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*

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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.
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.

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

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.
**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*

**Kayak Klub**

Are you interested in kayaking with a group? There is safety in numbers and comradery in numbers! You need 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.

**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

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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Pickleball Pick up</td>
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**July 2019**

**Accredited by National Institute of Senior Centers**
<table>
<thead>
<tr>
<th>Days</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>documentaries (Mon varies)</td>
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<td>Strength Training</td>
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<td>Swimming</td>
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<td>COA Board Meeting (3rd Mon)</td>
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<td>Tuesdays</td>
<td>Take a Walk</td>
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<td>Pickleball</td>
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<td>Creative Creations</td>
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<td>One Stroke Painting Club</td>
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<td>Writing Creatively</td>
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<td>Garden Club</td>
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<td>Hand and Foot Cards</td>
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<td>Hearing Screenings (3rd Tu)</td>
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<td>Strength Training</td>
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<td>Groton Women’s Club Luncheon (3rd Wed)</td>
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<td><strong>Hearing Screenings (3rd Wed)</strong></td>
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<td><strong>Ask the Nurse and Blood Pressure Screenings (3rd Wed)</strong></td>
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<td><strong>Pizza and a Flick (Wed varies)</strong></td>
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<td>Nashoba Tech Lunch - $10 (Wed varies)</td>
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<td>Holiday Celebrations (Wed. varies)</td>
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<td></td>
<td>Lunch and Learn (4th Wed)</td>
<td>12:00pm</td>
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<td>Thursdays</td>
<td>Yoga—$3 per class</td>
<td>9:00am</td>
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<td>**Line Dancing</td>
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<td>**Pickleball</td>
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<td>Vet’s Breakfast (1st Thurs)</td>
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<td><strong>Tech Support (3rd Thursday)</strong></td>
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<td><strong>Meditation</strong></td>
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<td>Fridays</td>
<td>Shopping - $4 for van</td>
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<td>Take Walk</td>
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<td>Swimming</td>
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<td>Bridge (1st and 3rd Fri.)</td>
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For more information and to register please call or better yet, stop in and see us!

**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

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 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.
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 ___________________________________

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
Groton Council on Aging

Volunteer Interest Form

Live Your Legacy

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
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)

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 Fosters with entertainment and your choice of Lobster or chicken.

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.

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 Steam 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

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.

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.

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!

The back of the Community Room

Lobby

Art gallery

Sitting Nooks

Coat Rack

Rest Rooms

Kitchen