



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

July 2019



978-448-1170

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

Building Update

I'm excited to say the building is now buzzing along! Windows are in, parking lot is paved and wall board is going up! Everyday we continue to move forward. It looks like the first week of October we will open for programs (I do warn you though, anything can happen during a construction project).

Our gratitude continues to the community as sponsorships for the building continue to come in:

Rollstone Bank & Trust

Legacy support of a permanent Veteran's Wall of Honor and Flagpole

Lawrence Academy

Sponsor of exercise equipment

Commonwealth of Massachusetts

Representative Harrington and Senator Kennedy have secured \$92,000 to cover the cost of the generator.

Friends of Nashoba Hospital

In memory of Norma Garvin, Sponsor of Life Long Learning

We continue to be touched by support of this community. The generosity is empowering. We are committed to being worthy of this support.

Kathy



The Front of the Community Room

The bottom will be windows too

Mission Statement:

The Groton COA serves as the community focal point promoting independence of older adults, through information and referral, support, health and wellness, socialization and education. Providing opportunities for all individuals as they age by leveraging resources, developing a sustainable future, and engaging in strong partnerships and collaborations.

Director

Kathy Shelp
kshelp@townofgroton.org

Outreach Coordinator

Stacey Shepard Jones

Activities/Volunteer Co.

Kathy Santiago

Maintenance

Jimmy Kuzmitch

Van Driver

Marcel Falardeau

Richard Marton

Peter Cunningham

Herb Peterson

John Reilly

Heather Rhodes

Eddie Wenzell

Selectmen Liaison

John Reilly

School Committee Liaison

Marlena Gilbert

COA Board of Directors

Chairman

Gail Chalmers

Vice Chairman

Richard Marton

Secretary

Helen Sienkiewicz

Members

Ellen Baxendale

Peter Cunningham

Mihran Keoseian

Paula Martin

Sheila Nash

Jean Sheedy

Council on Aging Outreach and Support

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

Farmers Market Coupons

Every summer the Farmers Market Nutrition Program gives eligible seniors coupons to buy fresh fruits and vegetables at local farmers markets. Funding for the Program is provided by the U.S. Department of Agriculture's Food and Nutrition Service with an additional required state match.

To be eligible to receive Farmers Market Coupons, you must be:

- 60 years of age or older
- Disabled and living in senior housing

Your income must be lower than the Income Limits (gross household income) outlined below:

<u>Household Size</u>	<u>Annual</u>	<u>Monthly</u>
1	\$23,107	\$1,926
2	\$31,284	\$2,607
3	\$39,461	\$3,289
4	\$47,638	\$3,970

There will be a limited amount of coupon books available. If you would like your name to be put on a list to receive them, please call Stacey at 978-448-1170.



NEWS FROM SHINE JUNE & AUGUST 2019

Staying Healthy with No Cost

Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. **These services are free** whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

You can visit SHINE's website: www.shinema.org or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call.



Did you know that hospitals have complimentary service to help you fill out a **Masshealth** application. To make an appointment, call the hospital's Patient Financial Counselor Department.



Let's get together for coffee!!!

The Groton Council on Aging offers a large variety of services, programs, and information and referral to seniors i.e., exercise classes, educational classes, help applying for fuel assistance and/or food stamps, transportation, book club, fun day trips, technical support, movies, and much more. If you'd like to talk and learn more about all that we have to offer senior residents, please call me at 978-448-1170, and we can meet for coffee and talk about the service/programs you may be interested in or qualify for. Stacey

**SUMMER OF
ACADEMY AWARD
NOMINATED MOVIES**

**WEDNESDAYS
JULY 3 - AUGUST 14**

Held at the Central Fire Station

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
Rated PG-13

Wednesday July 10
Bohemian Rhapsody
Rated PG-13

Wednesday, July 17
Black Panther
Rated PG-13

Wednesday, July 24
Roma
Rated R

Wednesday, July 31
The Favourite
Rated R

Wednesday, August 7
Vice
Rated R

Wednesday August 14
BlacKkKlansman
Rated R

Wednesday, August 21
A Star is Born
Rated R



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



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.

Senior Pilates

LOCATION: LOST LAKE FIRE
Wednesdays 9:30 AM - 10:30 am
9 WEEKS \$90



*Boost your metabolism and burn more calories with this 60 minute class! **This class is perfect for the first time exerciser to the fitness enthusiast!***

You will be given individual attention to ensure that you are getting the most from your workout and exercising safely! If your goal is weight loss, a scale will be available along with initial and ending measurements and Weight Loss tips along the way!

Register by calling the COA, 978-448-1170

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Pickleball Pick up 11:30 Strength Training 12:00 Groton Swim 	2 8:30 Pickleball League 10:00 Writing Creatively 10:30 Bone Builders 12:30 Hand & Foot 12:30 Mahjong	3 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Movie Greenbook	4 7:45 Pilates 8:30 Pickleball League 9:00 Yoga 10:00 Line Dancing 10:30 Bone Builders 7:00 Meditation	5 VAN DW Highway 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
8 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim 12:30 Documentary Gershwin Remembered	9 8:30 Pickleball League 10:00 Writing Creatively 10:00 Focus on Footcare 10:30 Bone Builders 12:30 Hand & Foot 12:30 Mahjong	10 8:30 Pickleball Pick up 9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Pizza & Movie Bohemian Rhapsody	11 7:45 Pilates 8:30 Pickleball League 9:00 Yoga 10:00 Line Dancing 10:30 Bone Builders 7:00 Meditation	12 VAN Wal-Mart 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim
15 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim	Fosters Clam Bake Trip 16 8:30 Pickleball League 10:00 Writing Creatively 10:30 Bone Builders 12:30 Hand & Foot 12:30 Mahjong 1:30 Hearing Screening	17 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Movie Black Panther	18 7:45 Pilates 8:30 Pickleball League 9:00 Yoga 10:00 Line Dancing 10:30 Bone Builders 7:00 Meditation	19 VAN Westford Market Basket Plaza 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
22 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim 1:00 BOD Meeting	23 8:30 Pickleball League 10:00 Writing Creatively 10:30 Bone Builders 12:30 Hand & Foot 12:30 Mahjong	24 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Movie Roma	25 7:45 Pilates 8:30 Pickleball League 9:00 Yoga 10:00 Tech Support 10:00 Line Dancing 10:30 Bone Builders 7:00 Meditation	26 VAN Christmas Tree Shoppe Plaza 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim
29 8:30 Pickleball Pick up 10:00 Strength Training 12:00 Groton Swim	30 8:30 Pickleball League 10:00 Writing Creatively 11:00 Bone Builders 12:30 Hand & Foot 12:30 Mahjong	31 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Movie The Favourite 11:30-12:30 Blood Pressure Screening	<div> <div>Accredited by</div> <div>  </div> <div>National Institute of Senior Centers</div> </div>	



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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	8:30am
Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Hand and Foot Cards	12:30pm
Mahjong	12:30pm
Hearing Screenings (<i>3rd Tu</i>)	11:15am

Wednesdays

Book Club (<i>2nd Wed</i>)	9:30am
Pilates	9:30am
Strength Training	10:30am
Groton Women's Club Luncheon (<i>3rd Wed</i>)	12:00pm
<i>Sponsored by Groton Trust Lecture Fund</i>	
Ask the Nurse	
and Blood Pressure Screenings (<i>3rd Wed</i>)	1:30pm
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
Pizza and a Flick (<i>Wed varies</i>)	12:00pm
<i>Sponsored by Ebi and Desiree Masalehdan</i>	
Nashoba Tech Lunch - \$10 (<i>Wed varies</i>)	12:00pm
Holiday Celebrations (<i>Wed. varies</i>)	12:00pm
Lunch and Learn (<i>4th Wed</i>)	12:00pm
<i>Sponsored by RiverCourt Residences</i>	

Thursdays

Yoga—\$3 per class	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Line Dancing	10:00am
Take A Walk	10:30am
Pickleball	8:30am
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
Bridge (<i>1st and 3rd Fri.</i>)	12:30pm

Hearing Screenings at Lost Lake Fire Station



Tuesday, July 16

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.

Transportation Information

Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

Serving outlying Medical services

Boston, Concord, Burlington, Waltham and the VA

This service is also open to residents in surrounding towns, however the van will leave from the Groton Senior Center for non-residents.

Wednesday: Serving **Boston area hospitals** Mass General, Dana Farber, Brigham & Women's, Boston VA, St. Elizabeth. Please make your appointments between the hours of 11am and 1pm.

Monday, Tuesday and Fridays: Serving Concord, Waltham, Lahey and Bedford VA and surrounding area.

Please make your appointments between the hours of 10am and 2pm.

Round Trip Fees: Boston \$15, Emerson \$5, others \$10
No charge for the VA.

Please call if you absolutely cannot get an appointment within the requested days and we will do our best to accommodate you.

Local Trips

Medical

Social

Shopping

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

Mondays, Tuesdays, and Thursdays: First pick ups at 9:30am Mondays and 8:30am Tuesdays and Thursdays with last trip completed by 3:00pm.

Wednesdays: Visit to Loaves and Fishes (no charge for this) the van leaving the COA at **10:00am** and with the last trip completed by **2:00pm**.

Fridays: Special shopping trips.

Friday Special Shopping: 9:30 AM - 2:00 PM

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

2nd Friday: Shopping in Lunenburg: Wal-Mart

3rd Friday: Westford Market Basket Plaza (afternoon)

4th Friday: Nashua Drop at BJ's or Christmas Tree Shop, Kohls, Burlington Coat Factory, LL Bean.

Round Trip Fees: Trips to Senior Center no charge

In-Town \$3.00 roundtrip 12 Ride Voucher \$30

Out-of-Town \$4.00 roundtrip 12 Ride Voucher \$40

Inspire Health

Bone Builders

Tuesdays, 10:30am no cost at Lost Lake
Thursdays, 10:30am no cost at Legion Hall

Pickleball

Lost Lake Fire Station

Tuesdays, 8:30am no cost

Thursdays, 8:30am 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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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.

Tech Support

Thursday, July 18

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, July 8 12:30pm

Lost Lake Fire Station

Gershwin Remembered

Running time 90 minutes

A documentary chronicling the career of composer George Gershwin, originally airing during the 50th anniversary year of his death in 1937 at the age of 39. The program includes material from the Gershwin family's photo albums and home movies, footage of Gershwin in performance and rehearsal, and clips from his many shows and movies. Also included are interviews by family and friends sharing their reminiscences

Next documentary: August 12 , 12:30pm
The Inventor: Out for Blood in Silicon Valley

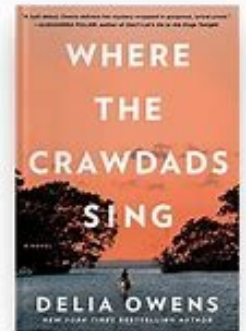
Book Club at Legion Hall

July 10 9:30 AM

2nd Wednesday

July's Book
**Where the
Crawdads Sing**
By Delia Owens

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

July 9 10am-1:30pm

August 13 10:30am-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

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*

Groton Council on Aging
Volunteer Interest Form
Live Your Legacy

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."

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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:
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

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)

Tanglewood

Tanglewood Music Center Orchestra

Gershwin Piano Concerto in F
Gershwin Variations on "I Got Rhythm," for piano and orchestra
Stravinsky Petrushka

Waiting List only

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.

Waiting List only

Sunday, July 21

Cost: \$98

Includes: transportation, ticket, dinner and driver's gratuity



We will depart from the Florence Roche 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.

Waiting List only

Saturday, August 24

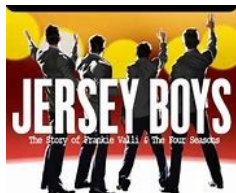
Jersey Boys at the Northshore Theater

Cost: \$114

Departure time 10am from Florence Roche

Trip includes:

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



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.

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.

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.



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.



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

Boat Tour of Lost Lake with Select Board member John Reilly

Sunday, July 28
11:30am or 1:30pm
Meet at Lost lake Fire Station

Join Select Board member John Reilly for a 90 minute adventure on beautiful Lost Lake. Pontoon Captain Reilly will take us on a leisurely cruise around the lake complete with snacks, beverages and lots of laughs!

Please call the COA for your reservation, 978-448-1170. Seating limited.



Tour of Groton Hindu Temple New England Shirdi Sai Parivaar

Thursday, July 25
12:00pm

Join us for a guided tour of Groton's new Hindu Temple. The **New England Shirdi Sai Temple** is a two-story 40,000 square foot building square feet. It was built to be an epicenter of the philosophical and spiritual teachings of **Shri Shirdi Sai Baba** and to accordingly support religious, spiritual, cultural and charitable activities.

Please call the COA to register. Transportation is available.



**Wall are going up!
Window are in!**

