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
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, & 5th, 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 ap-
plies for the program will be accepted, as they
only have 4 workdays in Groton.

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

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 online by going to www.prescriptionadvantagema.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
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.
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**May 2019**
**Mondays**
- Documentaries *(Mon varies)* 1:00pm
- Strength Training 11:30am
- 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 10:00am
- Take A Walk 10:30am
- 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
- Bridge *(1st and 3rd Fri.)* 12:30pm

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**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.
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.

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**Local Trips**

**Medical**  
within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

**Social**

**Shopping**

**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

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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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**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

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**Yoga at Lost Lake Fire Station**
Supported by the Friends of Groton Elders

**Yoga at Lost Lake Fire Station**

**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**

**Tuesdays**  12:30pm  
**Cost: none**

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

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**Mahjong**

**Tuesdays**  12:30pm  
**Cost: none**

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**Spaghetti Dinner For seniors**

**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.

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**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**

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**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.

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**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
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 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

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!
**Concrete Bowls**

**Thursday, May 23  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.

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**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 you through your challenges.

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

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**Pinterest with Kathy and Kathy**

**Lost lake Fire Station**

**Concrete Bowls**

**Thursday, May 23  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.

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

**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.

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**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
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.

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.

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*

**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.**
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