



## Baby Steps

We are holding our breath as we move forward in the reopening process. As has been the case for more than a year, it is a fluid situation. At the time of this writing we are seeing a slight uptake in COVID numbers which puts the proverbial wrench in our planning! So we will take baby steps.

During May and June we are bringing back a few events with meals at The Center. Three out of the four events will be outside; Father's Day, the Spring Fling and Police Picnic. We will be able to accommodate larger numbers in those programs because we will be outside (following all necessary protocol). Our Mother's Day brunch will be held inside with everyone 6 feet apart, limited to 24 in attendance, masks can come off to eat but we'll put them back on after the meal. If the COVID numbers continue to increase, Mother's Day will be a take home meal but we will still have the theatrical performance at 10:45am. Plan for it as it is scheduled, we will notify you if there is a change. Attendance numbers for the outside events will be determined based on the numbers and recommendations from the State. Currently we are planning to have 50 registrants but hoping those numbers can increase.

Coming in July and August will be a Summer Movie Series, with lunch. As it stands you will have a choice to either attend the movie at 10am or 1pm, with lunch served outside at noon for those at both showings. Should the protocol change between now and then and we are permitted to be three feet apart rather than the six feet, we will eat at noon outside and move inside for the movie at 1pm (there will be no 10am showing). Again, plan for the program to have two movies and if things change we will notify you. It's a lot to take in!

We are so happy to see more of you returning to programs, it's been a long year!

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

### Outreach Coordinator

Stacey Shepard Jones

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

### Activities/Volunteer Co.

Kathy Santiago

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

### Maintenance

Jimmy Kuzmitch

### Van Driver

Peter Cunningham

Brad Eaton

Richard Marton

Heather Rhodes

Eddie Wenzell

### School Committee Liaison

Marlena Gilbert

### Police Liaison

Pat Timmins

### COA Board of Directors

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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

## JOY OF LIVING Meditation Group

7:00 PM Thursdays by ZOOM

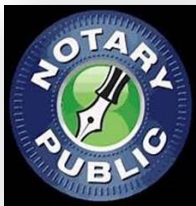


### Meditation Practice

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.



Do you need something notarized, **(not pertaining to real estate)**? Please call The Groton Center at 978-448-1170 to make an appointment with Stacey.

## 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.



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# Council on Aging Outreach and Support

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



## Short Fable Story: Hug a Porcupine

Written by:  
Mas Wahyu Didik



The day was silent. A porcupine called Mr. Prox, stood in his loneliness. He was trembling in coldness. He folded his arms. Feline the cat and Rita the Rabbit saw the sad porcupine who sat alone. They recalled the good things which he had done. Mr. Prox was a helpful porcupine. He was a nice animal in the jungle.

"He needs a hug," said Feline whispering to Rita. "He is nice and he is helpful. He had played a hard role for all of us. He saved us. He is actually strong, but he is lonely now on a cold day. He needs a hug," said Rita. Then Rita was walking to the porcupine.

"Hi, Prox. Are you okay?" Said Rita standing closer beside Mr. Prox. She put her arm around him. "Ouch..." Rita screamed. The porcupine's erected sharp quills hurt Rita's hand. "It's OK. It's not your fault," said Rita.

"You look so sad and sit alone on this cold night. I thought you needed a hug. Perhaps I was wrong", said Rita. Mr. Prox said "Yes, I am lonely. I need a hug—a warm hug. **Mr. Prox was aware that there was someone who cared, and her caring touched his heart.** He calmed down and his quills were not erect anymore. "You are huggable now I am with you", said Rita and hugged Mr. Prox.

If you want someone to hug you, don't be porcupine, be huggable.



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](mailto:gcoa@townofgroton.org).



## THE LATEST NEWS FROM SHINE



### Do you need help with Medicare costs?

**Call the COA for your appointment with a SHINE counselor, 978-448-1170.**

MassHealth Buy-in Program, also called Medicare Savings Program will pay for the Part B monthly premium, \$148.50 per month.

These programs may also help pay some of your out-of-pocket costs of Medicare.

The Buy-In programs can also help get Medicare Part B for people who only have Medicare Part A.

If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, through Social Security, which can help with pharmacy costs.

The information below is the financial eligibility for April, 2021

Monthly Gross Income Assets (i.e. savings account)

Individual	\$1,771	\$15,940
Couple	\$2,396	\$23,920

If you feel you may be eligible under these new income guidelines feel free to call the SHINE Program for more information. The SHINE Program (Serving Health Insurance Needs of Everyone), is federally funded and state administered through the Executive Office of Elder Affairs. The Program annually certifies over 700 counselors statewide, that provide, unbiased, confidential counseling on all aspects Medicare, related private insurance products and financial assistance programs To reach the Central Mass SHINE Program phone: 508-422-9931 email: [info@shinema.org](mailto:info@shinema.org). For other regions call 1-800-243-4636 and wait for the SHINE prompt

Visit us at our Central Mass Website [www.shinema.org](http://www.shinema.org) for useful information and applications for various programs.

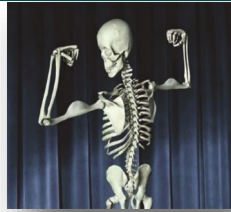


## Health and Wellness

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 9:30 AM**

**Wednesdays 10:45AM**

**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 9:30 - 10:30am**  
**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

**May 11 and 25 12:00-3:45 PM**

**June 8 and 22 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 \$45.

Provider: Sarah Kinghorn: BSN RN CFCN

**Groton Residents only**



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## 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.*

## Mother's Day Brunch

Open to Mothers and those that have mothered

**Friday, May 7**

10am Brunch

10:45am

Theatrical performance

By Anne Barrett

### Martha Washington The First First Lady

There's more to Martha than we read in history books! In 1759, the attractive and wealthy widow Martha Dandridge Custis married the handsome and successful soldier George Washington, a decision that would lead her from the battlefields of the American Revolution to the highest echelons of the infant republic.

She'll share her private family joys and sorrows, and reminisce about the winters she spent at the Revolutionary encampments. Spend an hour in the 18<sup>th</sup> century with the *First First Lady*.

Call the COA to register, 978-448-1170.



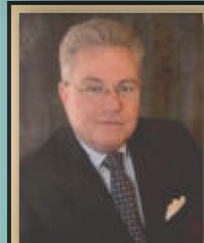
**Wednesday, June 16  
12:00pm**

**Menu:** Grilled Sausage, Peppers and Onions with Pasta Salad followed by strawberry shortcake for dessert.

Open to all men in celebration of the special bond of fathers and their children. Please join us if you were a father and/or you had a father! Perhaps you're one of the many who hanker after those clanking, rumbling old models of years ago – those dear, old, eloquent cars with their simple, accessible workings. Following lunch wander through the parking lot and reminisce as you take in the nostalgic automobiles.

Call the COA to register, 978-448-1170.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:30 Strength Training 1:00 Knitting <b>1:00 Documentary Social Dilemma</b>	<b>4</b> <b>8:30 Pickleball Shine</b> 10:00 Writing Creatively 10:30 Bone Builders	<b>5</b> 9:15 Pilates 10:45 Strength Training <b>1:00 Movie: Fatima</b>	<b>6</b> 8:30 Pickleball 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders 7:00 Meditation	<b>VAN TBA 7</b> 9:30 Watercolor Workshop 10:00 Mother's Day Brunch 1:00 Knitting
<b>10</b> 9:30 Strength Training 1:00 Knitting	<b>11</b> 8:30 Pickleball 10:00 Writing Creatively 10:30 Bone Builders <b>12:00 Footcare</b>	<b>12</b> 9:15 Pilates <b>9:30 Book Club</b> 10:45 Strength Training <b>1:00 Movie: Judy</b> <b>3:00 Spaghetti Drive thru at the Fires Station</b>	<b>13</b> 8:30 Pickleball 9:00 Yoga 10:30 Bone Builders 7:00 Meditation	<b>VAN Wal-Mart 14</b> 1:00 Knitting
<b>17</b> 9:30 Strength Training 1:00 Knitting 1:00 COA Board mtg.	<b>18</b> <b>8:30 Pickleball Shine</b> 10:00 Writing Creatively 10:30 Bone Builders	<b>19</b> 9:15 Pilates 10:45 Strength Training 1:00 Hearing Screening	<b>20</b> 8:30 Pickleball 9:00 Yoga <b>9:30 Veterans Drive Thru Breakfast</b> 10:00 Tech Support 10:30 Bone Builders 7:00 Meditation	<b>VAN Market Basket 21</b> 9:30 Watercolor Workshop 1:00 Knitting
<b>24</b> 9:30 Strength Training 1:00 Knitting <b>1:00 Can We Talk</b>	<b>25</b> 8:30 Pickleball 10:00 Writing Creatively <b>12:00 Footcare</b> <b>Local Elections</b> <b>No Bone builders due to elections at The Center</b>	<b>26</b> 9:15 Pilates 10:45 Strength Training <b>5:30 Spring Fling</b>	<b>27</b> 8:30 Pickleball 9:00 Yoga 10:30 Bone Builders 7:00 Meditation	<b>VAN TBA 28</b> 1:00 Knitting
	<b>1</b> 8:30 Pickleball 9:00 Shine 10:00 Writing Creatively 10:30 Bone Builders	<b>2</b> 9:15 Pilates 10:45 Strength Training 1:00 Movie: News of the World	<b>Accredited by</b>  <b>National Institute of Senior Centers</b>	



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# Groton Senior Center Activities

June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:30 Pickleball 9:00 <b>Shine</b> 10:00 Writing Creatively 10:30 Bone Builders	<b>2</b> 9:15 Pilates 10:45 Strength Training 1:00 <b>Movie: News of the World</b>	<b>3</b> 8:30 Pickleball 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders  7:00 Meditation	<b>4</b> VAN TBA 9:30 Watercolor Workshop 1:00 Knitting
<b>7</b> 9:30 Strength Training 1:00 <b>Documentary My Octopus Teacher</b> 1:00 Knitting	<b>8</b> 8:30 Pickleball 10:00 Writing Creatively 10:30 Bone Builders 12:00 <b>Footcare</b>	<b>9</b> 9:15 Pilates 9:30 <b>Book Club</b> 10:00 <b>Scavenger Hunt</b> 10:45 Strength Training	<b>10</b> 8:30 Pickleball 9:00 Yoga 10:30 Bone Builders  7:00 Meditation	<b>11</b> VAN Wal-Mart 1:00 Knitting
<b>14</b> 9:30 Strength Training 1:00 Knitting 1:00 <b>COA Board Mtg</b>	<b>15</b> 8:30 Pickleball 9:00 <b>Shine</b> 10:00 Writing Creatively 10:30 Bone Builders	<b>16</b> 9:15 Pilates 10:45 Strength Training 12:00 <b>Father's Day Lunch and car show</b>	<b>17</b> 8:30 Pickleball 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders  7:00 Meditation	<b>18</b> VAN Market Basket 9:30 Watercolor Workshop 1:00 Knitting
<b>21</b> 9:30 Strength Training 1:00 Knitting	<b>22</b> 8:30 Pickleball 10:00 Writing Creatively 10:30 Bone Builders 12:00 <b>Footcare</b>	<b>23</b> 9:15 Pilates 10:45 Strength Training 1:00 Hearing Screening 11:00 <b>Police Picnic</b>	<b>24</b> 8:30 Pickleball 9:00 Yoga 10:30 Bone Builders  7:00 Meditation	<b>25</b> VAN TBA 1:00 Knitting
<b>28</b> 9:30 Strength Training 1:00 Knitting 1:00 <b>Can We Talk</b>	<b>29</b> 8:30 Pickleball 10:00 Writing Creatively 10:30 Bone Builders	<b>30</b> 9:15 Pilates 10:45 Strength Training	<b>The Groton Center will be closed on Friday July 2 and Monday July 5</b> 	





## Ping Pong Open Play

### Singles only

Wednesdays: 1-4pm

Thursdays: 1-4pm



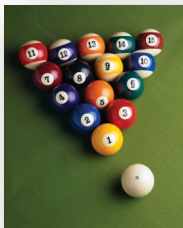
Register for your 90 minute time slot. Reservations are required, call the center 978-448-1170.

**On Hold**

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 Wednesdays 11:30-2:30pm the table is closed while movies are being shown)

## Watercolor

### Workshop

\$5 per class

(payable to facilitator)

Class facilitator:

Valerie Baier



**First and third Fridays**

**9:30-11:00**

No minimum attendance however, registration is necessary.

During each class, students will work on a subject they select or Valerie can help you choose one.

Bring your own supplies

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

Call, 978-448-1170 to register.

## Tech Support

**First and Third Thursdays**

**10am-12pm**

May 6 and 20

June 3 and 17



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 the state of emergency is lifted. If you joined this year you will not pay again until 1 year following reinstatement of fees. 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](mailto:gcoa@townofgroton.org).



# Spring Fling

Say good-bye to a long winter.  
Hello to an optimistic summer!

Wednesday, May 26

\$10pp

5:30pm

5:30pm

Live Music with the Dixie Hot Four

Pre-Dinner Snacks including: fried clams, onion rings and maybe a surprise or two from our chef.

Badminton, corn hole and croquet

6:30pm

Dinner Menu

\$10pp to cover food

Sausage, peppers and onions, meatball subs, fries & ice cream

Outdoor safety protocol will be maintained.

Please bring your own lawn chair.

Call to register, 978-448-1170.

8:15ish  
Movie

On our new, huge  
outdoor screen



The Age of LOVE

It's never too late to date.  
Rated PG 1 hours and 19 minutes

THE AGE OF LOVE follows the comic and poignant adventures of 30 seniors who attend a first-of-its-kind Speed Dating event for 70- to 90-year-olds, and discover how the search for love changes— or doesn't change—from first love to the far reaches of life.

Call to register, 978-448-1170

## Book Club

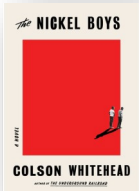
### 2nd Wednesday

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.



May 12 9:30 AM

**Becoming**  
by Michelle Obama



June 9 9:30 AM

**The Nickel Boys**  
by Colson Whitehead



July 14 9:30 AM

**Four Winds**  
by Kristen Hannah



August 11 9:30 AM

**A Time for Mercy**  
by John Grisham

Please be sure to register by calling the COA, 978-448-1170. Class size limited.



## Knitters

Monday and Fridays  
1:00pm

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

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.*

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

## Documentaries

Monday, May 3 1pm

### The Social Dilemma

**Running time 1 hour 34 minutes**



Set in the dark underbelly of Silicon Valley, *The Social Dilemma* fuses investigative documentary with enlightening narrative drama. Expert testimony from tech whistle-blowers exposes our disturbing predicament: the services Big Tech provides search engines, networks, instant information, etc. are merely the candy that lures us to bite. Once we're hooked and coming back for more, the real commodity they sell is their prowess to influence and manipulate us

Monday, June 7 1pm

### My Octopus Teacher

**Running time 1 hour 25 minutes**



*Nominated for 2021 Academy Awards Best Documentary, My Octopus Teacher* tells the story of the unusual

bond between the filmmaker and a wild octopus he encounters while freediving. For more than a year he follows her on daily dives as she hunts for prey and evades her predators with an uncanny ingenuity that calls into question human assumptions of superior intelligence. He also documents his own efforts to understand her world and how that quest led to emotional and intellectual growth. "She taught me humility," he says, while grazing on a post-dive snack of wholegrain toast with butter. "She taught me compassion. She opened my mind to just how complex and precious wild creatures are."

**Documentaries will be back in September**

## Groton's Veteran's Agent

**Joe Dean 978-448-1175**

Joe is here to help with your questions and concerns as they relate to your service records, Veteran's benefits and other related questions.



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06-5100



## Groton Center Cinema

Movies designated 2020 are in-theaters now



Wed, May 5 1pm

### ***Fatima - 2020***

Rated PG-13 1 hours and 53 minutes

Based on historical events, three young shepherds in Fátima, Portugal, report visions of the Virgin Mary, inspiring believers and angering officials of the Church and the government, who try to force them to recant their story.



Wed, May 12 1pm

### ***Judy***

Rated PG-13 1 hours and 58 minutes

Concentrating on the final tragic days of Judy's life, when she settled in London. The film eschews the elements that made her unique and concentrates on the dark, depressing downfall of a glittering life.



Wed, June 2 1pm

### ***News of the World - 2020***

Rated PG-13 1 hours and 58 minutes

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd (Tom Hanks) crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas.

**Coming this summer!**  
**(we changed our minds)**

Golden Globe nominated movies each Wednesday July and August with lunch served outside!

**Check the insert for details.**

## **CAN WE TALK?** **civil discourse** The Groton Civil Discourse Project

May 24 1PM

June 28 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.

Call the Center at 987-448-1170 to register.



## **COA Kayak Club**

The Kayak Club is ready to get out and enjoy the great Spring weather! Join us where there is safety and comradery in numbers!

You simply need to have to have your own kayak and ability to transport it (at times we can help with transport).

Outings vary once or twice a week, scheduled dates are available through email within the group and anyone in the group can set up an outing!

To join, call and let us know and we will add you to our mailing list.

Call The Center, 978-448-1170.



# Summer Movie Series

## Golden Globe Nominated Movies All Summer

Join us Wednesdays in July and August for lunch and a movie.

**12:00pm lunch outside between movie showings.**  
**Lunch is for those attended either movie showing.**

**Movies shown at 10am or 1pm (specify your time at registration)**



Wed, July 7 **10am or 1pm**  
***Trial of Chicago 7***

Rated R 2 hours and 10 minutes

The film is based on the infamous 1969 trial of seven defendants charged by the federal government with conspiracy and more, arising from the countercultural protests in Chicago at the 1968 Democratic National Convention. The trial transfixed the nation and sparked a conversation about mayhem intended to undermine the U.S. government.



Wed, August 4 **10am or 1pm**  
***Ma Rainey's Black Bottom***

Rated R 1 hour and 37 minutes

"Ma Rainey's Black Bottom" is a celebration of Ma Rainey, often referred to as the "Mother of the Blues," whose name and song give the film its title. During a recording session, tensions rise between [Ma Rainey](#), her ambitious horn player and the white management determined to control the uncontrollable "Mother of the Blues".



Wed, July 14 **10am or 1pm**  
***Mank***

Rated R 2 hours and 11 minutes

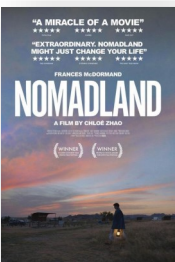
1930s Hollywood is reevaluated through the eyes of scathing wit and alcoholic screenwriter Herman J. Mankiewicz as he races to finish "Citizen Kane."



Wed, August 11 **10am or 1pm**  
***The US vs Billie Holiday***

Rated R 2 hours and 10 minutes

This movie follows Holiday during her career as she is targeted by the Federal Department of Narcotics with an undercover sting operation led by black Federal Agent Jimmy Fletcher, with whom she had a tumultuous affair.



Wed, July 21 **10am or 1pm**  
***Nomadland***

Rated R 1 hour and 50 minutes

A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad



Wed, August 18 **10am and 1pm**  
***Minari***

Rated PG-13 1 hour and 5 minutes

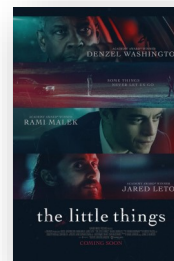
A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home.



Wed, July 28 **10am or 1pm**  
***The Father***

Rated PG-13 1 hour and 37 minutes

Starring Anthony Hopkins. A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.



Wed, August 25 **10am or 1pm**  
***The Little Things***

Rated R 2 hours and 8 minutes

Deputy Sheriff Joe "Deke" Deacon joins forces with Sgt. Jim Baxter to search for a serial killer who's terrorizing Los Angeles. As they track the culprit, Baxter is unaware that the investigation is dredging up echoes of Deke's past, uncovering disturbing secrets that could threaten more than his case.





# Police Picnic



June 23 11:00am

*We will be outside at the Groton Center - following the outside protocol of the day!*

In case of rain we will schedule smaller groups inside at multiple times or a drive-through, we'll let you know.

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad, and raffles.

**Music at 11am by Groton's own  
John Murphy!**

A big thank you to Groton's Police Department for a much anticipated day.

Please call the senior center to register by Wednesday, June 16, registrations will be limited due to social distancing requirements.  
978-448-1170



## The Council on Aging sponsored Pickleball programs

### **COA Pickleball League:**

Plays 8:30am-12:30pm Tuesdays and Thursday mornings the Lost Lake fire station court in the summer. Winter play is at the Twomey Center. You must be a registered player and 60 years or older. The league is full.

### **Pickleball Occasional Player:**

An occasional player will play with our league players however can't commit to playing on a regular basis or they are waiting for a spot in the league. Occasional players are subs in our league. You must be a registered player and 60 years or older.

### **Pickleball Open Play:**

The Groton Center has an indoor court that is available to residents at no charge on Fridays, 8am-4pm. The majority of players must be residents and open to all ages. Players are responsible to set up and dismantle the net. To reserve your court call The Groton Center, 978-448-1170.



### **Remember this beautiful garden?**

This was the senior center vegetable garden on this site prior to the new building.

We would like plant again but we need some help.

If you have some time to share please call the COA and let us know - we'll be happy to put you to work!

978-448-1170



## Veteran's Drive Thru Breakfast

Held at Central Fire Station

*This program is made possible through the generous support Professional Firefighters of Groton Local 4879 and the Groton Firefighter's Association*

In honor of Memorial Day the Groton Fire Department would like to honor our Veterans with breakfast. **At 9:30am stop by, say hello and receive your meal from the safety of your car.**

Deliveries will be made to those Groton Veteran residents choosing to stay home.  
Please let us know if you need a home delivery.

**Thursday, May 20  
9:30am**

**at the Central Fire Station**

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

Professional Firefighters of Groton Local 4879 and the Groton Firefighter's Association sponsor a free *drive thru* breakfast for our area's veterans and spouses. Head Chef, Fire Lieutenant Tyler Shute, with the assistance of Groton's First Responders will serve up a hearty meal with the promise no one will be hungry!

## Drive Thru at the Fire Station



**Delizioso!**

The Groton Fire Department is treating Groton Seniors to a fabulous drive-thru late lunch! Spaghetti & meatballs for all!



**Wednesday, May 12  
3:00pm  
at the Fire Station**



Please call the senior center to register by Friday, May 07

Van transportation is available, please call 978-448-1141 for your van reservation.

**Call the COA to register,  
979-448-1170.**

## 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@townofgroton.org](mailto:gcoa@townofgroton.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.*

## THE GREAT GROTON COA SCAVENGER HUNT

**WEDNESDAY, JUNE 9**

**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).

After scavenging, and you return to the center with all your photos, we will verify your photos to the assignment.

The first ones back with a complete list wins!

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, 978-448-1170.



## Free Family Caregiver Conference in May!

### Alzheimer's Association MA/NH Chapter to host virtual Family Caregiver Conference

The Alzheimer's Association Massachusetts/New Hampshire Chapter will host a free virtual educational conference for family caregivers and individuals living with dementia. The inaugural two-day Family Conference will take place **Friday, May 14 and Saturday, May 15**. The virtual conference is free and open to those caring for a loved one at home, professional caregivers, and the general public. Click here for the flyer.

Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. Sessions include Understanding Alzheimer's and Dementia, Effective Communication Strategies, and Coping with Dementia Related Behaviors. **There will be two educational sessions offered in Spanish.**

The conference will feature a presentation by keynote speaker Tom Keane, titled *Into Light: A story of loving, losing, and loving*. Keane is a regular contributor to the Boston Globe who served as a caregiver for his wife, Laurie, during her battle with Younger-Onset Alzheimer's disease. Participants will also hear from a **panel of individuals living with dementia sharing their perspective and coping strategies.**

The schedule of programs also includes performances by South Shore Conservatory's Creative Arts Therapy Program. SSC's Creative Arts Therapy (CAT) program features a group of highly qualified therapists and specialists who use the arts and creative processes to help individuals maximize their abilities and improve health and wellness.

For a full list of sessions, topics, and speakers, and to register for the event, visit [alzfamilyconference.org](http://alzfamilyconference.org), or call the Alzheimer's Association's 24/7 Helpline at 800-272-3900 or email Regional Manager, Meghan Lemay at [mlemay@alz.org](mailto:mlemay@alz.org)



Did you know The Groton Center is a neighborhood coordinator for the Groton Neighborhood Food Project?

It's simple for you to also be part of the program.

1. We'll give you a green bag that you can add a non-perishable when you do your shopping. We'll then collect it from you and deliver it to Loaves and Fishes food pantry.

**or**

2. Drop off food and add it to our green bags at The Center.

Just ask for a green bag the next time you're here!

Our most needed items include:

- \* Canned Hearty Soups
- \* Rice Pilaf/Rice-a-Roni
- \* Hamburger Helper
- \* Baked Beans
- \* Canned whole or diced tomatoes
- \* Cake and Cookie Mixes
- \* Canned Vegetables
- \* Ensure
- \* Canned White Tuna
- \* Canned Black or Kidney Beans
- \* Jelly
- \* Crackers