessible workings. Following lunch wander through the fire station parking lot and reminisce as you take in the nostalgic automobiles. A few of the beauties you'll see:



**1930 Roadster Chevy Pick-Up**

Owner: Frank Scimemi

**1973 Volkswagen Beetle**

Owner: George Faircloth

**1927 Buick Roadster**

Owner: Bob Hargraves

**1955 Chevy Police Cruiser**

Owner: Retired Chief Donald Palma

Register by call the COA, 978-448-1170, by Wednesday, June 12.



Open to the entire community

Please help our planet

Sponsored by

Friends of Groton Elders

**Saturday, June 15**

9:00am-Noon

Town Hall Parking Lot

Station Ave

Bring old fax, bank records—all paper  
Paper clips and staples allowed.





**Thursday May 16th  
12:30pm to 1:30pm**

High School Black Box Theatre

Join the students of the Groton-Dunstable Regional high school service learning class for a variety show. In addition to some great talent you will enjoy some sweet and salty snacks. Last year the same class hosted a luncheon and it was a great opportunity to participate with some of the younger people in our community.

This year is sure to be great too!

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

## Kayak Klub

Informational meeting

At this time you will need to have your own kayak and the ability to transport it.

**Monday, May 13 10:00pm**

Join us for season #2 of Kayaking!

Meet our leader, Rich Marton and join this friendly, outgoing group. Trips are scheduled by the leader and participants and open to all level of experience. Come and see what it's all about!



## Free Community event The New England Brass Band in Concert

**Friday, May 17**

**7:00pm**

Free and open to the public

Lawrence Academy  
Richardson-Mees Performing Arts Center

Special finale featuring premier of new arrangement  
with the Lawrence Academy Singers!

## Celebrate The New Center!



## Luau

**Wednesday, June 19**

**5:00pm**

**Groton Country Club**

**Tickets \$5**

**Available at the Council on Aging  
Call 978-448-1170**

**Music by: Side Effects**

**Take a virtual tour of the new center!  
There will be announcements  
of new sponsors!**

**Enjoy a dinner of Hawaiian Chicken, pulled  
pork, tropical fruit salad, roasted potatoes  
and dessert!**

**Cash bar  
COA Van transportation available.**

**Sponsored by the Friends of Groton Elders**



**The Lobby: Before and After**

