



163 West Main Street Groton, MA 01450

978-448-1170

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

It is my greatest hope that this finds you and yours well. The stress of COVID cannot be understated, please know our community is never far from our thoughts. We know it's not appropriate for everyone to come back to the center and you are greatly missed! As of this writing we have been reopen for about six weeks. We are grateful to everyone that has come in for their patience and for adhering to the set safety protocols. Social distancing goes against all of our best instincts, it's not easy, but our instinct to protect ourselves and those around us has been evident!

Moving forward we can lighten some of the protocol but will also strengthen others. Some changes will be:

There will be no gatherings of more than 20 people inside and 25 people outside. While Governor Baker has restricted outside limits to 50 people, we feel uneasy with that number considering the ages of those we serve. Should we schedule an event and more than 20 want to attend, we will make every effort to add a second time slot. However, in some cases we will have financial restrictions that may not allow us to do so.

There will not be food served inside, but we will serve food outside with appropriate social distancing. Again, always limited to 25 outside and with strict adherence to safety protocols.

If you need to stop by to pick up a newsletter, sign up for a program or have a quick question, you may now do so without an appointment but it is necessary to register at the front desk upon entering the building. No one can simply come in and wander the premises.

It is still important to register for the programs and classes you would like to attend. For all our regular programs like our exercise classes, writing, knitting, watercolor, etc., you can now sign up indefinitely (not just 8 weeks at a time) but please, please, please be sure to cancel if you can't come. Registration for special educational programs, movies or other special events is permitted when you receive your newsletter. You can register for anything that is in that edition.

Fitness center registrations can also be made indefinitely unless we find there is a particular coveted time slot, then we may find it necessary to rotate days with those interested in that time slot.

We will continue to offer classes both in person and through Zoom when we can. It's not always pretty and certainly not a perfect scenario but we will continue to strive to tweak it and do the absolute best we can with a really tough situation.

Please feel free to reach out to me should you have any questions or concerns.

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.

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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 2020

IMPORTANT MAIL ABOUT YOUR DRUG AND HEALTH PLANS!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2021**.

Your plan premiums, deductibles, copays, providers and covered drugs may change significantly!

This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will not be doing on site presentations at senior centers. We will make presentations available on our website, www.shinema.org, and also through your local cable channel.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Groton COA, 978-448-1170 and ask for a SHINE appointment. Groton's counselors will work with you by phone and for complicated cases they will meet you at The Groton Center with proper social distancing and mask protocols in place.

SHINE is also available via multiple platforms such as FaceTime, Zoom and Skype to do one-on-one appointments if needed. Watch for their website for Medicare 101 presentations on Zoom. The newly upgraded website: www.shinema.org has information on Medicare, MassHealth, links that can be a valuable resource.

Senior Tax Work Off Program Applications accepted October 1 - 30

The Senior Tax Work Off Program was created by the commonwealth in 2003 allowing towns to offer tax credit to residents 60 and older for volunteer services. It permits senior citizens the opportunity to trade valuable time and needed skills for government services in exchange for credit on their property tax bill. It is a win win for everyone involved! At the Council on Aging we utilize volunteers from this program and intend on growing that number once we are in the new building. Volunteers also work in the Planning Department, Conservation, Clerk's office, Accounting office, Fire and Police department and more.

Groton offers this program, giving \$700 credit for 64 hours of volunteer service to the town. Participants in the program are legally employees, however they receive a tax credit and not a paycheck.

The Assessor's office will be accepting applications for the program starting on Thursday, October 1, 2020 and applications must be submitted to the Assessor's office by 1pm Friday, October 30. **If you are currently in the program you must reapply every year.** The hours are worked from December until November and the abatement is granted on the following May's bill. Slots are filled based upon the taxpayer's financial need and positions available. Every effort is made to place residents in a position, however work is not guaranteed.

For more information please feel free to call me at the COA or the Town Assessor, Jonathan Greeno, 978-448-1127.

Volunteers Needed for AARP Tax Preparation

Tax-Aide, a partnership between the IRD and AARP Foundation, needs volunteer counselors to help low and moderate income persons in our community prepare their income taxed. Additional volunteers are needed to serve as greeter.

Volunteers work 4-6 hours per week for the eleven weeks during tax season with training on the three Saturdays in December, Internet access and basic computer skills are necessary.

For an application of more information please go to aarp.org/taxaide then select volunteer then select Tax Aide from the drop down box.

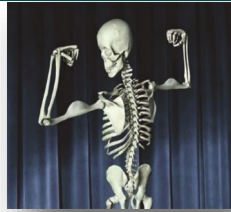


Health and Wellness

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 at 11:30 AM

Wednesdays at 10:45 AM

Cost: \$4.00 per class

Elaine Corsetti, instructor

Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Tai Chi

Tai Chi on hold for now

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

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

Louise Dorian, instructor

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



Focus on Footcare

September 8 and 22 12:00-3:45 PM

October 13 and 27 12:00-3:45 PM

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.*

Pinterest with Kathy and Kathy

Due to the nature of these projects they are in-person programs.

Autumn Glass Project

Cost \$5

Wed, October 7 and 21

10am



Using the mixed mediums; glass, resin and natural products you can make a unique seasonal decoration. The class will be in two sessions. The first will prep and paint your frame and the second will apply the glass shards, resin and natural pieces.

Silk Scarf with Alcohol Ink

Cost \$5

Wed, November 4 10am



We're pulling out the alcohol ink and watercolors to create spectacular and unique colorful scarves. Make one for yourself or give it as a gift!

Jingle All the Way

Cost: \$10

Wed, December 2 10am



Jingle all the way or choose your holiday greeting of choice. We'll be using our new Cricut machine to personalize your 8 x 8 holiday shadow box.

Please call the COA to register, 978-448-1170.

Space is limited to 10 participants.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Building closed due to the election	2 Building closed due to election sanitization	3 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Movie: Parasite	4 VAN DW Highway 9:30 Watercolor Workshop 1:00 Knitting
Closed for 7 	8 10:00 Writing Creatively 10:30 Bone Builders 12:00 Footcare 1:00 Ping Pong 1:00 Pickleball	9 8:30 Pilates 9:30 Book Club 9:30 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Bombshell	10 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball	11 VAN Wal-Mart 1:00 Knitting
14 11:30 Strength Training 1:00 Documentary Mercury 13 1:00 Knitting	15 10:00 Writing Creatively 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball	16 8:30 Pilates 9:30 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Hearing Screening	17 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball 6:00 Drive In Movie: Beautiful Day in The Neighborhood	18 VAN Market Basket 9:30 Watercolor Workshop 1:00 Knitting
21 11:30 Strength Training 1:00 Knitting	22 10:00 Writing Creatively 10:30 Bone Builders 10:00 Writing Creatively 10:30 Bone Builders 12:00 Footcare 1:00 Ping Pong 1:00 Pickleball	23 8:30 Pilates 9:30 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Program: GDRS	24 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball	25 VAN Christmas Tree Shoppe Plaza 1:00 Knitting
28 10:00 Scavenger Hunt 11:30 Strength Training 1:00 Knitting 1:00 Life Long Learning: "Being an Older Adult in the Coronavirus Era; Challenges and Solutions"	29 10:00 Writing Creatively 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball	30 8:30 Pilates 9:30 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Honky Tonk Piano with Gary Landgren	<div>  <p>Accredited by</p> <p>National Institute of Senior Centers</p> </div>	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>Accredited by</div> <div>  </div> <div>National Institute of Senior Centers</div> </div>			<div>1</div> <div> 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Thrive </div>	<div>2</div> <div> 9:30 Watercolor Workshop 1:00 Knitting </div>
<div>5</div> <div> 11:30 Strength Training 1:00 Documentary The Great Buster 1:00 Knitting </div>	<div>6</div> <div> 10:00 Writing Class 10:30 Bone Builders 1:00 Ping Pong </div>	<div>7</div> <div> 8:30 Pilates 9:30 Pilates 10:00 Pinterest 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Hope Gap </div>	<div>8</div> <div> 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Thrive </div>	<div>9</div> <div> VAN Wal-Mart 1:00 Knitting </div>
	<div>13</div> <div> 10:00 Writing Class 10:30 Bone Builders 12:00 Footcare 1:00 Ping Pong </div>	<div>14</div> <div> 8:30 Pilates 9:30 Pilates 9:30 Book Club 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Harriet </div>	<div>15</div> <div> 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Thrive </div>	<div>16</div> <div> VAN Market Basket 9:30 Watercolor Workshop 1:00 Knitting </div>
<div>19</div> <div> 11:30 Strength Training 1:00 Knitting </div>	<div>20</div> <div> 10:00 Writing Class 10:30 Bone Builders 1:00 Ping Pong </div>	<div>21</div> <div> 8:30 Pilates 9:30 Pilates 10:00 Pinterest 10:45 Strength Training 1:00 Ping Pong 1:00 Hearing Screening 1:00 Entertainment: Wing Masters/ Birds of Prey </div>	<div>22</div> <div> 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Thrive </div>	<div>23</div> <div> VAN Christmas Tree Shoppe Plaza 1:00 Knitting </div>
<div>26</div> <div> 11:30 Strength Training 1:00 Knitting 1:00 Life Long Learning : USSR/RUSSIA Myths,Mysteries And Spying </div>	<div>27</div> <div> 10:00 Writing Class 10:30 Bone Builders 12:00 Footcare 1:00 Ping Pong </div>	<div>28</div> <div> 8:30 Pilates 9:30 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Speaker: Rick Tulipano The Artistic View of Jesus </div>	<div>29</div> <div> 9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Thrive </div>	<div>30</div> 



Ping Pong Open Play

Singles only

Wednesdays: 1-4pm

Thursdays: 1-4pm

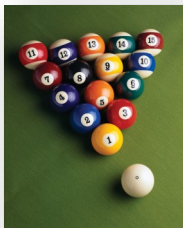


Register for you and your friends for your 90 minute timeslot. Reservations are required, call the center 978-448-1170.

Equipment provided

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

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 is open and payments are on hold minimally, 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.



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.

Knitters

Monday and Fridays
1:00pm

Beginning September 4
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.



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 "dibs", we will also Zoom. Call the COA to register, 978-448-1170.

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.

Monday, October 5 1pm

The Great Buster

Running time 1 hour 42 minutes



Celebrates the life and career of one of Hollywood's most prolific and influential filmmakers, Buster Keaton. Stunning restorations of archival works bring Keaton's magic to life on the big screen, while interviews with his friends, family, collaborators, and a broad array of artists influenced by his singular vision detail a life and character that was as complex, bold, and graceful as the great works themselves.



THRIVE
HEALTH & WELLNESS

**Thursdays,
Oct 1 - Nov 12
10am**

*This programs is offered through the generosity of
The Friends of Groton Elders and the
Massachusetts Office of Elder Affairs*

Whether you simply have a casual interest in health and wellness, or you are in need of a dietary overhaul the Thrive Health & Wellness program will educate and empower you to make healthier choices in a flexible and fun way!

Session #1:
Setting goals and Intention

Session #2:
Our Nutritional Framework

Session #3:
Engage in Healthy Movement you Love

Session #4:
Quality Sleep and How to Get It

Session #5:
Mindfulness & Belief in Your Body's Ability to Heal

Session #6
Natural Ways to Supercharge your Health

Session #7
Health is a Team Sport

Please call the COA to register, 978-448-1170.

**Next documentary: November 2 1pm
George Harrison: Living in a Material World**



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.

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.

September 9 9:30 AM



Notorious RBG

by Irin Carmon and Shanna Knizhnik

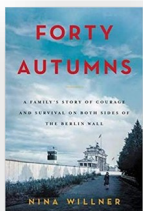
or

Conversations with RBG

by Jeffrey Rosen

or

a bio of choice about RBG



October 14 9:30AM

Forty Autumns

By Nina Willner



November 11 9:30AM

The Hate You Give

by Angie Thomas



December 9 9:30AM

A Piece of the World

by Christina Baker Kline

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



Say good-bye to one of our toughest summers in style! BBQ dinner then, as darkness falls, we'll enjoy "Beautiful Day in the Neighborhood" on the big outdoor screen.

6:00pm BBQ dinner

Movie in the parking lot at dusk

\$5pp to cover food Sausage, peppers and onions, burgers, fries, onion rings & ice cream

Social distancing will be required with food served at your seat. Limited to 25 participants.

Please bring your own lawn chair.



Call 978-448-1170 for your reservation by Friday, September 11. The van is available for transportation. Please let us know if you need the van when you make your reservation

THE GREAT GROTON SCAVENGER HUNT

Monday, September 28 10:00am

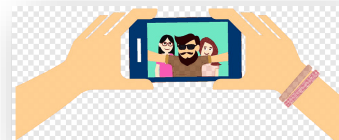
10:00am-12:00pm the hunt is on!
12:00pm hot dogs and pasta salad at the center

Join as a team of 1, 2 or 3 people.

At 10am we send you off with your list of required photos (using your cell phone) that you will send back to Kathy's cell phone.

Those living in the same household can ride together in a car, or take separate cars and follow one another. You can definitely go it alone! The vans will be available for teams of 3 (you can sign up as a team or we will pair you with others).

Who knows what, where or who you will need to photograph!



Call the COA to register, 9780448-1170.

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06-5100

Groton Center Cinema

Movies designated 2020 are in-theaters now

PARASITE

Thursday, September 3 1pm

Parasite

Rate R 2 hours 12 minutes

Please note the date of Parasite

The last of our Academy Award series, Parasite is an incisive look at class divisions, and its unpredictable plots makes it a movie you'll want to watch without knowing anything about the story.



Wednesdays, September 9 1pm

Bombshell

Rated R 1 hour 49 minutes

Bombshell is a 2019 American drama film based upon the accounts of the women at Fox News who set out to expose CEO Roger Ailes for sexual harassment.



Wednesdays, October 7 1pm

Hope Gap - 2020

Rated R 2 hours and 21 minutes

Grace lives an idyllic life in a British seaside town, but her world comes crashing down when her husband of 29 years leaves her for another woman. Through stages of shock, disbelief and anger -- and with support from her son -- Grace ultimately regains her footing while learning it's never too late to be happy.



Wednesdays, October 14 1pm

Harriet

Rated PG13 2 hours 6 minutes

From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

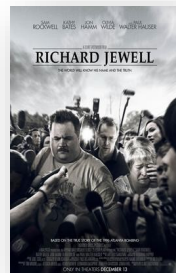


Wednesdays, November 4 1pm

The Gentleman— 2020

Rated R 1 hour 53 minutes

Mickey Pearson is an American expatriate who became rich by building a highly profitable marijuana empire in London. When word gets out that he's looking to cash out of the business, it soon triggers an array of plots and schemes. This dark comedy stars Matthew McConaughey,



Wednesdays, November 11 1pm

Richard Jewell

Rated R 2 hours 11 minutes

During the 1996 Summer Olympics in Atlanta, security guard Richard Jewell discovers a suspicious backpack under a bench in Centennial Park. He helps to evacuate the area until the incendiary device inside the bag explodes. Hailed as a hero who saved lives, and then the FBI names him the prime suspect in the bombing.



Wednesdays, December 2

1:00pm

Mr. Jones - 2020

Rated R 2 hours and 21 minutes

This movie contains very distressing scenes of starvation.

Based on a true story which inspired George Orwell's novel, Animal Farm. Welsh journalist Gareth Jones risks his life to expose the truth about the devastating famine in the Soviet Union in the early 1930s.



Wednesdays, December 9

1:00pm

The Secret Garden - 2020


Rated PG 1 hour and 40 minutes

THE SECRET GARDEN is a new take on the beloved classic novel of the same name written by Frances Hodgson Burnett. Set in England during a new time period in 1947, the film follows a young orphan girl who, after being sent to live with her uncle, discovers a magical garden on the grounds of his estate.

Lectures, Entertainment and Special Events

Wednesday, September 23 1:00 PM

GD Regional School



The COVID-19 pandemic has affected educational systems worldwide, leading to the closures of schools, universities and colleges. The reopening of schools have brought an unprecedented set of challenges for GDRS administration, teachers, support staff, students and parents. Please join us with representation from the GDRS for an update on the how they are doing. The administration will also present an update on the Florence Roche

Monday, September 28 1:00 PM

Being an Older Adult in the Coronavirus Era Challenges and Solutions

Presenter: Henry Quinlan

This programs is offered through the generosity of The Groton Trust Program and Lecture Fund

Henry offers must-have advice for older adults impacted by the coronavirus. The goal is to equip us with more tools and resources to address the many new challenges presented by the coronavirus. Among the challenges are anxieties, loneliness, who to believe, travel issues, loss of identity. Many tools offered both digital and non-digital. Other solutions involve brain fitness, and building your emotional pension

Henry founded Quinlan Press Publishing Company. Among the books that he published are: "My Life in Space" by Wally Schirra; "Rebound" by KC Jones, coach of the Boston Celtics; "The Cops are Robbers" by Kevin Stevens, which was featured on 60 Minutes and made into an HBO movie. While engaged in a publishing venture in the former Soviet Union, he the published the children's book, "Make Way for Ducklings" in Russia in 1991.

Wednesday, September 30 1:00 PM

Honky Tonk Piano by Gary Landgren

This programs is offered through the generosity of The Groton Trust Program and Lecture Fund

This rip-roaring style of piano was born out of RAGTIME and JAZZ from the 1890s thru the 1920s. Audiences tap their toes, clap and sing along to memorable songs as "Ain't She Sweet", "It Had To Be You", "12th Street Rag" and many others. Come join us for some toe-tapping "oldies."

Wednesday October 21 1:00 PM

Birds of Prey (with live birds)

Presented by Wingmaster

This programs is offered through the generosity of The Groton Trust Program and Lecture Fund

Birds of prey, also known as raptors can boast the best eyesight and the sharpest hearing in the animal kingdom. Raptors include hawks, falcons and owls. This presentation in corporates 5 live birds of prey, all native to New England.

WINGMASTERS is a partnership dedicated to increasing public understanding and appreciation of North American birds of prey.

Monday, October 26 1:00PM

USSR/RUSSIA Myths, Mysteries and Spying

Presenter: Henry Quinlan

This programs is offered through the generosity of The Groton Trust Program and Lecture Fund



A one-hour presentation based on his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience.

See September 28 presentation for Henry's bio.

Wednesday, October 28 1:00 PM

Artistic Views of Jesus

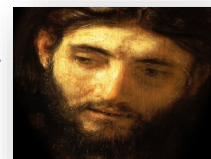
Presented by Rick Tulipano

This programs is offered through the generosity of The Friends of Groton Elders Virginia Wood Lifelong Learning Fund

A 50-minute presentation titled: Seeing Jesus through the eyes of artists and story-tellers. This talk is not offered from any denominational perspective, nor does it take a negative view of any sect or religion.

Instead, it depicts the works of Rembrandt, Michelangelo, Raphael and other great artists who immortalized crucial moments in the life of Christ.

Rick is the author of dozens of essays on the Cold War and the U.S. Civil War and has written a book on non-sectarian Christian faith (titled Reasonable Faith, published in 2019).



Lectures, Entertainment and Special Events

Wednesday, November 18 1:00 PM



Susan B. Anthony

Theater style performance by Sheryl Faye

A women's rights activist, she devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history, playing a prominent role in the women's suffrage movement, supporting women's labor organizations and a woman's right to own property.

Wednesday, December 16 1:00 PM



Christmas 1895 with "Victoria Yule"

Theater style performance by Anne Barrett

Victoria Yule will welcome you into her parlor, complete with an antique chair, table and props, and share her plans for the upcoming Christmas festivities. Learn the history of many Christmas traditions from stories passed down to her from "Grandmama and Grandpapa". She'll read Dickens, display toys and handmade gifts her family will be exchanging around the Christmas tree, and in her clear soprano, sing carols of the season. Travel back in time to Christmas 1895 with this fun, creative and engaging performance.



9/11 Memorial Luncheon Held at The Groton Center

Friday, September 11 12:00pm

Cost: None

lunch provided through the generosity of Groton residents
Ebi and Desiree Masalehdan

Please join us outside at The Groton Center as we remember the events of 9/11/01.

In a parried down event and considering the safety of all, there will be outside seating for only 25 (sitting 6 feet apart). We will also offer drive up service for the over flow and for those continuing to stay safe at home. We will honor our police respective departments.

**Please make your reservation by
Wednesday, September 9 and
specify dine in or take out.**

Monday, November 23 1:00 PM

Cell phones

Why we can't live without them and how that happened



This is a discussion on the developmental history of the cell phone starting with its birth early 1973. When and why cell phone manufactures added technology to connect to the Internet (Wi-Fi), help us get to our intended destination (GPS) (most of the time), and connect to our cars so we can use hands free (Bluetooth). Also discussed will be enhancements which come with most Cell phones: cameras, flashlights, email, calendars, media players and other APPs.

Presenter: Hank Montanari, who spent 40 years in the networking technology workforce. He retired from Hewlett Packard Enterprise as an IOT (Internet of Things) senior business developer.

Join us for "fun and games" with Kathy

Team Scrabble on the Big Board

Monday November 9
1:00 PM

Team Trivia

Monday December 14
1:00 PM

New Years Bingo

Thursday, December 31
10:30 AM

