



# 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

June 2019



978-448-1170

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

## Service To Your Community

As the Executive Director of a senior center in New York, and as a United Way Agency, I had access to a community wide volunteer data base that would help support projects and events we might have at the senior center. It was an extraordinary resource and integral to our success. As part of the Council on Aging strategic plan we are creating a community wide volunteer data base that will support the Council on Aging and other non profits and town departments. With a slow roll out we will begin with service opportunities at the Council on Aging, Groton Dunstable Schools and Town of Groton departments. By January 1, 2020, we hope to add non-profit organizations located in Groton.

Located in the newsletter is a volunteer information form, please take a minute and complete the form and return it to the COA. We in particular, the COA, will have an increase in volunteer opportunities once we open The Center—our success will be a collaborative process and we would love to have you!

*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

## Luau Celebrate The New Center!

Co-Sponsored by the Friends of Groton Elders

Wednesday, June 19

5:00pm at the Groton Country Club

Tickets \$5

Available at the Council on Aging

Call 978-448-1170

*Three randomly chosen ticket holders will get a personal tour of The Center the following week.*

**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.

# Council on Aging Outreach and Support

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

## Your Ticket to **FREE** Summer Fun 100 VENUES! 10 FRIDAYS!



### Friday, June 28

MIT Museum  
Plimoth Plantation  
Cape Ann Museum

### Friday, July 5

Telephone Museum  
Jacob's Pillow  
Museum of Printing

### Friday, July 12

Museum of Fine Arts  
Patriots Hall of Fame  
Springfield Museums

### Friday, July 19

Battleship Cove  
Peabody Essex Museum  
Sandwich Glass Muse.

### Friday, July 26

Commonwealth Muse.  
Historic Deerfield  
Cape Cod Muse. of Art

For a calendar of all  
100 summer venues...

### Friday, August 2

Franklin Park Zoo  
Russian Icons Muse.  
Concord Museum

### Friday, August 9

Hancock Shaker Village  
Gore Place  
JFK Hyannis Muse.

### Friday, August 16

USS Constitution Muse.  
Fuller Craft Museum  
Paragon Carousel

### Friday, August 23

Emily Dickenson Muse.  
Berkshire Museum  
Fort Devens Museum

### Friday, August 30

Old Sturbridge Village  
Capron Park Zoo  
EcoTarium

Please stop by our  
temporary location at  
185 Lost Lake Dr.



## NEWS FROM SHINE JUNE 2019

### CENTRAL MASS SHINE WEBSITE

### MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES

Chapter 115 of the Massachusetts General Laws entitles eligible Massachusetts veterans and their spouses, or in some cases widows / widowers, to reimbursement of medical expenses if they meet certain income and asset guidelines.

#### Income

Number in Family	Maximum Monthly Income
1	\$2081.00
2 (+)	\$2817.00

#### Assets

Single	\$5,000.00
Married	\$9,800.00

This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. **If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. The only requirement is the income guidelines above and a copy of the veterans discharge DD214 indicating active service. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.**

### 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. You can visit us on the web at [www.shinema.org](http://www.shinema.org)



**The MA Senior Legal Helpline** provides free legal information and referral services to MA residents 60+. The helpline is open M-F 9:00AM—12:00PM. The phone number is 1-800-342-5297.

## Pizza and a Flick

Held at Central Fire Station

*This program is made possible through the generous donation of Ebi and Desiree Masalehdan*

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.



## FREE SHREDDING EVENT

*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.  
Please no cardboard

## 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

**1955 Pick up**  
Owner: Doug Ruby

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



## Police Picnic

Wednesday, June 12 11:00am

*Held at the Groton Country Club*






*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, potato salad, and a gift bag for everyone. One of the COA's favorites, Groton's own John Murphy, will provide music for the event. A big thank you to Groton's Police Department for a much anticipated day.

Please call the COA, 978-448-1170, to register by Wednesday, June 5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Accredited by</b>  <b>National Institute of Senior Centers</b>				
<b>3</b>  11:30 Strength Training	<b>4</b> 8:30 Pickleball 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 12:30 Mahjong <b>1:00 Shakespeare</b>	<b>5</b> 9:30 Pilates 10:30 No Strength Training <b>12:00 Pizza &amp; Movie Can You Ever Forgive Me</b>	<b>6</b> 8:30 Pickleball 9:00 Yoga 10:00 Line Dancing 10:30 Take a Walk 12:30 Bone Builders 7:00 Meditation	<b>7</b> VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
<b>10</b> 11:30 Strength Training <b>12:30 Documentary Distant Barking Of Dogs</b>	<b>11</b> 8:30 Pickleball 10:00 Writing Creatively <b>10:00 Focus on Footcare</b> 10:30 Bone Builders 12:30 Hand & Foot 12:30 Mahjong	<b>12</b> <b>9:30 Book Club</b> 9:30 Pilates 10:30 Strength Training <b>11:00 Police Picnic</b>	<b>13</b> 8:30 Pickleball 9:00 Yoga 10:00 Line Dancing 12:30 Bone Builders 7:00 Meditation	<b>14</b> VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training <b>12:00 Father's Day BBQ</b>
<b>17</b> 11:30 Strength Training <b>1:00 BOD Meeting</b>	<b>18</b> 8:30 Pickleball 10:00 Writing Creatively 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong <b>1:30 Hearing Screening</b>	<b>19</b> 9:30 Pilates 10:30 Strength Training <b>5:00 LUAU</b> 	<b>20</b> 8:30 Pickleball 9:00 Yoga <b>10:00 Tech Support</b> 10:00 Line Dancing 12:30 Bone Builders 7:00 Meditation	<b>21</b> VAN Westford Market Basket Plaza 10:00 Strength Training 12:30 Bridge
<b>24</b> 11:30 Strength Training	<b>25</b> 8:30 Pickleball 10:00 Writing Creatively 11:00 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	<b>26</b> <b>Center Closed for Staff Training</b>	<b>27</b> 8:30 Pickleball 9:00 Yoga 10:00 Line Dancing 12:30 Bone Builders 7:00 Meditation	<b>28</b> VAN Christmas Tree Shoppe Plaza 10:00 Strength Training



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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
Swimming	12:00pm
COA Board Meeting ( <i>3rd Mon</i> )	1:00pm

### Tuesdays

Take a Walk	10:30am
Pickleball	11:30am
Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Hand and Foot Cards	12:30pm
Mahjong	12:30pm
Hearing Screenings ( <i>3rd Tu</i> )	11:15am

### Wednesdays

Book Club ( <i>2nd Wed</i> )	9:30am
Pilates	9:30am
Strength Training	10:30am
Groton Women's Club Luncheon ( <i>3rd Wed</i> )	12:00pm
<i>Sponsored by Groton Trust Lecture Fund</i>	
Ask the Nurse	
and Blood Pressure Screenings ( <i>3rd Wed</i> )	1:30pm
<i>Presented by Nashoba Associated Boards of Health &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
Swimming	12:00pm

## Hearing Screenings at Lost Lake Fire Station



**Tuesday, June 18**

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 Country Club

Mondays, 12-1pm no cost  
Fridays, 12-1pm 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

#### Until June 11

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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*Dear Friends,*  
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it is our honor and privilege to help share your loved one's  
story during a most difficult time. By celebrating your loved  
one's life in a beautiful and personalized way, our staff can  
assist your family with care and compassion, guiding you  
toward healing and acceptance. We invite you to come and  
visit us to discuss the many options available.

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## 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!

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## 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!

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## 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.

## Tech Support

**Thursday, June 20**

**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.

## Documentary

**Monday, June 10 12:30pm**

**Lost Lake Fire Station**



### ***Distant Barking of Dogs***

***Running time 91 minutes***

The film follows the life of 10-year-old Ukrainian boy Oleg throughout a year. Through Oleg's perspective, the film examines what it means to grow up in a war zone. It portrays how a child's universal struggle to discover what the world is about grows interlaced with all the dangers

and challenges the war presents. Thus,

THE DISTANT BARKING OF DOGS unveils the consequences of war bearing down on the children in Eastern Ukraine, and by natural extension, the scars and self-taught life lessons this generation will carry with them into the future.

**Next documentary: July 8, 12:30pm**  
**Gershwin Remembered**

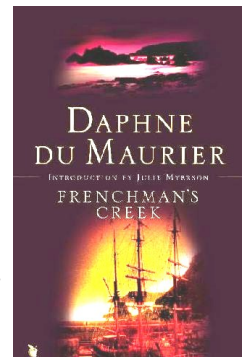
## Book Club at Legion Hall

**June 12 9:30 AM**

**2nd Wednesday**

June's Book  
**Frenchman's Creek**  
By Daphne DuMaurier

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

**June 11 10am-1:30pm**

**July 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



# Trips

Sponsored by The Friends of Groton Elders

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

**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!

**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**

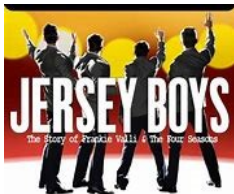
**Jersey Boys at the Northshore Theater**

Cost: \$114

Departure time 10am from Lost  
Lake Fire Station

Trip includes:

Transportation, driver's tip, show  
and buffet luncheon at The Bistro  
adjacent to Northshore Theater.



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.

\$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)

## 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 ar-  
rive you will have some time to pe-  
ruse 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.

## COA Van Excursions

Call the COA for your reservation 978-448-1170

**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.





**SUMMER OF  
ACADEMY AWARD  
NOMINATED MOVIES**  
**Held at the Central Fire Station**

**WEDNESDAYS  
JULY 3 - AUGUST 14**

On Wednesdays throughout the summer we'll be showing the 2019 Academy Award nominated movies with a sponsored lunch. After the last movie, we'll vote for the COA **Best Movie of the Year.**

**Registration is important, please call the COA, 978-448-1170**

Wednesday, July 3  
**Greenbook**

Wednesday July 10  
**Bohemian Rhapsody**

Wednesday, July 17  
**Black Panther**

Wednesday, July 24  
**Roma**

Wednesday, July 31  
**The Favourite**

Wednesday, August 7  
**Vice**

Wednesday August 14  
**BlackKkKlansman**

We even get excited about the  
Leach Field and dumpster pad!



**Kayak Klub**



Are you interested in kayaking with a group?  
There is safety in numbers and comradery in numbers! You need to have to have your own kayak and ability to transport it. Outings vary once or twice a week, scheduled dates are available through email within the group.



To join call and let us know and we will add you to our mailing list.

Call the COA, 9789-448-1170.

**Groton Swim  
at the Country Club**

**Open to Groton residents 60 and older**

Through the generosity of the Groton Country Club and volunteer facilitators, Amy Killham and Tessa David the pool is open at the Country Club

Open swim available:  
Mondays 12-1pm  
Fridays 12-1pm

First time swimmers are required to stop at the senior center temporary location, Lost Lake Fire Station 185 Lost Lake Drive, to complete a registration form.



# Live Your Legacy

## Groton Council on Aging Volunteer Interest Form

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

"Don't ever  
question the  
value of  
volunteers.  
Noah's Ark was  
built by  
volunteers; the  
Titanic was  
built by  
professionals."

DAVE GYNN

facebook.com/thecrowhojjoy

### Council on Aging Opportunities

*Please check all your interests*

- |  |  |
|--|--|
| <input type="checkbox"/> Administrative Support            | <input type="checkbox"/> Art Gallery Coordinator |
| <input type="checkbox"/> Data Entry                        | <input type="checkbox"/> Shopping Companion      |
| <input type="checkbox"/> Board Members                     | <input type="checkbox"/> Photographer            |
| <input type="checkbox"/> Garden Support                    | <input type="checkbox"/> Newsletter Delivery     |
| <input type="checkbox"/> Medical Appointment Escort        | <input type="checkbox"/> Special Events          |
| <input type="checkbox"/> Instructors:<br>Topic _____       | <input type="checkbox"/> Cooking Support         |
| <input type="checkbox"/> Technology Support                | <input type="checkbox"/> Newcomer Liaison        |
| <input type="checkbox"/> Fix-It Program                    | <input type="checkbox"/> Decorations             |
| <input type="checkbox"/> Friendly Visitor                  | <input type="checkbox"/> Bird Feeders            |
| <input type="checkbox"/> Income Tax Preparation            |  |
| <input type="checkbox"/> Intergenerational Program Liaison |  |
| <input type="checkbox"/> Meals on Wheels Driver            |  |
| <input type="checkbox"/> Veterans Wall Administration      |  |
| <input type="checkbox"/> Flag Display                      |  |
| <input type="checkbox"/> Film Crew                         |  |
| <input type="checkbox"/> Bone Builders Leader              |  |
| <input type="checkbox"/> Program Planning                  |  |

### GDRS Opportunities

*Please check your interests*

- ☐ High School Library:  
Shelving books, circulations,  
answering phones
- ☐ High School Drama Club:  
costume sewing/design, script  
writing, stage make up.
- ☐ Middle School:  
moderator annual Geography bee  
in January and Spelling Bee in  
Spring
- ☐ Florence Roche Science Fair  
Judge
- ☐ Middle School Reading Support
- ☐ Middle School Pen Pals

### Town Hall and Library

*Please check all your interests*

- ☐ Town Hall: Service on town committee (varied)
- ☐ Library: Life Long Learning Course Leader
- ☐ Library: Adult Program Host



Friends of Groton Elders requests your support for

# The Center

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_



## Donation Categories



Friend \$25-\$499



Alumni \$500-\$999



Supporter \$1,000-\$4,999



Sponsor \$5,000-\$9,999



Legacy \$10,000-\$99,000



Benefactor \$100,000 plus

I support The Center with my donation.

Please apply my donation to one or both of the following:

Thank You  
for your support

\_\_\_\_\_ Building Enhancements (furnishings and supplies)

\_\_\_\_\_ Lifelong Learning (senior center programs)

To honor a loved one please complete:

My donation is in honor of \_\_\_\_\_.

My donation is in memory of \_\_\_\_\_.

\_\_\_\_\_ I commit my support of \_\_\_\_\_ dollars. My donation is included.

\_\_\_\_\_ I commit my support of \_\_\_\_\_ dollars in two yearly installments.



My Check is included



Credit Card # \_\_\_\_\_

Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_

*Please mail your tax deductible donation payable to Friends of Groton Elders to:  
Friends of Groton Elders PO Box 289 W. Groton, MA 01472*