Coming attractions

As I write this it is once again a snowy, cold day. Traditional programing at The Center is scaled back a bit during the winter. To avoid the complication of cancelling programs due to weather or people staying home because of extreme cold during the winter months we offer our “always available” programs supplemented with others that don’t have a cost association Consequently when Spring (March) comes we are ready to go with education seminars, health programs and this year Pickleball for the sports minded!

Check our monthly newsletters for our upcoming Spring programs:
AARP Drivers Safety
Medicare Fraud
Stress Management through Self-Care
Art Matters: Monet
Advance Watercolor
Ben and Brad are back with a program on Fred and Ginger
Father’s Day with Red Sox historian Herb Crehen
History at Play: Heddy Lamarr
Tanglewood series
Mother’s Day Pampering
Chief Palma: Anatomy of a Murder
Health Education series
Stephen Collins: Irish Voices
Groton’s Mind Body and Spirit for a bit of pampering
Fire Department Spaghetti dinner and chili lunch
Police Picnic
Kennedy at 100years
Visit to the Worcester Art Museum and MA Vietnam Memorial
and more!

We look forward to seeing you and we look forward to meeting you if we have not yet had the pleasure!

Kathy

Memory Cafe

Friday, February 2
Friday, March 2
1st Friday of each month
10:00am-11:30am

Come join us for coffee and conversation in a welcoming place for individuals and families living with memory changes. There will be a monthly guest artist who will lead music, art or other activities.

(A care partner must accompany guests who require personal care assistance.)

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

Second Tuesday of the month
February 13
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 $30
Provider: Sarah Kinghorn: BSN RN CFCN

Hearing Screenings

Friday, February 9
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.

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 12:30pm 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!

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

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 are now being accepted.

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Reservations are now being accepted.
The base premium for Medicare Part B is $134 in 2018. This is the same as the base premium from 2017. People who paid the base premium of $134 in 2017 will pay the same amount, while most who paid less will begin paying $134 per month.

About a quarter of people will not pay the full $134 Part B premium because their Social Security benefits did not increase enough in 2018 to cover the Part B premium. There is a rule that your Social Security benefits cannot decrease because of an increase in the Part B premium. This is known as the hold harmless provision. Most people have their Part B premium deducted from their Social Security benefits. Each year, the increase to the Part B premium cannot be greater than the cost of living adjustment (COLA); otherwise, a person’s Social Security award amount would go down once the Part B premium is deducted. People in this situation not pay $134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you may not see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount.

If you need to speak with our SHINE Counselor, please call the COA, 978-448-1170 for an appointment.

Stress Management through Self-Care

Monday, March 26, 2018
&
Monday, April 2, 2018
1:00 – 2:15 pm

You are probably aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But do you realize that your ability to manage stress is just as important for your overall health and well-being?

Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing it. This interactive course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

Please register for both sessions by calling the center, 978-448-1170.

Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches’ Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist and NASM Senior Fitness Specialist.

Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

Please register for both sessions by calling the center, 978-448-1170.

WEST GROTON WATER SUPPLY DISTRICT
LOW INCOME ASSISTANCE

West Groton Water Supply District is Pleased to offer customers who are experiencing financial hardship with the opportunity to apply for low income assistance.

What assistance is offered?
Qualified applicants will receive a discount equal to the “Minimum Charge” on their quarterly bills.

How do I apply?
Please contact the office at (978) 448-3711 to request an application be mailed or emailed to you, or stop by the office at 305 Townsend Road to pick one up Mon.- Fri. from 9:00am until 1:00pm.

What are the guidelines for for approval?
Qualified applicants will meet all of the following criteria:

- Household income not to exceed 60% of State Median Income as established by LIHEAP (Fuel Assistance3)
- Household is currently receiving another form of state/federal assistance
- Applicant provides a completed, signed application for processing as well as supporting documentation
**Veteran’s Breakfast**
**Thursday, February 1**  
**10:00am**  
**Cost: None**

**Speaker: Hanscom Air Force Base**  
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.

**Veterans Wall of Honor**

We at the Council on Aging in Groton are proud of our veterans and would like to add to our *Wall of Honor* here at the center. We are asking you to share stories and pictures from your time of service. Anything and all you would like to share. Please drop them off at the center or email them to us at gcoa@townofgroton.org and be part of our Veterans Wall of Honor. If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.

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**Groton Women’s Club**
**sponsored luncheon**

**Wed, February 21**  
**12:00pm**

**Trivia with the Chiefs**

Turkey pie, parker rolls, cranberry sauce with cherry almond crisp will fill you for lunch and then we will tap into your brain for the entertainment. Trivia is on the menu, hosted by Chief Palma and Chief McCurdy, each team will compete to be the reigning trivia champions!

**Reservations needed by Fri., 2/16**  
Please call, 978-448-1170.

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**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**  
9-11am  
Monday Feb 5  
Friday Feb 23  
Mondays, March 5 and 19

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.

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This program is made possible through the generosity of RiverCourt Residences

**Wednesday, February 28 12:00pm**

**Please register by calling the senior center, 978-448-1170.**

**Too Much Stuff! How to Downsize**

Local Realtor Ursula Flury, *Nashoba Real Estate,* will be here to guide us through the sometime daunting and emotional challenges of downsizing. How do I start? When do I start? What do I get rid of? Who can help me? It can be overwhelming! Join us for some useful tips to help you move forward. Also joining Ursula will be Kris Vogelsang. Kris is a Home Editor and will provide insight into what’s essential and what is excessive.

Please call the senior center, 978-448-1170 prior to Friday, 2/23
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>9:00</strong></td>
<td><strong>Taxes</strong></td>
<td><strong>9:00</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>VAN DW Highway</strong></td>
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<tr>
<td><strong>10:00</strong></td>
<td><strong>Groton Swim</strong></td>
<td><strong>10:00</strong></td>
<td><strong>Veterans Breakfast</strong></td>
<td><strong>2</strong></td>
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<tr>
<td><strong>11:30</strong></td>
<td><strong>Strength Training</strong></td>
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<td><strong>Take a Walk</strong></td>
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<td><strong>12:30</strong></td>
<td><strong>Cribbage</strong></td>
<td><strong>12:30</strong></td>
<td><strong>Hand &amp; Foot</strong></td>
<td><strong>Groton Swim</strong></td>
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<tr>
<td><strong>10:00</strong></td>
<td><strong>Line Dance</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Matter of Balance</strong></td>
<td><strong>10:00</strong></td>
<td><strong>Musical</strong></td>
<td><strong>Memory Café</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Focus on Footcare</strong></td>
<td><strong>12:30</strong></td>
<td><strong>Hand &amp; Foot</strong></td>
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<td><strong>Pilates</strong></td>
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<td><strong>Hand &amp; Foot</strong></td>
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<td><strong>Strength Training</strong></td>
<td><strong>12:30</strong></td>
<td><strong>Bridge</strong></td>
<td><strong>Bridge</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Watercolor Class</strong></td>
<td><strong>11:00</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>VAN Wal-Mart</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Triathlon</strong></td>
<td><strong>11:00</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Gardening Club</strong></td>
<td><strong>11:00</strong></td>
<td><strong>12:30</strong></td>
<td><strong>Market Basket Plaza</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Racquetball</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Bowling</strong></td>
<td><strong>11:00</strong></td>
<td><strong>2:00</strong></td>
<td><strong>Groton Swim</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Billiards</strong></td>
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<td><strong>3:00</strong></td>
<td><strong>Strength Training</strong></td>
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<td><strong>Cribbage</strong></td>
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<td><strong>Bridge</strong></td>
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<td><strong>Bridge</strong></td>
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<td><strong>Memory Café</strong></td>
<td><strong>11:15</strong></td>
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<td><strong>Pilates</strong></td>
<td></td>
<td><strong>Hearing Screening</strong></td>
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</tbody>
</table>

**February 2018**
### Mondays

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

### Tuesdays

- **Line Dancing Advance Beginners** 10:00am
- **Line Dancing Beginners** 11:00am
- **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** 12:30pm
- **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  
  *Sponsored by Groton Trust Lecture Fund*
- **Pizza and a Flick (Wed varies)** 12:00pm  
  *Sponsored by Ebi and Desiree Masalehdan*
- **Nashoba Tech Lunch - $10 (Wed varies)** 12:00pm
- **Holiday Celebrations (Wed. varies)** 12:00pm
- **Lunch and Learn (4th Wed)** 12:00pm  
  *Sponsored by RiverCourt Residences*

### Thursdays

- **Yoga—$3 per class** 9:00am  
  *Supported by the Friends of Groton Elders*
- **Vet’s Breakfast (1st Thurs)** 10:00am  
  *Sponsored by Groton Police Association*
- **Take a Walk with Us** 10:30am
- **Ask the Nurse**
- **and Blood Pressure Screenings (2nd Thurs)** 11:30am  
  *Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*
- **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

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**Always Available**

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

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**Documentary**

February 12  10:00am  
**I’m Not Your Negro**  
A 2016 French, American, Belgian and Swiss documentary film based on James Baldwin’s unfinished manuscript *Remember This House.* Narrated by actor Samuel L. Jackson, the film explores the history of racism in the United States through Baldwin’s reminiscences of civil rights leaders Medgar Evers, Malcolm X and Martin Luther King, Jr, as well as his personal observations of American history.

Next documentary: March 12, 10am  
**Seed: The Untold Story**

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**Pizza and a Flick**

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

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.

March 7  12:00pm  
**Battle of the Sexes**  
The electrifying 1973 tennis match between World number one Billie Jean King (Emma Stone) and ex-champ and serial hustler Bobby Riggs (Steve Carell) was billed as THE BATTLE OF THE SEXES and became one of the most watched televised sports events of all time.

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**Email**

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
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.

with Winter Musicals

Thursday, February 8 10am
Annie

Thursday, February 15 10am
Phantom of the Opera

Thursday, February 22 10am
Oklahoma

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
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!!