



It seems a bit like we just did this.....planned for the opening of The Groton Center. Well, we're doing it again except this time it will look differently. For the time being our building will be used only at about a 25% capacity due to social distancing. With each space at it's maximum we can have 58 people in the entire building and we know even that is not prudent at this time. The community room can hold 20 - 24, classroom 12, Fitness Center 2 and exercise room 6. We can also have about 10 people in the lobby and 4 staff in the reception area. So that's 58 in the whole building not just at one program. Programs will be limited to 24. It's a staggering change and we don't know the duration of these changes.

Prior to our October grand opening we anticipated space to have a free and open environment where people could simply stop by, have coffee with a friend, play pool, sit quietly or maybe watch a little TV. We wanted every room busy all day long but today we have to adapt to our new normal with a tempered re-opening.

For July and August you can expect minimal programs: exercise classes, creative writing, book club, foot care, pickleball and movies. Exercise classes will be held in the community room so we can spread out with writers and book club in the back classroom with chairs and tables six feet apart. We're going to show the academy award movie series twice a week to accommodate more people. We also would like to continue with our Zoom programming and increase our presence on The Groton Channel for those of you not quite ready to come back.

It is essential you register for everything! If you plan on coming to a classes at The Groton Center when we reopen, it will be required to reregister for that class. If you need to speak to staff in person, you will have to have an appointment.

For example: if you've been coming to yoga or strength training for the past 10 you still have to re-register.

We have to know who is in the building and when they are coming.

If you don't register, you won't be permitted in the building.

We have established guidelines and protocol for using the building which are included with this newsletter. Some of the new guidelines are painful for staff to enforce however, we know that it is what is needed for now so please forgive me for how harsh some may seem. Also please remember, they can change both positively and negatively without notice.

We are so happy to have people back in this building, we have missed everyone tremendously! We hope you all continue to be safe and be well!

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

Outreach Coordinator

Stacey Shepard Jones

Activities/Volunteer Co.

Kathy Santiago

Maintenance

Jimmy Kuzmitch

Van Driver

Peter Cunningham

Brad Eaton

Richard Marton

Heather Rhodes

Eddie Wenzell

School Committee Liaison

Marlena Gilbert

Police Liaison

Pat Timmins

COA Board of Directors

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Richard Marton

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Unassigned

Secretary

Helen Sienkiewicz

Members

Peter Cunningham

Mihran Keoseian

Terse Keoseian

Paula Martin

Judith Palumbo O'Brien

Jean Sheedy

Dottie Zale

JOY OF LIVING Meditation Group

7:00 PM Thursdays by ZOOM



Meditation Practice

We gather weekly to practice, study, and discuss meditation based on the Joy of Living teachings of Yongey Mingyur Rinpoche. Feel free to drop in anytime!

When: Every Thursday from 7:00 – 8:30 p.m.

Call the COA for your Zoom invitation 978-448-1170. There is no charge for this program.



Is there a program you see in the newsletter you want to attend but just not ready to go out yet?

Call us, we will Zoom you in whenever possible!

Writing Creatively

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.



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.

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Council on Aging Outreach and Support

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



NEWS FROM SHINE

FOR JULY 2020

We want to let everyone know that although our senior center partners are operating on a limited basis due to the COVID emergency, the SHINE Program is continuing to operate. Although we cannot provide office appointments at this time, our counselors are still available to assist you to answer any of your Medicare related questions.

You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage. Our counselors who are working remotely will return your call within 1 business day. If you live in Central Mass call us at 508-422-9931. We are also available via Zoom video conferencing to do one-on-one appointments if needed. In the near future, we will be doing Medicare 101 presentations via Zoom. Visit our website www.shinema.org and our new Facebook page: SHINE Central MA.

Finally, Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. This information is available on our website at www.shinema.org

Seniors Farmers' Market Coupons Are Coming in July!!!



If you qualify, and would like to be put on a list to receive them, please call Stacey at 978-448-1170.

Income Guidelines for 2020

To be eligible and applicant's gross household income (before taxes are withheld) must be no more than:

Household Size	Annual	Monthly
1	\$23,606	\$1,968
2	\$31,894	\$2,658
3	\$40,182	\$3,349
4	\$48,470	\$4,040

These coupons can be used at the Groton Farmers' Market as well Farmers' Markets in surrounding towns.



A message from District 26 Eastern Mass AA

Are you worried about your drinking?

If you want to drink, that is your choice!

If you want help, Alcoholics Anonymous offers a solution for all ages, and living situations.

Come along with us.

To speak with an AA member contact:

Worcester Area Intergroup Helpline [508-752-9000](tel:508-752-9000),
staffed 24/7/365 or

email steps@aaworcester.org OR

Boston AA Central Service:

[617-426-9444](tel:617-426-9444) Mon-Fri 9am-9pm

Sat, Sun. and Holidays 12-9 pm

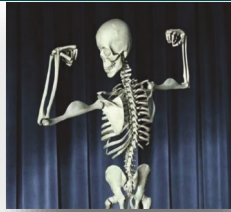
or go to www.aaboston.org for more information.

Health and Wellness

Register for all the programs by Calling the COA, 978-448-1170

Bone Builders

Osteoporosis affects many.
This free class will help



Using light weights, our routines are centered around slow, methodical movements.

Tuesdays and Thursdays 10:30am

A recent study in the Journal of Sports Medicine and Physical Fitness found that low-weight, high-repetition resistance training is especially effective for increasing bone mineral density in adults. Participants in the study experienced up to 8 percent bone density increases in their arms, pelvis, spine and legs.

Strength Training

Mondays , Wednesdays and Fridays
No cost during the summer.
11:00am

Cost: no cost for the summer
Elaine Corsetti, instructor

During the summer months we use a video produced by Elaine. Just the right mix of

Tai Chi

Tai Chi will be back in September

Thursdays, 12:30-1:15PM
Cost: \$5 per class

New students welcome anytime.
Focusing the mind solely on the movements helps to bring about a state of calm and clarity, as you improve your balance and flexibility.

Hearing Screenings

Day Change

3rd Wednesday 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, 978-448-1170.

Senior Pilates

Wednesdays 8:30-9:30am
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!



Yoga

Supported by the Friends of Groton Elders

Thursdays, 9:00AM
Cost: \$5.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.



Focus on Footcare

July 21 and 28 9:30am-1:30pm
August 11 and 25 9:30am -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 \$40.

Provider: Sarah Kinghorn: BSN RN CFCN

Groton Residents only



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.

Transportation Information

Lahey, Boston's Hospitals, Emerson Hospital,
Boston VA and Bedford VA

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: First pick ups are at 10:00am and with the last trip completed by 3:00pm.

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

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

Round Trip Fees:

Trips to COA sponsored programs no charge

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

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

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.

Serving **Boston area hospitals** Mass General, Dana Farber, Brigham & Women's, Boston VA, St. Elizabeth. Please make your appointments between the hours of 10am and 1pm.

Serving Concord, Waltham, Lahey and Bedford VA and surrounding area.

Please make your appointments between the hours of 10am and 1pm.

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

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.*



Book Club

2nd Wednesday

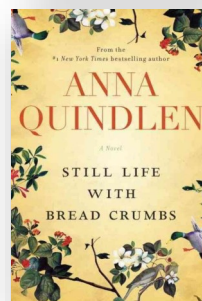
Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members.



July 8 9:30 AM

The Great Alone

By Kristin Hannah






August 12 9:30AM

Still Life with Bread Crumbs

By Anna Quindlen

Please be sure to register by calling the COA, 978-448-1170. You may register for in person or Zoom.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by </p> <p>National Institute of Senior Centers</p>			<p>2</p> <p>Closed for the holiday July 2 and 3</p>	 <p>Happy 4th of July</p>
<p>6</p> <p>11:00 Strength Training</p>	<p>7</p> <p>10:00 Writing Creatively 10:30 Bone Builders 1:00 Ping Pong</p>	<p>8</p> <p>8:30 Pilates 9:30 Book Club 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: 1917</p>	<p>9</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: 1917</p>	<p>10</p> <p>VAN Wal-Mart</p> <p>11:00 Strength Training</p>
<p>13</p> <p>11:00 Strength Training</p>	<p>14</p> <p>10:00 Writing Creatively 10:30 Bone Builders 1:00 Ping Pong</p>	<p>15</p> <p>8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Hearing Screening 1:00 Movie: Ford vs. Ferrari</p>	<p>16</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Ford vs Ferrari</p>	<p>17</p> <p>VAN Market Basket</p> <p>9:30 Watercolor Wksp 11:00 Strength Training</p>
<p>20</p> <p>11:00 Strength Training</p>	<p>21</p> <p>10:00 Focus on Footcare 10:00 Writing Creatively 10:30 Bone Builders 1:00 Ping Pong</p>	<p>22</p> <p>8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: The Irishman</p>	<p>23</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: The Irishman</p>	<p>24</p> <p>VAN Christmas Tree Shoppe Plaza</p> <p>11:00 Strength Training</p>
<p>27</p> <p>11:00 Strength Training</p>	<p>28</p> <p>10:00 Focus on Footcare 10:00 Writing Creatively 10:30 Bone Builders 1:00 Ping Pong</p>	<p>29</p> <p>8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: Joker</p>	<p>30</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Joker</p>	<p>31</p> <p>11:00 Strength Training</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Strength Training	4 10:00 Writing Class 10:30 Bone Builders 1:00 Ping Pong	5 8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: Little Women	6 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Little Women	7 9:30 Watercolor Wksp 11:00 Strength Training
10 11:00 Strength Training	11 10:00 Focus on Footcare 10:00 Writing Class 10:30 Bone Builders 1:00 Ping Pong	12 8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: Marriage Story	13 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Marriage Story	14 VAN Wal-Mart 11:00 Strength Training
17 11:00 Strength Training	18 10:00 Writing Class 10:30 Bone Builders 1:00 Ping Pong	19 8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: Jo Jo Rabbit 1:00 Hearing Screening	20 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Jo Jo Rabbit	21 VAN Market Basket 9:30 Watercolor Wksp 11:00 Strength Training
24 11:00 Strength Training	25 10:00 Focus on Footcare 10:00 Writing Class 10:30 Bone Builders 1:00 Ping Pong	26 8:30 Pilates 9:30 Pilates 11:00 Strength Training 1:00 Ping Pong 1:00 Movie: Once Upon a Time in Hollywood	27 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Once Upon a Time in Hollywood	28 VAN Christmas Tree Shoppe Plaza 11:00 Strength Training
31 11:00 Strength Training			<hr/> Accredited by  National Institute of Senior Centers <hr/>	



SUMMER OF ACADEMY AWARD NOMINATED MOVIES

WEDNESDAYS AND THURSDAYS JULY 8 – SEPTEMBER 3
1:00PM



Throughout the summer we'll be showing the 2020 Academy Award nominated movies 4 days a week. 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.

You may register yourself or a group. Registration is limited to 20 people per showing.



July 6 - 9 1pm
1917
Rated R 2 hours

In 1917, as a regiment assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop **1,600** men from walking straight into a deadly trap.



August 3 - 6 1pm
Little Woman
Rated PG 2 hours and 15 minutes

The seventh film adaptation of the classic Louisa May Alcott novel follows the four March sisters—Jo, Meg, Amy, and Beth—as they go about their lives on their own terms.



July 13 -16 1pm
Ford vs Ferrari
Rated PG13 2 hours 32 minutes

American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.



August 10 - 13 1pm
Marriage Story
Rated R 2 hours and 17 minutes

MARRIAGE STORY is Academy Award nominated filmmaker Noah Baumbach's incisive and compassionate look at a marriage breaking up and a family staying together



July 20 - 23 1pm
The Irishman
Rated R 3 hours 29 minutes

The Irishman delves into the life of Frank "The Irishman" Sheeran, a real-life mob hitman who purports to have killed union organizer Jimmy Hoffa.



August 17 - 20 1pm
JoJo Rabbit
Rated PG13 1 hour 48 minutes

Johannes 'Jojo' Betzler joins the Hitler Youth during World War II. A lonely boy, he learns that his mother is hiding a Jewish girl in their attic. Jojo is torn between his blind nationalism and his mother's compassion, but finds solace in his imaginary friend: Adolf Hitler.



July 27 - 30 1pm
Joker
Rated R 2 hours

A party clown and aspiring comedian dreams of making the world laugh. But living with his mother and suffering from a compulsive laughter disorder, he only feels isolated and ignored. His growing rage and obsession lead him down darker and darker paths, transforming the outcast into an icon of villainy.



August 24—27 1pm
Once Upon a Time in Hollywood
Rated R 2 hours and 41 minutes

Centered on a has-been TV superstar and his stunt double, this homage to golden-age cinema follows an array of colorful characters including some real-life heroes and villains through 1969 Hollywood.

The last movie in this series: coming September 2 and 3
Parasite

Ping Pong Open Play



Singles only

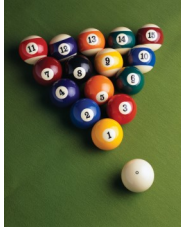
Tuesday: 1-4pm
Wednesdays: 1-4pm
Thursdays: 1-4pm



Register for you and your friends for your 90 minute timeslot. Reservations are required, call the center 978-448-1170.

Open play for billiards

Reservations are necessary for your 1 hour time slot. Reserve for yourself or to play with friends. Call the center, 978-448-1170.



Monday—Friday 8am-4pm

(with the exception of Wednesday and Thursdays, 11:30-2:30pm the table is closed while movies are being shown)

Watercolor Workshop

**\$10 per class
(payable to facilitator)
Class facilitator:
Valerie Baier**



**First and third Fridays
9:30-11:30
Begins July 17**

No minimum attendance however, registration is necessary.

Each class students will work on a subject they select or Valerie can help you chose one.

Bring or own supplies
If you need help with supplies please contact the COA, we have some available.

Call, 978-448-1170 to register.

Tech Support

Tech help will continue!

We will work over the phone or by Zoom or Google Duo.



Get help with your laptop, phone or tablet and talk with our tech expert Tom Pistorino.

Appointments are necessary, please call the COA, 978-448-1170.
Due to limited availability this program is for Groton residents only.

Fitness Center Monday - Friday 8am-4pm

- ⇒ Reservations are necessary for your 45 minute workout.
- ⇒ Only 2 people at a time are permitted in the Fitness Center and participants cannot be on adjoining equipment.
- ⇒ The fitness center will open 7.6.2020.
All fitness center payments are on hold until 1.1.2021.
If you joined this year you will not pay again until 1.1.2022, your previous paid fees will be applied beginning 1.1.2021
New members will pay the membership fee 1.1.2021. In the meantime, new members are still required to complete the paperwork.

As always, equipment must be sanitized following use.



Knitters

Starting back in September

Monday and Fridays

1:00pm

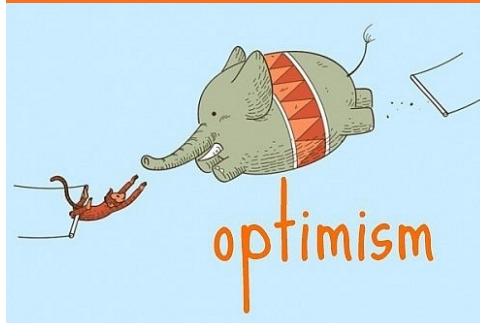
Participant responsible for cost of supplies.

If you would like to participate and need financial help to purchase supplies please call Stacey Shepard Jones, Outreach Coordinator.

Great class for the beginner or an experienced knitter. Expert knitter, Violetta O'Donnell will teach those just learning and help when needed for those more experience.



We're looking forward!



Documentaries



Monday, September 14 1pm

Mercury 13

Running time 1 hour 18 minutes

In the 1960s space race, a select group of women underwent rigid training to prepare for potential space flight only to be denied by NASA. The 13 women who fought for gender equality in aeronautics finally share their side of the story.

Next documentary: October 5, 1pm

Two programs coming in September. We aren't quite sure what they will look like but, mark your calendar - we are surely going to try!

September 11
Honoring Our
First Responders



September 17 6pm
Drive-In Movie
Beautiful Day in the
Neighborhood

A MANIFESTO
AGAINST
AGEISM
ASHTON
APPLEWHITE

This Chair Rocks

Book Study with COA Director,
Kathy Shelp

Books available at the COA

Wednesdays September 16, 23 and 30 10am

From childhood on, we're barraged by messages that it's sad to be old. That wrinkles are embarrassing, and old people useless.

Lively, funny, and deeply researched, *This Chair Rocks* traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. Those register for this class in March will have first "dips", we will also Zoom. Call the COA to register, 978-448-1170.



Thursdays,
Oct 1 - Nov 12
10am

More information in coming September newsletter

COMMUNITY-ACCOUNTABILITY-SUPPORT

LEARN HOW TO LOSE UNWANTED WEIGHT
CONTROL CRAVINGS

LEARN THE BENEFITS OF AN
ANTI-INFLAMMATORY DIET

LEARN HOW TO PREVENT
AND EVEN REVERSE CHRONIC DISEASE
NATURALLY

IMPROVE SLEEP

GAIN MORE ENERGY

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06-5100

The Groton Center
Groton Council on Aging
Protocols for COVID-19 Re-Opening
7.6.2020

- Anyone entering the building must have an appointment or be registered for a class.
No exceptions.
- Everyone must wear a mask.
- Please use the hand sanitizer available at the reception desk, your temperature will be taken there. It is a point and shoot thermometer. If your temperature is over 100.3 you will be asked to go home with a recommendation to call your doctor.

To reduce the number of touches on the thermometer a volunteer receptionist or staff will handle it. We won't record your temperature or look at the results, only you will see it. Your compliance to with the 100.3 temperature restriction is on the honor system.

- You will scan your card at the reception desk and the volunteer or a staff member will register you for your program on our touch screen.
- Please register for **EVERYTHING!** Playing pool, all exercise classes, picking up bread, appointments with staff, dropping something off, movies – I think you get the picture. You will not be permitted in the building without notification that you are coming. No exceptions.
- Additional information for program registration:

When you register for a program, class or service you will receive an email confirmation. you don't use email, we will call you and confirm. If you don't get a confirmation within 24 hours of registration please call.

You may register more than one person for a program or class. Your email confirmation will be for all those you register.

You may register for up to 8 weeks of a class or program at a time. Again, the confirmation will be for all 8 weeks.

If you cannot make it to a class or appointment, please cancel. If you are a no show (you did not call to cancel), there will be a warning after the first one and possible suspension from activities after the second. The reason for this is our **VERY** limited program sizes. Some people may not get in a program so please be thoughtful and allow someone to come in your place.

- Staff will sanitize tables and chairs following each program or class.
- Inside doors will be propped open to reduce the number of touches.
- Bathroom use is at your risk. Staff will wipe handles as we can but there is not enough of us to be constantly monitoring them. We will have sanitizing wipes available in each bathroom.

Program Specific Guidelines for Re-Opening as related to COVID-19

Please be sure to wash or sanitize your hands regularly and register for **EVERYTHING**.

The Fitness Center:

Reservations are necessary for your 45-minute workout.

Only 2 people at a time are permitted in the Fitness Center and participants cannot be on adjoining equipment.

All fitness center payments are on hold until 1.1.2021.

Those who joined this year (2020) you will not pay again until 1.1.2022, your previous paid fees will be applied beginning 1.1.2021

New members will pay the membership fee 1.1.2021.

New members are still required to complete the paperwork.

As always, equipment must be sanitized following use.

Fitness Classes:

No equipment can be shared.

Bone Builders and strength trainers will be assigned weights and they will be stored in person specific containers.

All weights must be sanitized after use.

Yoga and Pilates are asked to bring their own mats.

Mats cannot be stored at the center.

Tai Chi will continue as was with 6 feet between each participant.

Group programs: Movies, Documentaries, Book Club, knitters, art, creative writing and Lifelong Learning classes etc. will be limited in size and participants must be seated a minimum of 6 feet apart. Staff will sanitize chairs and tables following each program/class.

Billiards, Walking, Pickleball and ping pong:

Please sanitize sticks and paddles between players and balls following play and remember to practice social distancing.

Use your own equipment when possible.

Ping Pong can only play singles and the tables will be moved to the back classroom for additional space.

Pickleball will play outdoors in the center parking lot.

We are uncertain of the availability of the Twomey Center in the Fall for Pickleball and walking.

Ping pong tables can be reserved for 90 minutes Tuesday, Wednesday, or Thursday 1:00-2:30pm or 2:30-4pm.

Pickleball can be reserved through the pickleball web schedule, please call for information.

Billiards can be reserved Monday – Friday before noon for 1-hour slots on the hour as well as Monday, Tuesday and Friday afternoons. (Billiards are not available when movies are being shown).

Mahjong, puzzles, card games will not be scheduled until further notice.

Trips are cancelled until further notice.

Meals will not be served until further notice. (We do hope to reinstate in some form this September).

SHINE appointments will be done through email and phone as much as possible however, in complex cases, if the volunteer counselor feels an in-person meeting is necessary we will schedule an in-person meeting with appropriate social distancing.

Kayak Klub

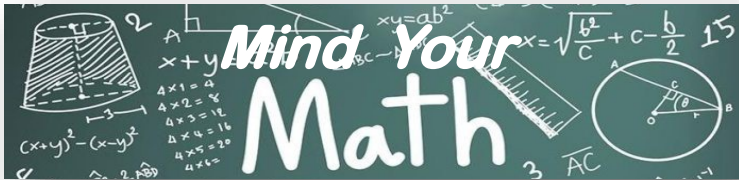
Are you interested in kayaking with a group? There is safety in numbers and comradery in numbers! You need to have to have your own kayak and ability to transport it.



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.



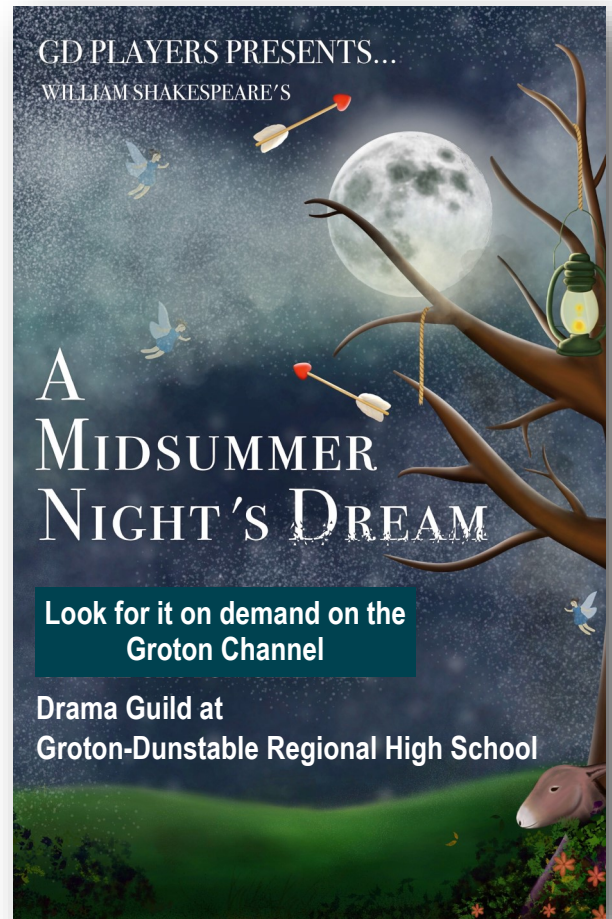
Coming in September

Join Mathematician Steve Legge for a 6-week math series with word problems to make you think.

Until then here's a few for practice:

1. There were 50 dogs signed up in the dog show. There are 36 more small dogs than large dogs signed up to compete. How many small dogs are signed up to compete? (*adapted from "20 Hard Grade School Math Questions"*)
2. Which number is equivalent to 3 raised to the 4th power divided by 3 raised to the 2nd power? 2, 9, 81, 729? (*adapted from "20 Hard Grade School Math Questions"*).
3. The average of six numbers is 7.5. When a seventh number is added the average becomes 8. What is the seventh number?
4. What is the next number in this sequence? 44, 50, 38, 54, 32, ?

Answers: 1. 43
2. 9
3. 11
4. 58



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.



COA Notary Services

Stacey Shepard Jones, Notary

COA Outreach Coordinator, Stacey Shepard Jones offers free Notary Public services for

documents not related to real estate closings. You must sign the document in the her presence and bring some form of identification (preferably a driver's license) with you to verify your signature.

Some documents also request a witness to your signature. Witnesses may be provided however, we can guarantee it.

A witness to your signature is to be someone who knows you and does not have a financial interest in the document being witnessed.

For your appointment, please call the COA, 978-448-1170.

THE GROTON DIRECTORY

COA 978-448-1170

Emergency Numbers

Police/Fire/Ambulance (Emergency) **911**
Police (Non-Emergency) 978-448-5555
Groton Fire/EMS 978-448-6333
(Non-Emergency)
Poison Center 800-222-1222
Emergency Gas Leak 800-233-5325

Utilities

Groton Electric Light Company 978-448-1150
National Grid 800-233-5325
Groton Water Department 978-448-1122
Verizon Communications 855-242-1849
Charter Communications 855-653-4215

Medical Care

Nashoba Valley Medical Cnt. 978-784-9000
Emerson Hospital 978-369-1400
Lowell General Hospital 978-937-6000
Southern NH Medical 603-577-2000
Health Alliance—Leominster 978-466-2000

General Medical Information

Town Nurse 978-772-3335
MA Commission for the Blind 617-727-5550
MA Commission for the Deaf 413-788-6427
MA Dental Society 800-342-8747
Alzheimer's Association 617-868-6718

Pharmacies

CVS Pharmacy —Groton 978-448-5249
Oscos Pharmacy—Groton 978-448-0419
Walgreens—Pepperell 978-433-2711
Walgreens—Townsend 978-597-2160
Family Pharmacy—Ayer 978-391-4061
Family Pharmacy—Pepperell 978-433-6130

Food Assistance

Loaves & Fishes Food Pantry 978-772-4627
SNAP (Food Stamps) 877-382-2363
SNAP (Food Stamps) Appl. 978-448-1170
Assistance (at the COA)

Transportation

Groton COA Van 978-448-1141
MassHealth Van 800-841-2900

Housing

Groton Housing Authority 978-448-3962
Groton Commons 978-448-9551
Winthrop Place 603-669-8551
Groton Housing Coord. 978-732-1913

Meals On Wheels

Montachusett Opportunity 800-286-3441
Council

Home Health Care

Nashoba Nursing Svcs. 978-425-6675
Montachusett Home Care 978-537-7411

Elder Day Health Care

Cooperative Elder Svcs. 978-448-1400

Financial

Assessor's Office 978-448-1127
Senior Tax Work-Off Program, Tax Exemptions,
Tax Deferrals
Groton Trust Funds 978-448-1173
One-Time Financial Help May Be Available
Fuel Assistance
Eligibility and Applications
Groton COA 978-448-1170
Comm. Teamwork 978-459-6161

Other Important Groton numbers:

Town Clerk 978-448-1100
Selectboard 978-448-1111
Town Manager 978-448-1111
Board of Assessors 978-448-1127
Veteran's Agent 978-448-1175
DPW 978-448-1162
Transfer Station 978-448-1160
Board of Health 978-448-1120
Electric Light Dept. 978-448-1150
Tax Collector 978-448-1103

THE GROTON DIRECTORY

COA 978-448-1170

AARP (American Association of Retired Persons)	866-448-3621
AARP Driver Safety Program	800-350-7026
American Red Cross	978-922-2224
Attorney General's Office Elder Consumer Hotline	888-243-5337
Better Business Bureau of Eastern MA	508-652-4800
Consumer Credit Counseling	800-769-3571
Consumer Products Safety Commission	800-638-2772
Consumer Hotline (to report unfair or deceptive practices)	617-727-8400
Domestic Violence (24-hour hotline services)	800-799-7233
MA Elder Abuse Hotline (24-hour hotline services)	800-922-2275
Driving Resources/Programs	617-351-9222
Registry of Motor Vehicles Medical Affairs Branch	857-368-8000
Disabled Person Protection Commission	617-727-6465
MassHealth/Medicaid	800-841-2900
Prescription Advantage	800-243-4636
Identity Theft Resource Center	888-400-5530
SHINE (Serving the Health Information Needs of Elders)	800-243-4636
MA Senior Legal Help Line (free legal information)	866-778-0939
Department of Veterans Services	617-210-5480
Veterans Administration	877-222-8387

The 15 Minute Difference!

It only takes 15 minutes to make a **positive** difference in someone's life.

- Pick up the phone and check in with your family and neighbors.
- On your way to the library? Pick up a couple of books and/or videos for a neighbor.
- When you're running your errands, offer to grab anything they may need.
- If you're running out to get take-out for yourself, let your neighbor know, and see if they'd like take-out too.
- Stop in for a 15 minute porch visit to catch up on things.
- If you stop to get a coffee on your way home, grab one to share.

You never know; 15 minutes might make a positive difference in your life, too.

