Did you ever want to be a TV producer?

Opportunities often come from the most unlikely places and in this case it’s the Groton Channel. Courtesy of the Groton Channel’s Director, Bob Coleman, seniors will have the chance to be trained operators of the cameras and equipment to produce the monthly COA program. Since my knowledge of this equipment is extremely limited I won’t begin to try and explain the details of your new volunteer position however, I can tell you this; once a month Stacey, Stephanie and I film a program for the Groton Channel with Gina Marini as the host. We discuss upcoming events and programs at the senior center as well as services offered through our outreach department. Currently we record the program and then Gina will edit the materials to create an error free product (or one with limited errors at the very least). Now, the Groton Channel would like to film this as a “live feed”, which would eliminate or reduce the editing process.

Your mission, should you choose to accept it, would be to manage the equipment during this process. I’m told it is not as difficult as it sounds and if you have an interest and are motivated then you will have no problems at all catching on! You can always arrange a time to talk to Bob at the TV station and see what it’s all about before you commit to it.

We would love to have you join us. We have a great time filming and having our center members producing the program will make it very unique and special for Groton seniors. Please call me, I would love to discuss the possibilities.

Kathy, COA Director

Mission Statement:
The Groton Council on Aging seeks to enrich the lives of Senior Citizens by providing opportunities for learning, leisure, creativity, health and fitness, information and referral, and social services.
Hi Everyone,

**Community Legal Aid**

Community Legal Aid is a wonderful resource that provides FREE civil legal services (in multiple languages) to those most in need. Senior and low-income residents can obtain free legal help in areas such as affordable housing, eviction, foreclosure, discrimination, wrongly denied medical benefits, wrongly denied unemployment benefits, employment discrimination, family medical leave issues, wrongly denied government benefits programs (TAFDC, EAEDC, SSI, SSDI, SNAP), non-contested divorces, and many other legal issues as well.

Community Legal Aid’s main office is in Worcester. The office is open Monday-Friday from 9:00 am to 5:00 pm any their phone number is 508-752-3718. They also have an office in Fitchburg that has limited hours on Wednesdays. You can arrange to meet with them in Fitchburg by calling the Worcester number listed above and if necessary they will make arrangements to meet you in Groton.

**Winter is on its way!**

Snow and ice season is on its way so please prepare ahead of time and don’t be caught off guard!!! Please stock up on the items you would need in a power outage such as medications, flashlights, batteries, bottled water, non-perishable foods, hand held can-opener, blankets, and make sure your cell phones are charged. Please keep in mind that the Senior Center is a Warming Shelter. If you lose your power and would like to come to the Senior Center and warm up after hours, please call the Groton Police at 978-448-5555. The Senior Center also has sand available for senior residents. Just bring a bucket, and we will help you fill it. If you do not drive, but need sand for your stairs or walkway, please call us and we will have it delivered to you.

**Fuel Assistance**

If you’re having a difficult time paying for your heat, please call me. You may qualify for Fuel Assistance through Community Teamwork in Lowell. Please feel free to stop in or call me anytime!!

*Stacey*

---

**Sharing Our Losses—Bereavement Support**

December 10
2nd Tuesday 9-10:30am

The holidays can often bring about feelings of loss and isolation and at times it can become overwhelming. We feel it through the death of a loved one, moving from a long time home, loss of independence through physical or mental challenges. There’s no need to face these challenges alone, join us for support & understanding.

Facilitated by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Day Trips
To ensure your place on the bus please sign-up at the senior center.

**Thursday, December 12**

**Bright Nights Forest Park**
Springfield Mass
$45pp
Depart the senior center at 3:00pm and return 9:30pm

Bright Nights is a unique long-standing tradition that attracts thousands of visitors each holiday season. Forest Park is set up with multitude of lights in incredible displays with music accompaniment.

Dinner at Bernie’s Dining Depot is included. All their food is fabulous but the prime rib is amazing!

**Monday, January 13**

** Omni Theater IMAX**
Double Feature
Boston Museum of Science

**Rocky Mountain Express**
Experience Canada’s wilderness aboard a steam locomotive

**Jerusalem**
Learn how it became the center of the world for 3 major religions and why it is important to so many different cultures.

Lunch at Cheers included
$44.00

The bus will depart the senior center at 9:00am and return 3:30pm

---

**Friends of the Groton Elders & Merry Trippers**
2 Spring Getaways with NO flying required.

By Nyola Vaillancourt,
978-692-8608
1081 Lowell Road, Groton, MA 01450
nyolav@verizon.net

**AZALEAS IN BLOOM, NATO FESTIVAL OF NATIONS & VIRGINIA INTERNATIONAL TATTOO, April 23-29, 2014.** This is a 7 day/6night bus tour with natural beauty and national pride as the highlights. Visit the famous Chesapeake Bay Bridge-Tunnel, Military Aviation museum, Virginia Beach and the NATO Parade of Nations with a flag raising where all 28 flags are presented with their national anthems played by the US Navy’s Fleet Forces Band. The Tattoo performance is a spectacle of military splendor- part parade, part theater and sometimes part circus. The Tattoo features bands and forms of drill display, regimental bands, drums and pipes, massed bugle ensembles and ends with fireworks to delight all ages. Norfolk Botanical Gardens, Virginia Beach and Norfolk Naval Station and on to Philadelphia to conclude our visit. Rates vary based upon the number of passengers, from $1499 - $1699. per person.

**BOSTON TO BERMUDA CRUISE aboard NORWEGIAN CRUISE LINE “DAWN”, May 16-23, 2014.** Don’t miss out on this opportunity to enjoy a spring time cruise for 8 days/7 nights at just $919.00 per person paying by cash or check for an inside room. Transportation to the pier is provided from Groton and with the return. Freestyle cruising is resort casual. Freestyle dining allows alternative dining arrangements of your choice, casual or formal, couples or parties, early or late. Freestyle embarkation streamlined to make a guest friendly system. Destination Bermuda with its pastel cottages, powdery pink beaches and golf courses. Our port is King’s Wharf with plenty for visitors to do and see, the Bermuda Maritime Museum and Bermuda Craft Market. King’s Wharf is rich in Naval History. Hamilton and St. George are easily accessible by public transport. This cruise usually sells out quickly. Other cabin options are available and detailed on the flier.

Full details are available in the flier located at the Groton Senior Center or by calling Nyola.

Reserve: March 12, 2014 for the **Boston Flower Show** with the Friends of Groton Elders. Details in January.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 9:30</td>
<td>COA Board open meeting</td>
<td>3 10:00</td>
<td>4 10:00 Yoga</td>
<td>6 VAN DW Highway Nashua</td>
</tr>
<tr>
<td>10:00</td>
<td>Groton Swim</td>
<td>11:00</td>
<td>11:00 Scrabble</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>11:00</td>
<td>Hearing Screening</td>
<td>12:45</td>
<td>12:00 Tai Chi</td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td>12:30</td>
<td>Strength Training</td>
<td>Hand &amp; Foot</td>
<td>12:45 Hand &amp; Foot</td>
<td>12:30 Bridge</td>
</tr>
<tr>
<td>2:00</td>
<td>Cribbage</td>
<td>4:30 Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Quilting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>9:00 Sharing Our Losses</td>
<td>10:00</td>
<td>10:00 Yoga</td>
<td>13 VAN Walmart, Dollar Tree</td>
</tr>
<tr>
<td>11:00</td>
<td>Painting Club</td>
<td>11:00</td>
<td>11:00 Scrabble</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td>12:45</td>
<td>Line Dancing</td>
<td>12:45</td>
<td>12:00 Tai Chi</td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td>4:30</td>
<td>Hand &amp; Foot</td>
<td></td>
<td>12:45 Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>17:00</td>
<td></td>
<td>12:00</td>
<td>Trip: Bright Nights Forest Park</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Groton Swim</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Strength Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Cribbage</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00</td>
<td>Quilting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>10:00</td>
<td>11:00</td>
<td>10:00 Yoga</td>
<td>20 VAN Loaves and Fishes</td>
</tr>
<tr>
<td></td>
<td>Groton Swim</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td></td>
<td></td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td></td>
<td>12:45</td>
<td></td>
<td></td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td></td>
<td>4:30 Pilates</td>
<td></td>
<td></td>
<td>12:30 Bridge</td>
</tr>
<tr>
<td>23</td>
<td>10:00</td>
<td>11:00</td>
<td>10:00 Yoga</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Groton Swim</td>
<td></td>
<td></td>
<td>25 VAN Christmas Tree Shoppe</td>
</tr>
<tr>
<td></td>
<td>11:00 Talk with Tom</td>
<td>12:45</td>
<td>11:00 Scrabble</td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td></td>
<td>12:30 Strength Training</td>
<td>Hand &amp; Foot</td>
<td>12:30 Tai Chi</td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td></td>
<td>2:00 Cribbage</td>
<td>4:30 Pilates</td>
<td>12:45 Hand &amp; Foot</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>10:00</td>
<td>10:00</td>
<td>10:00 Yoga</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Groton Swim</td>
<td>Painting Club</td>
<td></td>
<td>31 VAN DW Highway Nashua</td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td>10:00 New Years Party</td>
<td></td>
<td>10:00 Groton Swim</td>
</tr>
<tr>
<td></td>
<td>Strength Training</td>
<td>BINGO!</td>
<td></td>
<td>10:00 Strength Training</td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td>11:00 Line Dancing</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cribbage</td>
<td>12:45 Hand &amp; Foot</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td>4:30 Pilates</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Upcoming Events
Please reserve your seat by calling the center or stop in and register at the front desk.

Veteran’s Breakfast
Sponsored by the Groton Police Department, Blood Farm and Shaw’s Market
Monday, December 9
10:00am
This month we will be sharing our wartime stories both overseas and on the homefront. Open to all Veteran’s and their guests, head chef, Police Chief Donnie Palma will serve eggs, sausage, bacon and hash brown potatoes with other town employees following his lead. Please call the senior center for your reservation.

Nashoba Tech Catered Lunch
at the senior center
Cost $10 with $2 optional tip
Wednesday, December 11th
Entertainment: Groton School Choir
Menu:
Prime Rib or Chicken Parmesan
garlic bread and pasta
Creaser salad & dessert.
Please make your reservation by Friday, Dec. 6

Groton Women’s Club Luncheon
open to everyone
Wednesday, December 18th
Entertainment:
Groton-Dunstable High School Choir
This afternoon’s lunch will be meatballs in chili sauce served with jasmine rice, a mixed green salad, and baguette with ice cream and cream puffs for dessert. Please make your reservation by Friday, Dec. 13

Noon Year’s Eve Celebration
December 31
10am Bingo 12pm Lunch
Cost: $5.00
Why stay up until midnight when you can count down to noon at the Senior Center. Yes, you read it right; we are going to count down to 12 in the afternoon! We will have the noise makers ready and sparkling cider chilled. Following the countdown will be lunch featuring a New Years favorite Chinese Buffet complete with chopsticks! BINGO for prizes at 10am. Please make your reservation by Friday, Dec. 27

Always Available
For more information and to register please call or better yet, stop in and see us!

Mondays
COA Board Meeting (1st Mon) 9:30am
Open meeting
Groton Swim 10:00am
Vet’s Breakfast (2nd Mon) 10:00am
Sponsored by Groton Police, Blood Farm and Shaw’s
Talk with Tom - Current Events (4th Mon) 10:30am
Supported by the Friends of Groton Elders
Hearing Screenings (1st Mon) 11:00am
Strength Training - $3 per class 11:30am
Cribbage 12:30pm
Quilting 2:00pm

Tuesdays
Sharing Our Losses (2nd Tues) 9:00am
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Creative Creations 10:00am
One Stroke Painting Club 10:00am
Line Dancing (on temporary hiatus) 11:00am
Hand and Foot Cards 12:30pm
Pilates Phase 1 4:30pm

Wednesdays
Book Club (2nd Wed) 9:00am
Strength Training - $3 per class 10:30am
Groton Women’s Club Luncheon (3rd Wed) 12:00pm
with Entertainment
(Sponsored by Groton Trust Lecture Fund
Pizza and a Flick (Wed varies) 12:00pm
Sponsored by Right at Home
Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
Holiday Celebrations (Wed. varies) 12:00pm
Scrapbooking 6:00pm

Thursdays
Yoga—$3 per class 10:00am
Supported by the Friends of Groton Elders
Scrabble 11:00am
Ask the Nurse
and Blood Pressure Screenings (2nd Thurs) 11:30am
Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice
Tai-Chi—$40 per 8 week 12:30pm
Hand and Foot 12:30pm

Fridays
Shopping - $3 for van 9:00am
Groton Swim 10:00am
Strength Training - $3 per class 10:00am
Bridge (1st and 3rd Fri.) 12:30pm
Steph's Stuff

Trip Buddies Program!
Want to go on a trip with us but don’t want to go alone? No problem! Sign up for the “Trip Buddy” program when you register for your outing with us! Great to have a friend for the day to travel with, no need to go it alone anymore.

Mahjong
Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards. We are starting a Mahjong group here at the COA and would love if you could join us! Please contact Stephanie St. Germain at (978) 448-1170 or sstgermain@townofgroton.org.

Bowling Bonanza!
Wii is a really fun video game that can be quite realistic at times, but you don’t need your bowling shoes for this. Come to the center to practice and play as we are hoping to one day have tournaments with other local COA’s. Go Groton COA! Please call the Senior Center at (978) 448-1170 to sign up.

Pizza and a Flick
Please reserve your seat by calling the center or stop in and register at the front desk.
Sponsored by Right at Home

Wednesday, December 4    12:00pm
“The Great Gatsby”
Based on F. Scott Fitzgerald’s timeless literary classic this movie adaptation beautifully brings the tragic love story of Jay Gatsby and Daisy to life as seen through the eyes of Nick Caraway, Daisy’s cousin.

Wednesday, January 8    12:00pm
“42 Story of Jackie Robinson”
In 1946, Branch Rickey (Harrison Ford) took a stand against Major League Baseball’s infamous color line when he signed Jackie Robinson. Robinson was forced to demonstrate tremendous courage, changing the world by changing the game of baseball. Uplifting and inspiring.

The Groton Senior Center offers a variety of opportunities for an afternoon lunch. Many of our meals are provided and subsidized by Montachusett Opportunity Council Elder Nutrition Program. We also provide options from Nashoba Technical High School, Groton Women’s Club, Pizza sponsored by Right At Home and once in a month the COA staff cooks! Prices vary for each meal and are as listed below.
Reservations are necessary for all meals. Bon Appetite!

<table>
<thead>
<tr>
<th></th>
<th>Meal Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Breaded Chicken</td>
<td>$2.25</td>
</tr>
<tr>
<td>3</td>
<td>Butternut Macaroni &amp; Cheese</td>
<td>$2.25</td>
</tr>
<tr>
<td>4</td>
<td>Pizza sponsored by Right at Home Free</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Grilled Chicken Breast w/pesto</td>
<td>$2.25</td>
</tr>
<tr>
<td>6</td>
<td>Beef and Lentil Chili</td>
<td>$2.25</td>
</tr>
<tr>
<td>9</td>
<td>Roast Turkey with gravy</td>
<td>$2.25</td>
</tr>
<tr>
<td>10</td>
<td>Sweedish Meatballs</td>
<td>$2.25</td>
</tr>
<tr>
<td>11</td>
<td>Nashoba Tech: Prime Rib/Chicken Parm $10</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Roast Pork with Gravy</td>
<td>$2.25</td>
</tr>
<tr>
<td>13</td>
<td>Pasta with Bolognese Sauce</td>
<td>$2.25</td>
</tr>
<tr>
<td>16</td>
<td>Chicken Breast Marsala</td>
<td>$2.25</td>
</tr>
<tr>
<td>17</td>
<td>Pot Roast with gravy</td>
<td>$2.25</td>
</tr>
<tr>
<td>18</td>
<td>Women’s Club: Meatballs in Chili Sauce Free</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Teriyaki Chicen</td>
<td>$2.25</td>
</tr>
<tr>
<td>20</td>
<td>BBQ Beef Rib with Sauce</td>
<td>$2.25</td>
</tr>
<tr>
<td>23</td>
<td>Meatballs with Tomato Basil Sauce</td>
<td>$2.25</td>
</tr>
<tr>
<td>24</td>
<td>Chicken Breast w/ Lemon Piccata Sauce</td>
<td>$2.25</td>
</tr>
<tr>
<td>25</td>
<td>Happy Holidays! Building Closed</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Chicken Kielbasa w/ Onions and Peppers$2.25</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Roast Turkey with gravy</td>
<td>$2.25</td>
</tr>
<tr>
<td>30</td>
<td>Chicken Brocoli Alfredo</td>
<td>$2.25</td>
</tr>
<tr>
<td>31</td>
<td>New Years Celebration: Chinese Buffet $5</td>
<td></td>
</tr>
</tbody>
</table>

We appreciate your donations.

- Novelty Salt and Pepper shakers for our tables.
- Napkins—pretty ones, holiday ones, fun ones, anything you find that we can add to our Meals on Wheels deliveries.
- Coffee
- Candy for the reception desk
Transportation Information

Groton COA Van Schedule

Local Shopping/Medical/Social Trips
Mondays - Thursdays: 8:30 AM to 3:00 PM
Fridays: 1:00 PM to 3:00 PM

Fridays
9:00 AM - 1:00 PM Special Social & Shopping Trips
(A 4 person minimum may be required for Friday Trips.)
1st Friday Shopping on DW Highway, Nashua
2nd Friday Shopping in Lunenburg including Wal-Mart
3rd Friday Loaves and Fishes
4th Friday Trips around Christmas Tree Shop, Nashua

Round Trip Fees:
- In-Town $3.00
- Out-of-Town $4.00
- 12 Ride Voucher $30.00
- 12 Ride Voucher $40.00

Scholarships are available

You are encouraged to make reservations 1 week in advance. Reservations will not be taken past 1:00 PM on the day prior to your trip. Call 978-448-1141 to schedule a ride. Special trips must be within 30 miles.

Did You Know?

- A hot nutritious lunch is served Monday through Friday at the senior center and anyone over the age 60 is welcome. The lunch entrée is listed on our monthly newsletter calendar. We do need reservations therefore, please call us at least 24 hours in advance, 978-448-1170. There is a $2.25 contribution for each meal.

- The Council on Aging van can bring you to the senior center for programs. Please call our van line for your reservation, 978-448-1141. If you need assistance to pay the van fees we can help. Call Stacey, 978-448-1170. All information is confidential.