



The Center

GROTON COUNCIL ON AGING

*Your place for lifelong learning,
wellness, and support.*

163 West Main St. (Rt.225) Groton, MA 01450

January 2018



978-448-1170

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

Travel to Sao Miguel Azores

As part of our needs assessment we found one of the top interests reported was travel. In response we are offering a week in the Azores in the Fall of 2018. We chose Sao Miguel for it's diverse scenery ; beautiful lakes, sandy beaches, rolling hills, high mountains, green plains, and blue ocean. Sao Miguel is also the island in the Azores with the most to offer. Its cosmopolitan town of Ponta Delgada offers the visitor a blend of contemporary life with historic flavor. Sao Miguel monuments, turn of the century architecture, parks, and cobble stone streets are interlaced with a modern marina, nice restaurants, shopping, bars, night-clubs, and ocean-front cafes.

Sao Miguel Azores

September 29 - October 6, 2018

Includes 6 nights at a 5 star hotel

Roundtrip non-stop airfare from Boston

Two full day tours

Three half day tours

Time on your own to explore

14 meals

All for only \$1,449.00 Double Occupancy

Informational meeting:

Thursday, January 25 1pm at the senior center



The fastest growing sport in America!

Join us at the Senior Center

Monday, January 29 10am

Pickleball Information Session

Small court play (less running) with paddles and whiffle balls

What is Pickleball?

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It combines tennis, badminton and table tennis.

Who can play?

The game is open to players of all ages and skill levels, it can be competitive or social.



If you are unable to attend the meeting and would like more information please call the Council on Aging, 978-448-1170.

This program is possible through the generous support of Friends of Nashoba Valley Medical Center, Inc.

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

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Trip
Celebrate St. Patrick's Day
with an Irish Show

**ENCHANTED MUSIC OF
IRELAND**

With Best of Times Travel

Featuring

ANDY COONEY

"Irish America's Favorite Son"



Also performing
Shauna McStravock,
The Irish Pops
Ensemble, and the
World Class Irish
Dancers.

Thursday, March 8

Venus De Milo
Swansea, MA

\$92pp

Includes Transportation, show and lunch
Meal choice corned beef or fish

Andy Cooney, has 7 Carnegie Hall sellouts under his belt and recently filled The David Geffen Hall at Lincoln Center with The New York Tenors. Andy is surely one of the greatest singing sensations on the Irish Music scene today. Christened "Irish America's Favorite Son" by The New York Times, it's a title he truly deserves.

Joining Andy is vocal sensation Shauna McStravock from Ireland. This young lady in her mid 20's has already shared the stage with some of the best and brightest names on the Irish & Country music scene.

Accompanying Andy and Shauna is The Irish Pops Ensemble, lead by musical director Bugs Moran, will perform exquisite arrangements. Completing the bill are the World Class Irish Dancers, all of which make this a terrific Irish Celebration in 2018!

The coach will depart from the senior center at 9:30am and return at 6:00pm. There is very limited walking on this trip.

*Reservations will be accepted beginning
January 2 for residents and non residents.*

**PILATES STRENGTH TRAINING:
THE BASICS WITH PILATES**

January 3—February 28
no class 2/21
Wednesdays, 9:30am
8 classes \$84.00

**Boost your metabolism and burn more
calories with this 60 minute class!**

All that you will need is: weights, a mat and water!



Learn how to strength train safely for toning! Strengthen your bones, increase your flexibility, improve your balance and feel great in your body! The weight training

segment includes the most effective moves to train your body to burn calories and release stored fat. Remember that weight training is the magic bullet to aging gracefully!

Inspire Socialization

Bridge

1st and 3rd Fridays 12:30pm

Cost: none

Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication.
Great for brain health!

Hand & Foot

Tuesday and Thursdays 12:30pm

Cost: none

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!

Mahjong

Tuesdays 1:00pm

Cost: none

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.
Join us anytime!

"ON-LINE SAFE ZONE" **AT GROTON POLICE DEPARTMENT**



The Groton Police Department have installed an On-Line Safe Zone in the parking lot in front of their facility at 99 Pleasant Street for those who want to make online transactions in person in a safe place.

The Safe Zone provides a well-lit, camera-monitored area for people to make property exchanges and online sales transactions. For example, if someone were to purchase something on Craigslist, they would have a safe place to exchange money for whatever they are purchasing.

"We initially learned about the exchange zones from various national media sources around the country, and decided to create a similar zone for our citizens as it would aid in their safety and protection", said Chief of Police, Donald Palma. "If someone isn't willing to meet you at the police station to transfer property for money, you probably don't want to be doing business with them."

Please be safe and take advantage of this program!

Writing Creatively

Tuesdays, 10:00-11:30 a.m.

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 you're happy with.

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. His most recent work includes the novel, *Falling off the Wind* (2012), but he has also written non-fiction, *The Fitchburg Watch: History of a Masterpiece* (2002). He has been a Groton resident for over forty years.



NEWS FROM SHINE ***January, 2018***

Can I still change my Medicare Plan?

The 2017 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2018 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at any time between December 8, 2017 and November 30, 2018. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star and the same enrollment guidelines apply. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to upgrade your coverage if you failed to make a change during the Open Enrollment Period.

If you need to speak or meet with Groton's SHINE Counselor, please call the Council on Aging at 978-448-1170.

AARP TAX PREPARATION

This year, AARP Foundation is again providing free tax assistance, preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program.

Appointments are available
Monday Feb 5
Friday Feb 23
Mondays, March 5 and 19

Appointments may be made beginning Monday, January 8. Please call the senior center to schedule your appointment, 978-448-1170.

An Intake form will be required prior to your appointment, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival.



November Events

Please make your reservation by calling the center, 978-448-1170

Veteran's Breakfast

Thursday, January 4 10:00am
Cost: None



Speaker: LTC Slaughter, Fort Devens

Nine months a year the Groton Police Union sponsor a free breakfast for our area's veterans and spouses. Head Chef, Police Chief Palma will serve eggs, sausage, bacon and hash brown potatoes with the assistance of his officers .

Nashoba Tech Catered Luncheon

Wed, January 10 12:00pm
Cost: \$10pp with tip optional

The Universal Muse: Comparing the Art of Russia, France, England and America"

Speaker: Barbara Suhrstedt



Since her student days, Barbara Suhrstedt has been drawn to explore the relationship between art and music. Together with her husband she

developed multi-media programs which highlighted the music and art of France, Spain, England, Russia and the United States. Her lecture for the Groton Council on Aging, *"The Universal Muse: Comparing the Art of Russia, France, England and America"*, will use art slides and lively commentary to guide the audience through the visually fascinating world of great painters and their techniques. Similarity and contrast in the art of the painters will be explored. These artists influenced and were influenced by their contemporaries' works and the world in which they found themselves, in settings ranging from stormy seascapes to pastoral village scenes, from aristocratic splendor to wretched poverty. Individual artists' styles will be highlighted, including the whimsical Impressionism of Monet, Cassatt, Whistler and Korovin; the delicate romanticism of Nesterov and the Pre-Raphaelite Waterhouse; the satirical visions of Duchamp and Perov; and the fantasy-like spirituality of Gauguin and Vrubel.

Lunch menu: Maple Glazed Virginian Ham or Baked Haddock Newburg

Reservations needed by Fri., January 5, call the center at 978-448-1170.

Groton Women's Club sponsored luncheon

Wed, January 17 12:00pm

New England Humorist: David Sikes

HAHAHAHA!!

There's nothing better than a hot bowl of soup on a winter's day. Lunch will be corn chowder, shredded wheat bread, broccoli salad with red velvet cake to finish with! When lunch is completed we will smile, laugh and giggle to the observations and stories of New England humorist, David Sikes.

Reservations needed by Fri., 1/12
Please call, 978-448-1170.



LUNCH



AND LEARN



Hungry for Knowledge?

This program is made possible through the generosity of RiverCourt Residences

Wednesday, January 24 12:00pm

Righting a Wrong Against Humanity- Restoring Jewish Headstones and Monuments in Bagnowka Cemetery, Bialystok, Poland

Presented by: Josh and Amy Deegan

Join us and learn of the important work of Josh and Amy Deegan. In June of 1943, the Nazis entered Bagnowka Cemetery to wipe out any remaining traces of the Jewish community in Bialystok. Upon their visit to Bagnowka in 2015, Josh and Amy Deegan were devastated by the extent of the desecration at Bagnowka Cemetery and began the work to restore dignity to the deceased. Their work to restore and re-set monuments and headstones at Bagnowka is bringing a measure of peace to the dead and to right a wrong inflicted on humanity by the Nazis. Finally, and as importantly, we will ensure to the best of their ability that the Nazis' plan to wipeout any traces of Jewish life and culture in Bialystok will be thwarted, forever.

Please register by calling the senior center,
978-448-1170, by Friday, 1/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed 1 	2 10:00 Line Dance 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Mahjong	3 9:30 Pilates 11:00 Strength Training 12:00 Pizza & Movie "The Big Sick"	4 9:00 Yoga 10:00 Veterans Breakfast 10:30 Take a Walk 12:30 Hand & Foot 7:00 Meditation	5 VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
8 10:00 Groton Swim 11:30 Strength Training 12:00 Lunch & Tour GDRS 12:30 Cribbage	9 10:00 Line Dance 10:00 Matter of Balance 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	10 9:30 Book Club 9:30 Pilates 11:00 Strength Training 12:00 Nashoba Tech Lunch The Universal Muse By: Barbara Suhrstedt	11 9:00 Yoga 10:00 Musical 10:30 Take a Walk 12:30 Hand & Foot 7:00 Meditation	12 VAN Wal-Mart 10:00 Groton Swim 10:00 Strength Training 11:15 Hearing Screening
Closed 15  Martin Luther King Jr. Day	16 10:00 Line Dance 10:00 Matter of Balance 10:00 Focus on Footcare 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	17 9:30 Pilates 11:00 Strength Training 12:00 Woman's Club Lunch Entertainment: David Sykes 12:30 Ask the Nurse	18 9:00 Yoga 10:00 Musical 10:30 Take a Walk 12:30 Hand & Foot 7:00 Meditation	19 VAN Market Basket Plaza 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
22 10:00 Documentary: "Imaginary Witness" 10:00 Groton Swim 10:30 Talk With Tom 11:30 Strength Training 12:30 Cribbage	23 10:00 Line Dance 10:00 Matter of Balance 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	24 9:30 Pilates 11:00 Strength Training 12:00 Lunch & Learn Righting a Wrong By: Josh and Amy Degan	25 9:00 Yoga 10:00 Musical 10:30 Take a Walk 12:30 Hand & Foot 1:00 Trip informational meeting: Azores 7:00 Meditation	26 VAN Christmas Tree Shop 10:00 Memory Café 10:00 Groton Swim 10:00 Strength Training
29 10:00 Pickle Ball Mtg- 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	30 10:00 Line Dance 10:00 Matter of Balance 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	31 9:30 Pilates 11:00 Strength Training 		

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@4LPi.com or (800) 477-4574 x6377

THIS SPACE IS AVAILABLE

Always Available

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

Mondays

Groton Swim	10:00am
Documentaries (2nd Mon)	10:00am
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Strength Training	11:30am
Cribbage	2:30pm
COA Board Meeting (3rd Mon)	1:00pm

Tuesdays

Line Dancing	9:00am
Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Take a Walk with Us	10:30am
Hand and Foot Cards	12:30pm
Mahjong	1:00pm
Watercolor painting (1st and 3rd)	1:00pm

Wednesdays

Book Club (2nd Wed)	9:30am
Pilates	9:30am
Strength Training	11:00am
Groton Women's Club Luncheon (3rd Wed)	12:00pm
<i>Sponsored by Groton Trust Lecture Fund</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Ebi and Desiree Masalehdan</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Lunch and Learn (4th Wed)	12:00pm
<i>Sponsored by RiverCourt Residences</i>	

Thursdays

Yoga—\$3 per class	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Vet's Breakfast (1st Thurs)	10:00am
<i>Sponsored by Groton Police Association</i>	
Take a Walk with Us	10:30am
Ask the Nurse	
and Blood Pressure Screenings (2nd Thurs)	11:30am
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi (\$5 per class)	12:30pm
Meditation	7:00pm

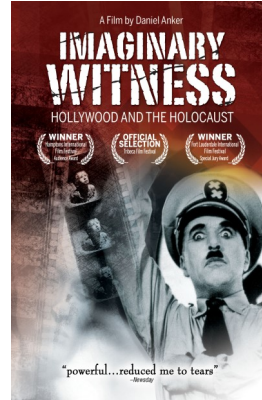
Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm



If you would like a copy of our monthly newsletter e-mailed to you, please call us at the senior center, 978-448-1170 or email us, gcoa@townofgroton.org

Documentary



January 22

Imaginary Witnesses

Imaginary Witness: Hollywood and the Holocaust is a 2004 documentary film directed by Daniel Anker and narrated by Gene Hackman that examines the treatment of the Holocaust in Hollywood films over a period of sixty years and the impact of the films on public perception and thinking.

Next documentary: February 12, 10am
I'm Not Your Negro

Pizza and a Flick

This program is made possible through the generous donation of Ebi and Desiree Masalehdan

January 3 12:00pm

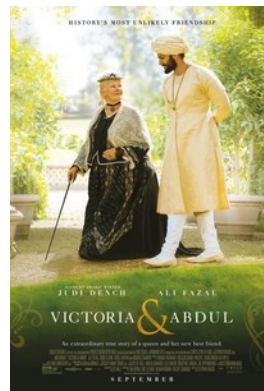
The Big Sick

This movie is Rated R for language

Comedy based on a true story: Kumail is a Pakistani comic who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father.

February 7 12:00pm

Victoria and Abdul



The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Judi Dench) remarkable rule. When Abdul Karim a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Transportation Information

Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

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.

Wednesday: Serving **Boston area hospitals** Mass General, Dana Farber, Brigham & Women's, Boston VA, St. Elizabeth. Please make your appointments between the hours of 11am and 1pm.

Monday, Tuesday and Thursdays: Serving **Concord, Waltham, Lahey and Bedford VA and surrounding area.** Please make your appointments between the hours of 10am and 2pm.

Round Trip Fees: Boston \$15, Emerson \$5, others \$10
No charge for the VA.

Please call if you absolutely cannot get an appointment within the requested days and we will do our best to accommodate you.

Local Trips

within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Medical Social Shopping

Mondays, Tuesdays, and Thursdays: Van leaves COA at 9:30am Mondays and 8:30am Tuesdays and Thursdays with last trip completed by 3:00pm.

Wednesdays: Visit to Loaves and Fishes (no charge for this) the van leaving the COA at **10:00am** and with the last trip completed by **2:00pm**

Fridays: Special shopping trips and senior center activities

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 (afternoon)
- 4th Friday:** Nashua Drop at BJ's or Christmas Tree Shop, Kohls, Burlington Coat Factory, LL Bean.

Round Trip Fees:

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.**



10 Weeks

Kathy Shelp and Susan McCarthy
Instructors

Tuesdays, January 9, 16, 23, 30 and
February 6, 13, 20 27, and
March 6, 13 (snow date)
10:00AM

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase your activity levels.

Register by calling, 978-448-1170.

This program is made possible through the generosity of the Community Foundation of North Central Massachusetts

GDRS Collaborations

Lunch and a Tour

Groton Dunstable High School



Monday January 8
12:00pm

Join us at Groton Dunstable High School for a lunch of soup and sandwich in the school cafeteria and a tour of this beautiful building.

Groton Dunstable Middle School Winter Concert



Celebrate the joyful sounds of
Groton's Middle School students.

Thursday, January 25
9:30am—11am

Please call the senior center to register,
978-448-1170.
Van transportation is available.



with Winter Musicals

Thursday, January 11 10am
Annie Get Your Gun

Thursday, January 18 10am
Fiddler on the Roof

Thursday, January 25 10am
Beauty and the Beast (2017 version)

Thursday, February 8 10am
Annie

Thursday, February 15 10am
Phantom of the Opera

Thursday, February 22 10am
Oklahoma

Hearing Screenings



Friday, January 12
2nd Friday of each month

11:15am-1pm
By Appointment

hearing screenings and hearing aid cleanings. Please
be sure to make an appointment by calling the
center, 978-448-1170.

Inspire Health

Exercise for your Health

Groton Swim

at the Groton School Pool

Mondays, 10am no cost

Fridays, 10am no cost

Line Dancing

Advanced Beginners

Tuesdays 10am \$3 per class

Beginners

Tuesdays 11am \$3 per class

Strength Training

Mondays, 11:30 \$3 per class

Wednesdays, 10:30am \$3 per class

Fridays, 10am \$3 per class

Pilates

Wednesdays, 9:30am 8 classes \$80

Yoga

Thursdays, 9am \$3 per class

Meditation

Thursdays, 7pm No cost

Walk with Us

at the Twomey Center

Tuesdays, 10:30-11:30am

Thursdays, 10:30-11:30am

Walk with Us

Tuesdays and Thursdays
10:30am—11:30am

At the Peter Twomey Center
(behind the middle school)



A great way to get exercise, walk with
friends, meet new ones, chatting and
walking inside with no weather worries!!

JOY OF LIVING Meditation Group

7:00 PM Thursdays
at the senior center



Each session includes a video, teaching with
clear instructions on the basics of meditation
practice, guidelines for daily practice, advice for
bringing mindfulness into your everyday life, and
questions to reflect upon throughout the week.

“And suddenly
you know... It’s
time to start
something new
and trust the
magic of
beginnings.”



GROTON PUBLIC LIBRARY WINTER PROGRAMS

LIBRARY LIFELONG LEARNING (LLL) SERIES

NEW ENGLAND ARCHITECTURE: The 100 Years Following the Civil War with NICHOLAS LANGHART. Sundays 2 pm, 5 weeks, Jan. 14—Feb. 11. Join us as we survey the development of architecture and urban growth in New England for 100 years post-Civil War, concentrating on central Massachusetts.

GREAT DECISIONS 2018 with JIM SIMKO. Thursdays 7 pm, 8 weeks, Jan. 18—March 8. Join us for America's largest discussion program on world affairs! *Class size is limited to 15, so please sign up.*

SPANISH CONVERSATION GROUP with VERÓNICA MAZZU. Tuesdays, twice a month (usually 1st & 3rd), 7-8:30 pm. Sept-June. Facilitated by a native speaker & Spanish teacher, come practice your Spanish!

WRITING CREATIVELY with RICHARD MEIBERS. Tuesdays, 10-11:30 am, 10 weeks, Jan. 9—March 27. Write essays, memoirs, and/or short stories, and present them to the group for discussion and editing. *Held at Groton's Senior Center at 163 West Main St.*

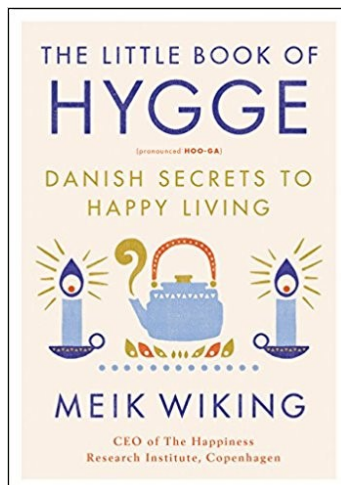
ADULT EVENTS

JANUARY

- **Crown & Crumpets Afternoon Tea Series.** Five Fridays, Jan 5, 12, & 26, and Feb 2 & 9. Enjoy an English, buffet-style afternoon tea while watching *The Crown*. **Reservations are necessary for EACH date.**
- Tue, Jan 9, 7-8:30 pm. **Cookbook Club with Chef Liz Barbour.** Liz will demo recipes from *The Smitten Kitchen* by Deb Perelman. Sample recipes and have fun! Check out a copy at the circulation desk.
- Thurs, Jan 11, 7-8:30 pm. **Chronicle's Ted Reinstein** visits to talk about his latest book, *New England's General Stores*. Copies will be available for purchase and signing.
- Sun, Jan 28, 2-3:30 pm. **How to Make Cold Pressed Soaps Demonstration** with Jennifer Hofmann. Learn everything there is to know about making homemade soap and take samples home.

FEBRUARY

- Sun, Feb 11, 2-3:30 pm. **Felting Workshop with Rachel Benson.** In the spirit of Valentine's Day, make a playful felted heart and bead ornament! Keep it for yourself or give to your valentine!
- Tue, Feb 20, 7-8:30 pm. **Many Hands to Help: Choosing a Nursing Home For You or a Loved One.** Groton resident Rachael Fulreader will discuss how nursing home staffing numbers affect care and how to choose the best nursing home.



GROTON READS 2018:

THE LITTLE BOOK OF HYGGE

Danish Secrets to Happy Living

by Meik Wiking,
*CEO of the Happiness Research
Institute, Copenhagen*

Nashoba Nursing Service & Hospice

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