On November 15, the senior community gathered at the Gibbet Hill Barn for the annual Thanksgiving celebration. It was both esthetically and spiritual beautiful. Surrounded by the beauty of the Gibbet Hill Barn, it was an evening to visit with neighbors and friends you don’t see often enough, catching up on what’s new. With the music of Groton resident John Murphy lifting the spirit of the evening.

The event was the work of many but it was the inspiration of one, Chef Mark Lynch. More than twelve years ago Mark had a vision to serve Thanksgiving meals to senior citizens in the area. His passion set in motion not only Thanksgiving in Groton but in surrounding towns as well. Were it not for Mark, this community celebration would not have ever come together to be what it is today. Our appreciation for him cannot be overstated.

In addition to Mark’s service we are also indebted to our hosts the Weber family and their Gibbet Hill staff, all of whom volunteered their time. They served 238 full Thanksgiving meals to those in attendance, packaged another 37 meals for home delivery and served an additional 50 meals to the volunteers. We thank the students of Florence Roache Elementary school, all the meals were served on placemats designed by the students and we love them! Thank you to the Groton Fire and Police departments who greeted those in attendance, delivered meals and provided transportation on the COA vans.

It was an evening where the community conspired to create a lasting memory, the work of many inspired by one.

Many Blessings,
Kathy

Did you attend the Gibbet Hill Thanksgiving Dinner?

Did you go to the Gibbet Hill Thanksgiving dinner on November 15?

Are you sure you went home with your coat?

Do you mistakenly have a woman’s Eddie Bauer, black quilted ¾ length coat with a hood and brown mixed fur trim?

Are you missing a black, quilted Kenneth Kole with a hood and black fur trim?

Please let us know if we can make a coat exchange!
Angel Animal Medical Center and Nashoba Valley Technical High School have partnered to create Angell at Nashoba, a veterinary clinic for low income pet owners that also serves as a rigorous academic and experiential training program for students.

The clinic provides discounted:
- Spay/neuter services
- Vaccinations
- Primary veterinary care

Open weekdays from 7:45am—4:00pm throughout the year, the clinic does not provide overnight care, specialty service care, nor 24/7 emergency service as Angell’s Boston and Waltham facilities do, but will refer cases as appropriate to surrounding specialty veterinary referral hospitals.

To Financially Qualify

To qualify for Angell at Nashoba services, clients must present a photo ID and one of the following:
- Women, Infants, and Children (WIC) program card
- Supplemental Nutrition Assistance Program (SNAP) card
- Spay and Neuter Assistance Program certificate
- A letter/lease from local housing showing participation in public housing

For more information, please call 978-577-5992.

GROCERY SHOPPING MADE EASIER!!!

SHAW’S IN GROTON

Groton Shaw’s offers Grocery Delivery Get your groceries the same day and in as little as two hours though their partnership with Instacart.

Save time and energy by simply placing your order online, and your groceries will be delivered straight to your door, making grocery shopping easier than ever, so you have more time for what matters most!

For more information, call Shaw’s at 978-448-0419 or visit https://local.shaws.com

HANNAFORD’S IN LUNENBURG

Offers Hannaford To Go (Shopping Made Easier)

Order online four hours in advance for same day pickup. All pickup times are subject to availability.

Let the “Hannaford To Go Team” shop for you, selecting only the best quality products.

When you arrive to pickup your groceries, look for the “Hannaford To Go” navigations signs. Once you park there, you can pay while they load your groceries.

For more information, call Hannaford’s at 978-582-0215 or visit https://www.hannaford.com

Home Visits

There are situations that prevent senior residents from coming to the Center. The COA staff understands this, we are more than happy to visit a senior at home to provide service. If you or someone you know would like a visit to discuss COA, senior services, referrals, or a social visit, please...
**Groton Women’s Club sponsored luncheon**
Held at the Groton Country Club

**Wed, December 19 12:00pm**

**Entertainment:**
*Groton Dunstable Regional High School Choir*
Thank you Buckingham Bus for student transportation services.

For lunch we will delight in a holiday meal of Baked Ziti, Ciabatta Rolls, Caesar Salad and Raspberry Sorbet for dessert!

Following lunch
*Groton-Dunstable High School Chorus*
As tradition has dictated the extraordinary Groton-Dunstable High School Choir will be here to raise our spirits with their holiday program.

*This program is made possible through the generous support of the Groton Trust Program and Lecture Fund*

Reservations needed by Fri., 12/14
Please call, 978-448-1170.

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**Veteran’s Breakfast**
Held at Central Fire Station

First Thursday of the month
**Thursday, December 6 10:00am**
At the Central Fire Station
Cost: None

**Speaker:** Holiday Service Stories
Professional Firefighters of Groton Local 4879 and the Groton Firefighter’s Association sponsor a free 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 go home hungry!

**Pizza and a Flick**
Held at Central Fire Station
*This program is made possible through the generous donation of Ebi and Desiree Masalehdan*

December 5 12:00pm

**I Can Only Imagine**
The inspiring and unknown true story behind MercyMe’s beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness

January 2 12:00pm

**Collette**
*this movie is rated R for Sexual content*

After marrying a successful Parisian writer, Sidonie-Gabrielle Colette is transplanted from her childhood home in rural France to the splendor of Paris. Soon after, her husband convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation. Colette’s fight over creative ownership and gender roles drives her to overcome societal constraints, revolutionizing literature, fashion and sexual expression.

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**Holiday Tea**

*Wednesday December 12 12:00pm*
*at the Country Club*

Do you need a break from the stress of the holidays? Join us for an afternoon “tea”.
Following a light meal stay and enjoy

**“Tea with the Dames”**: Spend a delightfully bawdy afternoon with 4 legends of British stage and cinema. Dames Maggie Smith, Judi Dench, Eileen Atkins, and Joan Plowright spill the tea on life, love, and art.

Reservations needed by Fri., 12/7
Please call, 978-448-1170.
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**Accredited by National Institute of Senior Centers**
### Mondays
- **Documentaries** *(Mon varies)* 1:00pm
- **Strength Training** 11:30am
- **Groton Swim** 10:00pm
- **COA Board Meeting (3rd Mon)** 1:00pm

### Tuesdays
- **Take a Walk** 10:30am
- **Pickleball** 11:30am
- **Line Dancing Beginners** 10:00am
- **Line Dancing Advance Beginners** 11:00am
- **Creative Creations** 10:00am
- **One Stroke Painting Club** 10:00am
- **Writing Creatively** 10:00am
- **Garden Club** 10:00am
- **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
- **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*
- **Take A Walk** 10:30am
- **Pickleball** 11:30am
- **Vet’s Breakfast (1st Thurs)** 10:00am
  - *Sponsored by Groton Police Association*
- **Ask the Nurse** and Blood Pressure Screenings *(2nd Thurs)* 11:30am
  - *Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*
- **Tech Support (3rd Thursday)** 10:00am
- **Meditation** 7:00pm

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

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**Volunteer Needs**

**Meals on Wheels Substitute Driver**

We have a great group of dedicated drivers but on occasion we need some support covering some deliveries. Be part of a national program of delivering dignity to our residents.

**Instructors**

Do you have a skill or knowledge on a specific subject that you would like to share with others? We would love to have you come and teach a class at the senior center or facilitate a biking, snowshoeing or other sporting group.

---

**Always Available**

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

**December 11 10am-1:30pm**

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 $35

Provider: Sarah Kingdom: BSN RN CFCN

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**Hearing Screenings at Lost Lake Fire Station**

**Friday, December 14**

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.

---

**Writing Creatively at Legion Hall**

**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 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.
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 Fridays: 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
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: 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.

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: Trips to Senior Center no charge
In-Town $3.00 roundtrip 12 Ride Voucher $30
Out-of-Town $4.00 roundtrip 12 Ride Voucher $40

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.

Inspire Health

Bone Builders
Tuesdays, 10:30am no cost at Lost Lake
Thursdays, 10:30am no cost at Lost Lake

Pickleball
Twomey Center
Tuesdays, 11:30am no cost
Thursdays, 11:30am no cost

Groton Swim
Groton School Pool
Mondays, 10-11am no cost
Fridays, 10-11am no cost

Line Dancing
Country Club
Beginners
Thursdays 9:45am $5 per class
Advance Beginners
Thursdays 10:45am $5 per class

Strength Training
Lost Lake Fire Station
Mondays, 11:30am $4 per class
Wednesdays, 10:30am $4 per class
Fridays, 10:00am $4 per class

Pilates
Lost Lake Fire Station
Wednesdays, 9:30am Cost varies

Yoga
Lost Lake Fire Station
Thursdays, 9am $3 per class

Meditation
Lost Lake Fire Station
Thursdays, 7pm No cost

Walk with Us
at the Twomey Center
Tuesdays, 10:30-11:30am
Thursdays, 10:30-11:30am

Yoga
Supported by the Friends of Groton Elders

Thursdays, 9:00AM
Cost: $3.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.
**Bridge**
Tuesdays 12:30pm  
Cost: none

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

**Bridge**
1st and 3rd Fridays 12:30pm  
Cost: none

Bridge is a member of the family of trick-taking games, like many popular games, Bridge 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!

**Hand & Foot**
Tuesday 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!

**JOY OF LIVING**
Meditation Group
7:00 PM Thursdays  
at the Lost Lake Fire Station

Each session includes teaching meditation 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.

No registration necessary, simple join in! There is no charge for this program.

**December’s Book:**
*A Quilt for Christmas*

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.

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.

**Documentary**
Monday, December 10  
1:00pm
Lost Lake Fire Station

*Havana Curveball*
Running time 56 minutes

Mica is a classic young teen. At 13, he is studying for his Bar Mitzvah, and takes to heart his Rabbi’s requirement to help “heal the world.” He launches a grand plan to send baseballs to Cuba. He knows only that Cubans lack resources and love baseball like he does. He also knows that Cuba gave his grandpa refuge during the Holocaust. Facing the obstacles the U.S. embargo throws in his way, he must decide how far to follow his dream. Researching, writing letters, imploring his senator, meeting Cuba activists and an attorney, trying to make sense of a high school history lecture and his grandpa’s own resistance, he wonders if the whole enterprise is even possible, let alone worth it.

**Next documentary:** January 14, 1:00pm
Icarus

**Book Club**
at Legion Hall

**December 12**  
9:30 AM
2nd Wednesday

December’s Book:  
*A Quilt for Christmas*
The Senior Center is currently on schedule for completion by 27 July 2019. The construction is at a critical point with the steel frame scheduled to be erected by early December and the building enclosed by January 2019. However, any material delays, labor disruptions and/or inclement weather could impact these critical path activities.

To date, the site work is 50% completed. The drainage system (infiltration areas #1 and #2), manholes and water utility service (for domestic and fire protection systems) are installed. By the end of November, the septic system, leach field and main electric service are scheduled for installation. Final grading and paving will follow in the spring.

The under slab utilities (plumbing and electrical) and concrete slab have been installed in the building. The steel frame delivery is expected the week of 12 November 2018 and will take 2-3 weeks to erect. Subsequent to the steel erection, the light gauge metal framing (exterior wall studs), sheathing and roof will be installed making the building weather tight to allow for the commencement of interior finishes and systems installations.

While there have been some delays with material delivery scheduling and labor availability issues, the Contractor has assured the Town that the construction will be completed on schedule. The OPM, Clerk and Architect are all carefully monitoring the progress to make sure the final delivery date is satisfied.

*It's taking shape!*

The steel in the picture is part of the building, it is expected to be completed by Friday, November 30.
The Greatest Speeches of All Time

This program is generously supported by the
Friends of Groton Elders
Virginia Wood Lifelong Learning Fund

Great Speeches Educational Series
Speaker: Dr. Larry Lowenthal

Join Dr. Lowenthal as he analyzes each speech, putting it into historical perspective and examines its affect on history.

Mondays 9:30am
Lost Lake Fire Station

December 3
FDR Inaugural Speech

December 10
JFK Inaugural Speech

December 17
Martin Luther King: I Have Dream

During his 29 years of organizational work in the Greater Boston area, Dr. Lowenthal has been involved in interfaith activities, written extensively about human rights issues for the local press, appeared often on radio and TV, hosted a local radio interview program, and taught courses on Jewish history, film, literature, and humor.

Monday, December 31
10:30am Bingo 12pm Lunch
Cost: $5.00
Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown there will be a party buffet lunch with BINGO for prizes beginning at 10:30am.

Please call the senior center
Wednesday, 12/26

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

The Greatest Speeches of All Time

A great way to beat the winter blues!
Spend Thursday afternoons with us and discover the secrets of King Arthur.

GREAT COURSES VIDEO LECTURE

KING ARTHUR: HISTORY AND LEGEND
Taught by Dr. Dorsey Armstrong PhD Medieval Literature
Perdue University

January 10—March 14
Thursdays, 12:30 –2:00pm at Lost Lake Fire Station

The saga of King Arthur and his court is the most enduringly popular mythic tradition of Western civilization. For over 1500 years, the Arthurian narrative has enthralled writers, artists, and a limitless audience spanning the Western world and beyond—and its appeal continues unabated in our time.

The Great Courses (TGC) is a series of college-level video courses produced and distributed by The Teaching Company. The company was founded in 1990 by Thomas M. Rollins, former Chief Counsel of the United States Senate Committee on Labor and Human Resources. Rollins had been inspired by a 10-hour videotaped lecture series he watched while at Harvard Law School, and began recruiting professors and experts to record lectures.