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
Chairman
Richard Marton
Vice Chairman
Unassigned
Secretary
Helen Sienkiewicz
Members
Peter Cunningham
Mihran Keoseian
Therese Keoseian
Paula Martin
Judith Palumbo O’Brien
Jean Sheedy
Dottie Zale

It is my greatest hope that this finds you and yours well. The stress of COVD 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, t’s not easy, but our instinct to protect ourselves and those around us has been evident!

Moving forward we can lighted 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
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.
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.
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.

Senior Pilates
Supported by the Friends of Groton Elders
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!

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.

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.

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.

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

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.

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.
## Groton Senior Center Activities
### September 2020

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**Accredited by National Institute of Senior Centers**

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**McGaffigan Family Funeral Home**
John F. McGaffigan, Jr.,
Funeral Director, Type 3
Groton Resident of 32 years

**“Our local family serving yours”**
37 Main St. • Pepperell, MA
(978) 433-2100

- Customized Funeral and Cremation Services
- Pre-planning and funeral consultations
- Fully renovated facilities, off-street parking
- Authentic, affordable care
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**HAPPY COLUMBUS DAY**

10:00  Writing Class
10:30  Bone Builders
12:00  Footcare
1:00   Ping Pong

20

8:30  Pilates
9:30  Pilates
10:00 Pinterest
10:45 Strength Training
1:00  Ping Pong
1:00  Movie: Hope Gap

21

9:00  Yoga
10:30 Bone Builders
1:00  Thrive

22

9:00  Yoga
10:30 Bone Builders
1:00  Ping Pong
1:00  Thrive

23

24

25

26

11:30  Strength Training
1:00   Knitting

1:00   Life Long Learning:
      USSR/RUSSIA Myths,Mysteries And Spying

10:00  Writing Class
10:30  Bone Builders
12:00  Footcare
1:00   Ping Pong

27

8:30  Pilates
9:30  Pilates
10:45 Strength Training
1:00  Ping Pong
1:00  Speaker: Rick Tulipano
      The Artistic View of Jesus
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)

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.

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.

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 experienced.

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**Documentaries**

**Mercury 13**

Monday, September 14
1pm

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.

**The Great Buster**

Monday, October 5
1pm

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.

**Next documentary: November 2   1pm**

George Harrison: Living in a Material World

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**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.

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**Thrive Health & Wellness**

This program 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.
**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, 978-448-1170.

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**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**  9:30 AM

- **Forty Autumns** by Nina Willner

**November 11**  9:30 AM

- **The Hate You Give** by Angie Thomas

**December 9**  9:30 AM

- **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.

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**The Groton Center Drive-In Theatre**

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

$5 pp 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.

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**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.
**Thursday, September 3  1pm**

**Parasite**
Rate R  2 hours 12 minutes

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.

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**Wednesday, 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.

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**Wednesday, 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.

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**Wednesday, 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.

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**Wednesday, 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,

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**Wednesday, 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.

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**Wednesday, 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.

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**Wednesday, 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 incorporates 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      1:00 PM

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.

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.

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.

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.

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.