



163 West Main Street Groton, MA 01450

978-448-1170

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

We hear about a “dark winter” in the news; a truth that needs to be told but which conjures up very sad and disturbing visuals. How much more can we take? How long can we continue in an isolation bubble? It worries me that we’ll get used to being alone and fearful to reenter public places when this pandemic ends. It will end. When the pandemic began in March and April, we closed for a few weeks, then a few weeks more and then months. Early on, during phone calls to our residents, everyone seemed to be holding up and adjusting to the new normal. We were optimistic and resilient. However, our April survey very implicitly illustrated that stress and anxiety would increase should we have to continue into the Fall. We now face that “dark winter”. How do we get through what lies ahead? The short answer is together. We will get through this together.

I implore everyone that is reading this to reach out to someone you know. Call, send a card, or an email to your family, friend or neighbor. They might not be as OK as you think. If you are experiencing loneliness and isolation, I encourage you to do the same. The best way we can help ourselves is to help others. Also consider sitting on your porch waving to everyone that drives by. Wrap yourself in blankets and sit safely outside with a friend or neighbor. Be especially kind and patient with strangers in stores. Make a daily appointment with yourself to write about a happy memory. Sing and listen to your favorite music! Music will always lift our spirits. If we take care of those around us, and take care of ourselves, we can get to the other side of this craziness.

Even as we experience Zoom fatigue, don’t give in to it, it can be a lifeline. Groton is rich in resources for Zoom programming through the COA, Library and Prescott Community Center. The Council on Aging is offering a weekly Zoom program on Mondays at 11am. You will enjoy great conversation, humor, home projects, music and some special guests. We would love for you to join us! (If you are in need of a computer or device to Zoom on please call us, 978-448-1170.) We also Zoom our regular classes when requested.

It’s difficult to put our stress into words. Today’s social media tends to attempt to express feelings and emotions in short quips. I don’t believe life is always that simple. Today we understand our circumstances in our heads but that doesn’t always translate to our hearts. I recently found a quote that I believe illustrates the benefit for in person interactions; “That unplanned kind of interaction that contributes so much to how we build relationships with people and how we build culture, those things are what we are missing.” We are determined to continue to build our relationships this winter, through Zoom, bagged events and our new progressive book. We look forward to March and the relief it may bring.

Stay strong and reach for the light.

*Kathy*



Groton Council on Aging  
**Groton Connects**  
*Together we can end loneliness*

Sponsored by:

Representative Sheila Harrington, the Friends of Groton Elders and the Friends of Nashoba Valley Medical Center

#### **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@grotonma.gov](mailto:kshelp@grotonma.gov)

#### **Outreach Coordinator**

Stacey Shepard Jones

[sjones@grotonma.gov](mailto:sjones@grotonma.gov)

#### **Activities/Volunteer Co.**

Kathy Santiago

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#### **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**

Jean Sheedy

##### **Secretary**

Helen Sienkiewicz

##### **Members**

Peter Cunningham

Mihran Keoseian

Therese Keoseian

Paula Martin

Judith Palumbo O'Brien

Dottie Zale

# Council on Aging Outreach and Support

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



## SHINE News Jan/Feb 2021

### What if I Missed the Medicare Open Enrollment Period? Can I still Make Changes to My 2021 Coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. Changes that can be made during this period include switching to:

- A different MA plan with drug coverage;
- A different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

### Other SHINE news:

For those with Prescription Advantage or “Extra Help”; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed outside of Open Enrollment. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change once each quarter.

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2021 monthly Part B premium will be \$148.50 in 2021. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs.

You may be eligible if your income and assets are at or below these values:

Individual Gross Income: \$1,755/month

Assets: \$15,720

Couple Gross Income: \$2,371/month

Assets: \$23,600

If you want to take advantage of any of these opportunities to change your plans or be screened for these, call the Groton COA at 978-448-1170 or the Regional SHINE office.

## SHARING OUR STORIES Overcoming Loneliness

### Part of Groton Connects



Groton Council on Aging

**Groton Connects**

*Together we can end loneliness*

Sponsored by:

Representative Sheila Harrington, the Friends of Groton Elders and the Friends of Nashoba Valley Medical Center

So, I was asked to write about ‘loneliness’. Instead, I’d like to make an observation or two about a couple of life events that I and many others have or will experience. My husband is deceased. He died very unexpectedly at the age of 45, leaving me a single mom with 2 young daughters – ages 7 and 12. Needless to say, my family life circumstances were immediately turned upside down. I had to quickly grieve, understand, assess and learn how to move forward with some normalcy. Thankfully, I had just returned to working a full-time job that was close to home, in my community and with a small group of co-workers. These people rallied around me and my children in a seamless and non-intrusive way. I am initially a quiet person, not particularly outgoing and generally content with my own company, but I needed to accept new people into a new family circle for both my daughters and myself.

Similar circumstances arose when I retired 3 years ago. The loss was my job and my daily routine. I needed to re-structure my activities so that my tendency to keep to myself did not affect my health and well-being. I quickly found a place in need of my skills where I could volunteer. I also applied for a small, seasonal part-time job AND I make a point of staying in touch with my workplace family, whether by phone, visits or the occasional lunch date.

Reaching out for the company of others is not always easy, but it can be rewarding and sometimes, surprising!

A Center volunteer

## 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

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

**2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart

**3<sup>rd</sup> Friday:** Westford Market Basket Plaza

**4<sup>th</sup> 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.*

## Be part of our Progressive Story

**One Story Many Authors**

**Beginning February 1**

You are invited to be part of our winter progressive story. It seems we're going to be spending a bit of time inside the next few months so we thought we'd add a twist to our time.

The Groton Center writing class will write the story starter and then each of you will have the opportunity to add a page or two or more if you are so motivated.

After you finish your portion, you will pass it on to the next person who will then pass it on to the next and so on, and so on!



### Here's the procedure:

- ⇒ Call and let us know you want in.
- ⇒ We'll need to know if you are going to participate through email or through traditional postal mail. (We can manage both and will pay for postage).
- ⇒ Your position in the writing sequence will be randomly chosen.
- ⇒ All participants will receive the schedule which will include all of the participants.
- ⇒ You will have one week to complete your piece. If it turns out to be a bad week for you, let us know and we'll make another arrangement.

**Call the COA  
978-448-1170**





# Bag the Event



Make the best of it and Bag the Event!

Drive through for your meal with some surprises too!

**Please note that locations and times may vary.**

After all the events are over - you'll receive a ballot to vote for your favorite Chef!

Call The Groton Center to register, 978-448-1170.

**Thank you, from the very bottom of our hearts, to the Friends of Groton Elders for their generous sponsorship of this program.**

**Thursday, January 14th 11:30am-12:30pm**

**Chef: RiverCourt Residence**

Location: RiverCourt Residence

Happy New Year Dinner

Yankee Pot Roast w/Gravy, Green Bean

Casserole and Scalloped Potatoes

Complete your meal with Strawberry Layer Cake

**Wednesday, January 20 11:30am-12:30pm**

**Chef: COA Staff**

Location: The Groton Center

Homemade Perogies and Kielbasa with a side of sauerkraut. It wouldn't be perogies without some

Polish Kolaczki for dessert. (A special frozen meal is also included from Heart to Home)

**Wednesday, January 27 11:30am-12:30pm**

**Chef: Retired Chief Don Palma & the Groton Inn Kitchen**

Location: The Groton Center

Enjoy his special roast beef (expect some garlic), loaded mashed potatoes with a surprise vegetable (which means he hasn't decided yet). Dessert sponsored by the Groton Inn Kitchen.

**Wednesday, February 3 11:30am-12:30pm**

**Chef: COA Board of Directors**

Location: The Groton Center

Experience the flavors of the African dish Bobotie, green beans and yams followed by an African banana dessert.

**Wednesday, February 10th 10:00-11:30am**

**Chef: RiverCourt Residence**

Location: RiverCourt Residence

Valentine's Brunch & Trivia

**Wednesday, February 17 11:30am-12:30pm**

**Chef: Town Hall Employees**

Location: The Groton Center

A favorite of church pot lucks, Chicken Devine! It wouldn't be a church meal without Jell-O to complete the experience.

**Wednesday, February 24 11:30am-12:30pm**

**Chef: Groton-Dunstable School Committee**

Location: The Groton Center

Yummy lasagna is coming your way with Italian cookies for dessert.

**Wednesday, March 3 11:30am-12:30pm**

**Chef: Groton Police Department**

Location: The Groton Center

Detective Timmins will share his wife's "killer" mac and cheese that just might include some bacon! They're still thinking about dessert.

**Wednesday, March 10th 11:30am-1:00pm**

**Chef: RiverCourt Residence**

Location: RiverCourt Residence

Luck of the Irish Lunch of Corned Beef Sandwich with Boozy Brownies

While you're there, spin the wheel of luck for prizes!

**Thursday, March 17 11:30am-12:30pm**

**Chef: Groton Women's Club**

Location: The Groton Center

Irish or not, you don't want to miss this meal of Shepherds Pie, Soda bread, salad and dessert

**Thursday, March 25 11:30am-12:30pm**

**Chef: Groton Fire Department**

Location: Groton Central Fire Station

Drive on in for your annual chili and cornbread with chocolate pudding pie for dessert.

**Wednesday, March 31 11:30am-12:30pm**

**Chef: COA Staff**

Location: The Groton Center

Our grand finale!

Beef BBQ with Cole Slaw finished off with a Root Beer float to bring us into Spring!

**Deliveries available for residents that don't drive**

## ZOOM Through the Winter Mondays, January 11 - March 29 11:00am

### Redesigned - check it out!

Join us on Zoom once a week for a variety of programs; humor, at home projects, music, games, conversation, guest hosts and more.

If you don't have a computer, no problem, we have a limited number that we can lend out. Join us every week or choose your events:

January 11

### Creating Your Psychological First Aid Kit for Surviving the Coronavirus

Guest Henry Quinlan

Psychological first aid outlines steps to cope with the stresses brought on by the coronavirus. Henry is back again for this conversation he also previously presented on Russian Spies.

January 25

### 50's and 60's TV/Movie Trivia

February 1

### Hyacinth Project

We're hoping the Spring to come early, we're forcing the Hyacinths!

Supplies distributed courtesy of  
Groton Neighbors

February 8

### Things That Make You Laugh

David Sikes guest Humorist

Joke Books distributed courtesy of Groton PD

February 22

### Presidential Trivia

March 1

### Conversation: Things That Make You Happy

Journaling Memories

Journals distributed courtesy of  
RiverCourt Residence

March 8

### Irish Trivia

March 15

### To Tell Truth

How well do you know the COA staff?  
Who had a pet racoon? Who stole a piece of  
the Gettysburg battlefield? Find out the  
answers to these and other mysteries.

To register please call the  
COA, 978-448-1170.

## Groton Joins Dementia Friendly Massachusetts

### Join with the Council on Aging and become a Dementia Friend



Join us for a 60 minute informational  
session and become a Dementia Friend.

**OPEN TO ALL AGES**  
**Thursday, January 28**  
**1:00pm**

Please call the Groton COA to register  
and receive your Zoom invitation.

Join us for a one-hour information session. You  
will learn five key messages about dementia and  
a bit about what it's like to live with dementia.

As a Dementia Friend, you turn your new  
understanding of dementia into a practical action  
that can help someone with dementia living in  
your community. Your action can be as big or  
as small as you choose – because every  
action counts!

This program is sponsored by the Groton Dementia Friendly  
team: Groton Council on Aging  
Groton Neighbors Friends of Groton Elders  
Groton Police Department Groton Fire Department  
RiverCourt Residences

## Veteran's Wall of Honor

Generously sponsored by Rollstone Bank

We at the Council on Aging in Groton are proud of  
our veterans and would like to add you or your  
loved one to our **Veterans Wall of Honor** here at  
the Groton Center.



We are asking you to share a picture from your  
time of service and include your name, years of  
service, military branch, and rank.

Please drop them off at the center or email them to  
us at [gcoa@grotonma.org](mailto:gcoa@grotonma.org) and be part of our  
Veterans Wall of Honor.

*If you are a spouse or a child of a Groton veteran  
we would also love to hear from you about your  
loved one who served.*

# CAN WE TALK?

## civil discourse

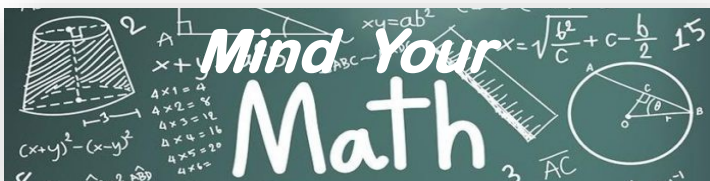
The Groton Civil Discourse Project

**COMING March 22 at 1pm**

The Groton Civil Discourse Project is pleased to announce its plans to hold monthly, in-person conversations at the Center on the fourth Monday of the month at 1 PM.

The conversations will be modeled after the "Talk with Tom" discussions hosted by Tom Hartnett for many years. Tom was a retired Tax Collector/Treasurer and Selectman who met with seniors every month to talk about what was on their minds especially local, controversial issues including Town Meeting warrant articles and ballot questions.

Space is limited so advance registration is required. All COVID protocols will be followed in accordance with policies established by the Commonwealth of Massachusetts and the Town of Groton.



Thank you Steve Legge for the math challenges. A teaser for the next chapter of programs at The Groton Center:

### **Post COVID re-opening!**

From a "beautiful" math point of view, how you get the answer is as important as what you get. Sometimes it can be interesting to see alternative methods (rather than formal ones), however.

1. Find 3 consecutive odd integers whose sum is  $-81$ . (Algebra test question)
2. The length of a rectangle is 8 more than its width. The perimeter is 56. What is the length of the rectangle? (Algebra test question)
3. Sarah's weekly pay is  $\frac{2}{3}$  of Alex's. Together they earn \$600 per week. What is each person's weekly pay? (Algebra test question)
4. When a certain number is multiplied by  $\frac{1}{4}$  and the product is then multiplied by 32, the result is 60. What is the number? (SAT)

Answers on the bottom of page 7

**Good luck!**

**Changed to ZOOM ONLY**  
**Zoom invites will go out January 19**



## 6 weeks of **MODERN RUSSIA**

Instructor: Tommy Lamont, Groton School

**Wednesdays,  
January 20 - February 24  
4-5pm**

This course aims to help Americans better understand Russian society and their government though an examination of Russia's unique, complicated, and fascinating history. The course will cover the entirety of Russian history, though its main focus will be the last two hundred years.

Full Syllabus available at The Groton Center.

Russia has loomed large in the imagination of Americans for more than two centuries. During the first few decades of the new American Republic, many Americans, including George Washington and Thomas, were well aware that the Russian Empire, Europe's most conservative, and soon most powerful, monarchy, maintained several small forts and trading posts in the Pacific Northwest, lands coveted by the United States. In 1867, in the hope of ensuring the security of the United States, US Secretary of State William Seward purchased Alaska from the Russian Empire. During the early 20<sup>th</sup> century the Russian Revolution and the rise of communist Russia under Joseph Stalin transfixed and inspired countless Americans, and during the Second World War the Soviet Union became the United States' most critical ally in the fight against Nazi Germany. After World War II the Cold War saw the two former allies compete for world supremacy in a contest that led the US and the USSR to the brink of nuclear annihilation. In spite of the collapse of the USSR in 1991 and the emergence of a democratic Russia, the United States Defense Department over the past two decades has consistently listed Russia as the single greatest threat to the United States, largely because under Russian leader Vladimir Putin Russia has increasingly challenged U.S. interests and continues to possess the world's largest stockpile of Nuclear weapons.

*The instructor, Tommy Lamont, has taught history at Groton School since 1997. She has taught courses in modern Russian history, modern Chinese history, modern Indian history, and International Relations, as well as United States history and World history.*

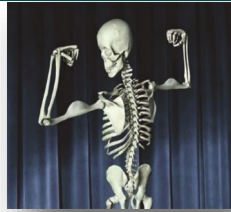


## Health and Wellness

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 9:30-10:30am  
A recent 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.

**CALL FOR ZOOM INVITE**

### Strength Training

**Mondays 9:30 AM**  
**Wednesdays 10:45AM**

**FIND IT ON THE GROTON CHANNEL M/W/F at 10AM**

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

**REMAINS IN PERSON** hearing aid cleanings. Please be sure to make an appointment by calling the center, 978-448-1170.

### Senior Pilates

**Wednesdays 9:30 - 10:30am**  
**9 WEEKS \$90**

Boost your metabolism and burn more calories with this 60 minute workout.  
This is the perfect class 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 per class

**CALL FOR ZOOM INVITE**

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



### Focus on Footcare

**January 12 and 26 12:00-3:45 PM**

**February 9 and 23 12:00-3:45 PM**

During your visit you can expect a 30 minute appointment, foot exam, 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**

### Mind Your Math

Answers

1. -29, -27, -25
2. 18
3. S-\$240, A-\$360
4.  $15\frac{1}{2}$ , Or 7.5

## 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.

## Writing Creatively

**Tuesdays, 10:00-11:30 am**

**Call or email for your Zoom invite**  
**GCOA@grotonma.gov**  
**978-448-1170**

There are many people who know how to write, but may not know how to write creatively. In this seminar, participants will write weekly on topics 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.



We are so grateful to the Groton Center Knitters for knitting Hats & Mittens for the residents of Seven Hills.

Pictured here are 3 of them: Left to right Nancy Rivet, Violetta O'Donnell, and Li Gao

## Book Club

2nd Wednesday

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

**CALL FOR ZOOM INVITE**



January 13 9:30AM

**Death of Mrs. Westaway**  
by Ruth Ware



February 10 9:30 AM

**March : Book One**  
John Lewis; co-written  
by Andrew Aydin



March 10 9:30 AM

**The Splendid and the Vile**  
by Eric Larson

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

## JOY OF LIVING Meditation Group

7:00 PM Thursdays by ZOOM



### Meditation Practice

We gather weekly to practice, study, and discuss meditation. Joy of Living teacher Chogyi Mingyur Rinpoche. Feel free to drop in anytime!

**CALL FOR ZOOM INVITE**

**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.





Groton Council on Aging

# **Groton Connects**

*Together we can end loneliness*

**Join us on a journey to connect with our neighbors,  
friends and families and end loneliness.**

**Invite a neighbor for a walk**

**Give your full attention. Listen.**

**Introduce a friend to another friend.**

**Join a Zoom program and invite a friend or neighbor .**

**Surprise someone with a phone call.**

**Call your mom, dad, aunt, uncle, niece or nephew.**

**Check on that new mom.**

**Send a card to a neighbor you may not know.**

**Share your hobby.**

**Ask a teenager you know how school's going.**

**Compliment a stranger.**

**Be kind to all. We don't know their struggles.**

**Sponsored by:**

Representative Sheila Harrington, Friends of Groton Elders, Friends of Nashoba Valley Medical Center, Groton Police Department, Groton Fire Department, Groton Neighbors, RiverCourt Residences

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by </p> <p>National Institute of Senior Centers</p>				<p>Closed 1</p> 
<p>4</p> <p>10:00 Strength Training</p>	<p>5</p> <p>10:00 Writing Creatively</p> <p>10:30 Bone Builders</p>	<p>6</p> <p>9:15 Pilates</p> <p>10:00 Strength Training</p>	<p>7</p> <p>9:00 Yoga</p> <p>10:30 Bone Builders</p>	<p>VAN Wal-Mart 8</p> <p>10:00 Strength Training</p>
<p>11</p> <p>10:00 Strength Training</p> <p>11:00 Zoom Through Winter</p> <p>1:00 COA Board mtg.</p>	<p>12</p> <p>10:00 Writing Creatively</p> <p>10:30 Bone Builders</p> <p>12:00 Footcare</p>	<p>13</p> <p>9:15 Pilates</p> <p>9:30 Book Club</p> <p>10:00 Strength Training</p>	<p>14</p> <p>9:00 Yoga</p> <p>10:30 Bone Builders</p> <p>11:30 Bag The Event RiverCourt</p>	<p>VAN Market Basket 15</p> <p>10:00 Strength Training</p>
<p>Closed 18</p> 	<p>19</p> <p>10:00 Writing Creatively</p> <p>10:30 Bone Builders</p> <p>1:00 Pickleball</p>	<p>20</p> <p>9:15 Pilates</p> <p>10:00 Strength Training</p> <p>11:30 Bag the Event The Groton Center</p> <p>1:00 Hearing Screening</p> <p>4:00 Modern Russia</p>	<p>21</p> <p>9:00 Yoga</p> <p>10:30 Bone Builders</p>	<p>VAN TBA 22</p> <p>10:00 Strength Training</p>
<p>25</p> <p>10:00 Strength Training</p> <p>11:00 Zoom Through Winter</p>	<p>26</p> <p>10:00 Writing Creatively</p> <p>10:30 Bone Builders</p> <p>12:00 Footcare</p>	<p>27</p> <p>9:15 Pilates</p> <p>10:00 Strength Training</p> <p>11:30 Bag the Event The Groton Center</p> <p>4:00 Modern Russia</p>	<p>28</p> <p>9:00 Yoga</p> <p>10:30 Bone Builders</p> <p>1:00 Dementia Friend Zoom Class</p>	<p>29</p> <p>10:00 Strength Training</p>



*McGaffigan*  
FAMILY  
FUNERAL HOME  
John F. McGaffigan, Jr.  
Funeral Director, Type 3  
Groton Resident of 32 years

*"Our local family serving yours"*

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# Groton Senior Center Activities

February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 Strength Training 11:00 Zoom Through Winter	<b>2</b> 10:00 Writing Class 10:30 Bone Builders	<b>3</b> 9:15 Pilates <b>10:00 Pinterest</b> 10:00 Strength Training 11:30 Bag the Event The Groton Center <b>4:00 Modern Russia</b>	<b>4</b> 9:00 Yoga 10:30 Bone Builders	<b>5</b> VAN TBA 10:00 Strength Training
<b>8</b> 10:00 Strength Training 11:00 Zoom Through Winter 1:00 COA Board Mtg.	<b>9</b> 10:00 Writing Class 10:30 Bone Builders <b>12:00 Footcare</b>	<b>10</b> 9:15 Pilates <b>9:30 Book Club</b> 10:00 Strength Training 10:00 Bag the Event RiverCourt <b>4:00 Modern Russia</b>	<b>11</b> 9:00 Yoga 10:30 Bone Builders	<b>12</b> VAN Wal-Mart 10:00 Strength Training
<b>Closed 15</b> 	<b>16</b> 10:00 Writing Class 10:30 Bone Builders	<b>17</b> 9:15 Pilates 10:00 Strength Training <b>11:30</b> Bag the Event The Groton Center <b>4:00 Modern Russia</b>	<b>18</b> 9:00 Yoga 10:30 Bone Builders	<b>19</b> VAN Market Basket 10:00 Strength Training
<b>22</b> 10:00 Strength Training 11:00 Zoom Through Winter	<b>23</b> 10:00 Writing Class 10:30 Bone Builders <b>1:00 Footcare</b>	<b>24</b> 9:15 Pilates 10:00 Strength Training 11:30 Bag the Event The Groton Center <b>4:00 Modern Russia</b>	<b>25</b> 9:00 Yoga 10:30 Bone Builders	<b>26</b> VAN TBA 10:00 Strength Training
Accredited by National Institute of Senior Centers 		 <b>FEBRUARY</b>		



## Groton Center Cinema

Movies designated 2020 are in-theaters now

**We'll Be Back**



Wed, March 3 and 24 1pm  
***Knives Out -2020***  
Rated PG-13 2 hours and 13 minutes

Reviewed as a "delicious whodunnit" *Knives Out* investigates the circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that Detective Benoit Blanc knows for sure, everyone in the wildly dysfunctional Thrombey family is a



Wed, March 10 & 31 1pm  
***A Call To Spy—2020***  
Rated PG- 2 hours and 4 minutes

At the dawn of World War II, a desperate Winston Churchill orders his new spy agency to train women for covert operations. Together, these female agents help undermine the Nazi regime in France, leaving an unmistakable legacy in their

## Documentaries

**We'll Be Back!**

Monday, March 1 1pm

### **Red Penguins**

***Running time 80 minutes***



Red Penguins tells a story of capitalism and opportunism run amok - complete with gangsters, strippers and live bears serving beer on a hockey rink in Moscow. Shortly after the collapse of the Soviet Union, the Pittsburgh Penguins and the famed Red Army hockey team formed a joint-venture that showed anything was possible in the new Russia. It takes the viewer on a bizarre journey highlighting a pivotal moment in U.S. Russian relations in a lawless era when oligarchs made their fortunes and multiple murders went unsolved.

## *Pinterest with Kathy and Kathy*

### **Burlap Sunflower Wreath**

**We'll Be Back!**

Wednesday, March 24 11am  
Cost: \$5



This adorable Burlap Sunflower Wreath will be perfect for the front door to welcome your guest, bright and cheery with yellow burlap petals and a black center. Prefect for summer and all the way through Fall.

Call to register: 978-448-1170



Monday, April 5 1pm

### **American Factory**

***Running time 1 hour 50 minutes***

Follow along as the closed GM factory in Dayton is reopened as Fuyao Glass America, the US branch of a Chinese company that manufactures automotive glass. The film tracks American and Chinese workers and managers through a years-long period of adjustment, some of it quite rocky. At times, it's a bit humorous; differences in American and Chinese ideas about loyalty to your employer, safety on the factory floor, working overtime, and much more come to the foreground

Join us for "fun and games" with Kathy



**We'll Be Back!**

### **Scrabble on the Big Board**

Monday, March 8  
1:00 PM

### **Trivia**

Monday, April 12  
1:00 PM

Call The Center to register, 978-448-1170