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

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

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**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

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**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

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For a calendar of all 100 summer venues...

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**NEWS FROM SHINE  JUNE 2019**

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**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.

<table>
<thead>
<tr>
<th>Income</th>
<th>Asset</th>
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<tbody>
<tr>
<td>Maximum Monthly</td>
<td>Single</td>
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<tr>
<td>Income</td>
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This program is an entitlement in recognition of your service and not charity. You may 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.**

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**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).

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**Did You Know?**

**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

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

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
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>11:30 Strength Training</td>
<td>8:30 Pickleball</td>
<td>9:30 Pilates</td>
<td>8:30 Pickleball</td>
<td>VAN DW Highway</td>
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<tr>
<td>10:00</td>
<td>10:00 Writing Creatively</td>
<td>10:30 No Strength Training</td>
<td>9:00 Yoga</td>
<td>9:30 Take a Walk</td>
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<td>10:30</td>
<td>10:30 Take a Walk</td>
<td>12:00 Pizza &amp; Movie Can You Ever Forgive Me</td>
<td>10:00 Line Dancing</td>
<td>10:00 Strength Training</td>
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<td>12:30</td>
<td>12:30 Hand &amp; Foot</td>
<td>12:30 Bone Builders</td>
<td>12:30 Take a Walk</td>
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<td>12:30</td>
<td>12:30 Mahjong</td>
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<tbody>
<tr>
<td>11:30 Strength Training</td>
<td>8:30 Pickleball</td>
<td>9:30 Book Club</td>
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<td>VAN Wal-Mart</td>
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<td>10:00 Writing Creatively</td>
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<td>12:30</td>
<td>10:00 Focus on Footcare</td>
<td>10:30 Strength Training</td>
<td>10:00 Line Dancing</td>
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<td>12:30</td>
<td>12:30 Bone Builders</td>
<td>11:00 Police Picnic</td>
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<td>12:00 Father’s Day BBQ</td>
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<tr>
<td>11:30 Strength Training</td>
<td>8:30 Pickleball</td>
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<td>VAN Westford Market</td>
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<td>1:00</td>
<td>10:00 Writing Creatively</td>
<td>10:30 Strength Training</td>
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<td>BOD Meeting</td>
<td>10:30 Pickleball</td>
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<td>10:00 Tech Support</td>
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<tr>
<td>11:30 Strength Training</td>
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**Center Closed for Staff Training**

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**Groton Senior Center Activities**

**Accredited by National Institute of Senior Centers**
Mondays
- Documentaries (Mon varies) 1:00pm
- Strength Training 11:30am
- Swimming 12:00pm
- COA Board Meeting (3rd Mon) 1:00pm

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

Wednesdays
- Book Club (2nd Wed) 9:30am
- Pilates 9:30am
- Strength Training 10:30am
- Groton Women’s Club Luncheon (3rd Wed) 12:00pm
- Hearing Screenings and Blood Pressure Screenings (3rd Wed) 1:30pm

Thursdays
- Yoga—$3 per class 9:00am
- Line Dancing 10:00am
- Take A Walk 10:30am
- Pickleball 11:30am
- Vet’s Breakfast (1st Thurs) 10:00am
- Tech Support (3rd Thursday) 10:00am
- Meditation 7:00pm

Fridays
- Shopping - $4 for van 9:00am
- Take Walk 9:30am
- Strength Training 10:00am
- Swimming 12:00pm

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

Hearing Screenings at Lost Lake Fire Station
- Tuesday, June 18
- 3rd Tuesday of each month
- 1:30 - 2:30pm
- By Appointment

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.
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
- **2nd Friday:** Shopping in Lunenburg: Wal-Mart
- **3rd Friday:** Westford Market Basket Plaza (afternoon)
- **4th Friday:** Nashua Drop at BJ’s or Christmas Tree Shop, Kohls, Burlington Coat Factory, LL Bean.

**Round Trip Fees:** Trips to Senior Center no charge
- In-Town $3.00 roundtrip 12 Ride Voucher $30
- Out-of-Town $4.00 roundtrip 12 Ride Voucher $40

Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.

Reservations cannot be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. **When you make your reservation please let staff know if you are transported by a wheelchair.**

---

**Inspire Health**

**Bone Builders**
- Tuesdays, 10:30am  no cost at Lost Lake
- Thursdays, 10:30am  no cost at Lost Lake

**Pickleball**
- **Twomey Center**
  - Tuesdays, 11:30am  no cost
  - Thursdays, 11:30am  no cost

**Groton Swim**
- **Groton 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, 10:30am  no cost
  - Thursdays, 10:30am  no cost

**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.
**Bridge**

1st and 3rd Fridays 12:30pm  
**Cost: none**

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

---

**Mahjong**

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

Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards. Join us anytime!

---

**Hand & Foot**

Tuesday 12:30pm  
**Cost: none**

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!

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**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.

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**Documentary**

Monday, June 10 12:30pm  
Lost Lake Fire Station

**Distant Barking of Doge**  
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.

---

**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.

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**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

$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)

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.

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.

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
  - BlacKkKlansman

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**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, 978-948-1170.

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**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 12-1 pm
- Fridays 12-1 pm

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.

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We even get excited about the Leach Field and dumpster pad!
Live Your Legacy
Groton Council on Aging
Volunteer Interest Form

Date__________________
Name__________________________________________________
Address__________________________________________________________________________
__________________________________________________________________________
Phone__________________________
Email________________________________________
Date of Birth________________________

Council on Aging Opportunities
Please check all your interests

☐ Administrative Support
☐ Data Entry
☐ Board Members
☐ Garden Support
☐ Medical Appointment Escort
☐ Instructors:
  Topic _____________________________
☐ Technology Support
☐ Fix-It Program
☐ Friendly Visitor
☐ Income Tax Preparation
☐ Intergenerational Program Liaison
☐ Meals on Wheels Driver
☐ Veterans Wall Administration
☐ Flag Display
☐ Film Crew
☐ Bone Builders Leader
☐ Program Planning

GDRS Opportunities
Please check your interests

☐ Art Gallery Coordinator
☐ Shopping Companion
☐ Photographer
☐ Newsletter Delivery
☐ Special Events
☐ Cooking Support
☐ Newcomer Liaison
☐ Decorations
☐ Bird Feeders

☐ 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

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

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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:

_____ 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