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.

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A great way to get out of the house and 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.
NEWS FROM SHINE JANUARY 2019
CAN I STILL CHANGE MY MEDICARE COVERAGE?

The 2018 Medicare Open Enrollment period ended on December 7, but beneficiaries may still be allowed to change plans.

Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage.

YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.

For Plan year 2019 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 to one of the Tufts Medicare Preferred Plans at any time between December 8, 2018 and November 30, 2019. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change once each quarter.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. You can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

2019 EMERGENCY PREPAREDNESS FORM

In the January census please look for the 2019 Emergency Preparedness Form. In times of emergency it might be necessary to provide medical assistance or to prepare for the possibility of evacuation and the information you provide could be life saving. If you’ve previously completed this form we recommend you do so every year to ensure the information is up to date.

Please complete and return this form if you:

⇒ Are a senior citizen that lives alone
⇒ Are disabled regardless of age
⇒ Have mobility and physical and limitations
⇒ Have special health needs such as (but not limited to); insulin/oxygen dependent, dialysis or cognitive challenges

Your information will be maintained in a secure and confidential database that can be accessed by the Fire and Police Departments in case of a weather or civil emergency. Should an emergency occur you will receive a live wellness call to ensure your needs are being met.

Completed forms can be:
1. returned with your census,
2. dropped off at Town Hall,
3. mailed to the COA 173 Main St or
4. dropped of to the COA at our temporary location, Lost Lake Fire Station, 185 Lost Lake Dr.,

Please call the Groton Council on Aging if you have any questions, 978-448-1170.

Did You Know?

Stacey, The Groton COA’s Outreach Coordinator, is a Notary Public? If you need something notarized (no real estate, please), call Stacey at the COA, 978-448-1170.
**Veteran’s Breakfast**  
**Held at Central Fire Station**

First Thursday of the month  
**Thursday, January 3**  10:00am  
At the Central Fire Station  
Cost: None

**Speaker:** Fort Devens  
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!

---

**Groton Women’s Club sponsored luncheon**  
**Held at the Groton Country Club**

**Wed, January 16**  12:00pm

Entertainment: **Saxophonist Brian Kane**

For lunch enjoy Corn Chowder, Shredded Wheat Bread, Bartlett’s Broccoli Salad with red Velvet Cake for dessert.

Following lunch sit back and enjoy the soulful sounds of Brian Kane and his saxophone. Brian has been a favorite of ours playing the swing classics of the 40’s with antidotes that brings the music alive.

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

Reservations needed by Fri., 1/11  
Please call, 978-448-1170.

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

**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. Colette’s fight over creative ownership and gender roles drives her to overcome societal constraints, revolutionizing literature.

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**February 6**  12:00pm  
**First Man**

*First Man* is the riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong’s perspective, the film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history.

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**Nashoba Tech Catered Luncheon**  
**Held at the Groton Country Club**

**Wed, January 9**  12:00pm  
**Cost:** $10pp with tip optional

**Lunch menu:**  
Bake Haddock or Baked stuffed Chicken Florentine

**Program:** **Singer, Doug Kwartler**

Doug Kwartler sings songs ranging from the 1930’s all the way through songs of the 1970’s. Genre’s include, pop-standards, 50’s, folk and soft/classic rock. Doug focuses on engaging his audience and likes to get them to move with high-energy performances!

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

Reservations needed by Fri., January 4, please call The Center at 978-448-1170.
### Groton Senior Center Activities

#### January 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 10:00 Groton Swim  
11:30 Strength Training | 10:00 Writing Creatively  
10:30 Take a Walk  
11:30 Pickleball  
12:30 Hand & Foot  
12:30 Mahjong | 9:30 Pilates  
10:30 Strength Training  
12:00 Movie & Pizza  
“Collette” | 9:00 Yoga  
9:45 Line Dancing  
10:00 Veteran’s Break-  
10:30 Take a Walk  
10:30 Bone Builders  
10:45 Line dancing  
11:30 Pickleball  
1:00 Great Courses  
King Arthur  
7:00 Meditation | VAN DW Highway  
9:30 Take a Walk  
10:00 Strength Training  
10:00 Groton Swim  
12:30 Bridge |
| 10:00 Groton Swim  
11:30 Strength Training  
12:30 Documentary Icarus | 10:00 Writing Creatively  
10:30 Take a Walk  
11:30 Pickleball  
12:30 Hand & Foot  
12:30 Mahjong  
1:30 Hearing Screening | 9:30 Book Club  
9:30 Pilates  
10:30 Strength Training  
12:00 Nashoba Tech Luncheon  
Singer Doug Kwartler | 9:00 Yoga  
9:45 Line Dancing  
1030 Take a Walk  
10:30 Bone Builders  
10:45 Line dancing  
11:30 Pickleball  
1:00 Great Courses  
King Arthur  
7:00 Meditation | VAN Wal-Mart  
9:30 Take a Walk  
10:00 Strength Training  
10:00 Groton Swim  
11 |
| 10:00 Groton Swim  
11:30 Strength Training  
12:30 Documentary Icarus | 10:00 Writing Creatively  
10:30 Take a Walk  
11:30 Pickleball  
12:30 Hand & Foot  
12:30 Mahjong | 9:00 Yoga  
9:45 Line Dancing  
1030 Take a Walk  
10:30 Bone Builders  
10:45 Line dancing  
11:30 Pickleball  
1:00 Great Courses  
King Arthur  
7:00 Meditation | 9:00 Yoga  
9:45 Line Dancing  
1030 Take a Walk  
10:30 Bone Builders  
10:45 Line dancing  
11:30 Pickleball  
1:00 Great Courses  
King Arthur  
7:00 Meditation | VAN Westford Market Basket Plaza  
9:30 Take a Walk  
10:00 Strength Training  
10:00 Groton Swim  
12:30 Bridge |
| 10:00 Groton Swim  
11:30 Strength Training  
12:30 Documentary Icarus | 10:00 Writing Creatively  
10:30 Take a Walk  
11:30 Pickleball  
12:30 Hand & Foot  
12:30 Mahjong | 9:30 Pilates  
10:30 Strength Training  
12:00 Women’s Club Luncheon  
Jazz Artist Brian Kane | 9:00 Yoga  
9:45 Line Dancing  
1030 Take a Walk  
10:30 Bone Builders  
10:45 Line dancing  
11:30 Pickleball  
1:00 Great Courses  
King Arthur  
7:00 Meditation | VAN Christmas Tree Shoppe Plaza  
9:30 Take a Walk  
10:00 Strength Training  
10:00 Groton Swim |
| 10:00 Groton Swim  
11:30 Strength Training | 10:00 Writing Creatively  
10:30 Take a Walk  
11:00 Bone Builders  
11:30 Pickleball  
12:30 Hand & Foot  
12:30 Mahjong | 9:30 Pilates  
10:30 Strength Training  
12:00 Lunch & Learn DA Ryan  
Winter Seams | 9:00 Yoga  
9:45 Line Dancing  
1030 Take a Walk  
10:30 Bone Builders  
10:45 Line dancing  
11:30 Pickleball  
1:00 Great Courses  
King Arthur  
7:00 Meditation | Accredited by National Institute of Senior Centers |

- **New Year’s Day** **Martin Luther King Jr. Day**
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
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
Hearing Screenings *(2nd Fri)* 11:15am

Wednesdays
Book Club *(2nd Wed)* 9:30am
Pilates 9:30am
Strength Training 10:30am
Groton Women’s Club Luncheon *(3rd Wed)* 12:00pm
Pizza and a Flick *(Wed varies)* 12:00pm
Nashoba Tech Lunch - $10 *(Wed varies)* 12:00pm
Holiday Celebrations *(Wed. varies)* 12:00pm
Lunch and Learn *(4th Wed)* 12:00pm

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
Take Walk 9:30am
Line Dancing Beginners 9:45am
Line Dancing Advance Beginners 10:45am
Strength Training 10:00am
Groton Swim 10:00pm
Bridge *(1st and 3rd Fri.)* 12:30pm

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

**Focus on Footcare at Lost Lake Fire Station**

January 8 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 Kinghorn: BSN RN CFCN

**Hearing Screenings at Lost Lake Fire Station**

Tuesday, January 15
3rd Tuesday 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.

**Hungry for Knowledge?**

This program is made possible through the generosity of RiverCourt Residences

**LUNCH AND LEARN**

Wednesday, January 23 12:00pm
at the Country Club

**Protection from Winter Scams**

Middlesex District
Attorney Marian Ryan

A conversation with Middlesex District Attorney Marian Ryan. Scam related topics include: Home heating, snow removal, roof service, chimney cleaning, furnace cleaning, vehicle maintenance and tree service. This forum will educate participants about common scams that target senior citizens during the winter months.

Please call for your reservation by Friday, January 18, 978-448-1170.

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

- **Social**
- **Shopping**

**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
- Out-of-Town $4.00 roundtrip
  - 12 Ride Voucher $30
  - 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.**
**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!

**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!

**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.

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**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.

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**Documentary**
**Monday, January 14 12:30pm**
**Lost Lake Fire Station**

**Icarus**
**Running time 121 minutes**
In his Oscar-winning film, an American cyclist plunges into a vast doping scandal involving a Russian scientist -- Putin’s most-wanted whistleblower. While investigating the furtive world of illegal doping in sports, Bryan Fogel connects with Russian scientist, Dr. Grigory Rodchenkov, the director of Russia's national anti-doping laboratory. Rodchenkov creates a plan for Fogel to take banned performance-enhancing drugs in a way that will evade detection from drug-testing, helping Fogel’s experiment to prove that the current way athletes are tested for drugs is insufficient. As Fogel continues his training, he and Rodchenkov become friends, and Rodchenkov eventually reveals that Russia has a state-sponsored Olympic doping program that he oversees.

**Next documentary: February 11, 1:00pm**
**Abacus**

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**Book Club**
**at Legion Hall**

**January 9 9:30 AM**
**2nd Wednesday**

January’s Book
**The Girl From the Train by Irma Joubert**

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.

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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.
Due to limited resources the AARP Tax Preparation program there will be no service at the Groton or Lunenburg COAs. Please call one of the senior centers listed below to schedule your appointment. Please remember appointments are scheduled on a first come first serve basis with limited availability.

Townsend 978.597.1710  
Pepperell 978.433.0326  
Ayer 978.772.8260  
Littleton 978.540.2470  
Westford 978.692.7906  

If you are interested in volunteering as a tax preparer for 2019 returns please call Roger Kipp at 978-597-6207. AARP provides extraordinary training for its volunteers.

The pictures above with the ladder is the loft area that will be used for storage and mechanical space. There will be a set of stairs going up to that space.

The cement block in the foreground of the picture is the base of the portico that will cover the driveway in front of the building.
Travel with Groton Council on Aging

TOURS AND MORE TRAVEL PRESENTS

ICELAND

The Land of Fire and Ice
Join Brenda in Iceland
Experience all the highlights

The Golden Circle
Seljalandsfoss Waterfall
Skogar Folk Museum
Jokulsarlon Glacier Lagoon
Skaftafell Nat’l Park
Blue Lagoon Spa
A chance to witness the Northern Lights!

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5 Breakfasts
2 Lunches
3 Dinners
Professionally led daily tours
Transportation to all included activities and to/from airport in Iceland
Full Time Tour Guild

$3,329
save $175 if deposited by 1.28.19
$3,174pp Double Occupancy

Additional cost—Travel insurance and transfers from home to Logan

Information session
Mon., January 14
9:30am
Lost Lake Fire Station

For more information please call our tour leader
Brenda Pachucki 978.483.1802
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At the Life Celebration® Homes Badger of Littleton & Groton, it is our honor and privilege to help share your loved one’s story during a most difficult time. By celebrating your loved one’s life in a beautiful and personalized way, our staff can assist your family with care and compassion, guiding you toward healing and acceptance. We invite you to come and visit us to discuss the many options available.

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Owner / Funeral Director
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45 School St., Groton, MA
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