Senior Tax Work Off Program

The Senior Tax Work Off Program was created by the commonwealth in 2003 allowing towns to offer tax credit to residents 60 and older for volunteer services. It permits senior citizens the opportunity to trade valuable time and needed skills for government services in exchange for credit on their property tax bill. It is a win-win for everyone involved! At the Council on Aging we utilize volunteers from this program and intend on growing that number once we are in the new building. Volunteers also work in the Planning Department, Conservation, Clerk’s office, Accounting office, Fire and Police department and more. Groton offers this program, giving $700 credit for 64 hours of volunteer service to the town. Participants in the program are legally employees, however they receive a tax credit and not a paycheck.

The Assessor’s office will be accepting applications for the program starting on Tuesday, October 1, 2019 and applications must be submitted to the Assessor’s office by Thursday, October 31. If you are currently in the program you must reapply every year. The hours are worked from December until November and the abatement is granted on the following May’s bill. Slots are filled based upon the taxpayer’s financial need and positions available. Every effort is made to place residents in a position, however work is not guaranteed.

For more information please feel free to call me at the COA or the Town Assessor, Jonathan Greeno, 978-448-1127.

Kathy

9/11 Memorial First Responder’s Recognition Luncheon Held at Central Fire Station

Wednesday, September 11 12:00pm
Cost: None
lunch provided through the generosity of Groton residents
Ebi and Desiree Masalehdan
Music provided by John Murphy

On the solemn anniversary of 9/11, please join us at the Central Fire Station, to honor Groton’s First Responders. Their service and dedication to community cannot be measured but through this small gesture they are celebrated.

Please call for your reservation by Thursday, September 5, by calling the COA 978-448-1170.
Pizza and a Flick
This program is made possible through the generous donation of Ebi and Desiree Masalehdan

September 4 12:00pm
Mary Queen of Scots
Mary Queen of Scots explores the turbulent life of the charismatic Mary Stuart. Queen of France at 16 and widowed at 18, Mary defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her rightful throne.

October 2 12:00pm
The Mule

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.
Trouble Paying Heating Bills?

Community Teamwork Fuel Assistance may be able to help you.

Each year, Community Teamwork offers Fuel Assistance to an average of 12,000 eligible households challenged by the high cost of heating.

Who can apply? Homeowners and Renters.

Payments can be made for:
- Oil
- Electricity
- Kerosene
- Natural Gas
- Propane

FY 2020 Income Eligibility

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Maximum Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$37,360</td>
</tr>
<tr>
<td>2</td>
<td>$48,855</td>
</tr>
<tr>
<td>3</td>
<td>$60,351</td>
</tr>
<tr>
<td>4</td>
<td>$71,846</td>
</tr>
</tbody>
</table>

Applications will be available October 1. If you think you may qualify or if you have any questions, please call Stacey at the Groton COA at 978-448-1170.

Fuel Assistance applications are accepted November 1—April 30.

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 call us, 978-448-1170.

NEWS FROM SHINE

September, 2019

IMPORTANT MAIL ABOUT YOU DRUG AND HEALTH PLANS!

It’s that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (October 15th - December 7th), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also 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. Our newly upgraded website: www.shinema.org has valuable information on Medicare, MassHealth and links and information that can be a valuable resource.

Walking for seniors offers heart health benefits, lowers blood sugar, reduces pain, boosts mental health, and can promote social engagement when you join a walking group. Walk with Us Tues, Thurs and Fridays at the Twomey Center. Call 978448-1170 for more information.
Mondays
Documentaries (Mon varies)  1:00pm
Strength Training  11:30am
Swimming  12:00pm
COA Board Meeting (3rd Mon)  1:00pm

Tuesdays
Take a Walk  10:30am
Pickleball  8:30am
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 (3rd Tu)  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

Ask the Nurse
and Blood Pressure Screenings (3rd Wed)  1:30pm

Pizza and a Flick (Wed varies)
Sponsored by Ebi and Desiree Masalehdan
12:00pm

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
Line Dancing  10:00am
Take A Walk  10:30am
Pickleball  8:30am
Vet’s Breakfast (1st Thurs)  10:00am
Sponsored by Groton Fire Department

Tech Support (3rd Thursday)  10:00am
Meditation  7:00pm

Fridays
Shopping - $4 for van  9:00am
Take Walk  9:30am
Strength Training  10:00am
Swimming  12:00pm
Bridge (1st and 3rd Fri.)  12:30pm

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 that makes you happy.

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.

Hearing Screenings at Lost Lake Fire Station
Tuesday, September 17
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.

Write to Us
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 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.**

**Glass Blowing Class**
Monday September 23
9:00AM
Cost: $48pp
We will depart from the Lost Lake Fire Station at 9am and ride together in the van to Lowell.

Through the ancient craft of glassblowing, you will make your own glass pumpkin. There will also be time for you to experience the unique spaces of the Western Ave Studios.

Mill City Glass Works is a glass blowing studio located in Lowell and serves as a way to bring the experience of working with hot glass to those who are interested. It is a calm, respectful and creatively stimulating environment with a strong practice of the fundamentals in this very old and unique craft.

**Kayak Klub**
Are you interested in kayaking with a group? There is safety in numbers and comradery in numbers! You need to have your own kayak and ability to transport it.

Outings vary once or twice a week, scheduled dates are available through email within the group.

To join call and let us know and we will add you to our mailing list.

Call the COA, 9789-448-1170.

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.
### Groton Senior Center Activities

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:30</strong></td>
<td>Pickleball Pick up</td>
<td><strong>9:30</strong></td>
<td><strong>8:30</strong></td>
<td>VAN DW Highway</td>
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<tr>
<td><strong>10:00</strong></td>
<td>Writing Creatively</td>
<td><strong>9:30</strong></td>
<td><strong>9:00</strong></td>
<td><strong>8:30</strong> Pickleball Pick up</td>
</tr>
<tr>
<td><strong>10:30</strong></td>
<td>Bone Builders</td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>9:30</strong> Bridge</td>
</tr>
<tr>
<td><strong>10:30</strong></td>
<td>Take a Walk</td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:00</strong> Strength Training</td>
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<tr>
<td><strong>12:30</strong></td>
<td>Hand &amp; Foot</td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>12:30</strong> Bridge</td>
</tr>
<tr>
<td><strong>12:30</strong></td>
<td>Mahjong</td>
<td><strong>12:00</strong></td>
<td><strong>7:00</strong></td>
<td><strong>12:30</strong> Bridge</td>
</tr>
</tbody>
</table>

**Notes:**
- **Monday, September 2nd:** Happy Labor Day
- **Tuesday, September 3rd:** 8:30 Pickleball Pick up 10:00 Strength Training 12:30 Documentaries: Free Solo 1:00 BOD Meeting
- **Wednesday, September 4th:** 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training 12:00 Pizza & Movie Mary Queen of Scots
- **Thursday, September 5th:** 8:30 Pickleball League 9:00 Yoga 10:00 Veteran’s Breakfast 10:30 Bone Builders 10:30 Take a Walk 7:00 Meditation
- **Friday, September 6th:** Van Wal-Mart 8:30 Pickleball Pick up 9:30 Take a Walk 10:00 Drive-In BBQ

**Glass Blowing Trip**
- **Tuesday, September 10th:** 8:30 Pickleball Pick up 9:00 Yoga 9:30 Pilates 10:30 Tech Support 10:30 Bone Builders 10:30 Take a Walk 7:00 Meditation
- **Friday, September 13th:** Van JFK Museum 8:30 Pickleball Pick up 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge

**Accredited by National Institute of Senior Centers**

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**McGaffigan Family Funeral Home**
- John F. McGaffigan, Jr.
- 37 Main St. • Pepperell, MA
- (978) 433-2100
- Customized Funeral and Cremation Services
- Pre-planning and funeral consultations
- Fully renovated facilities, off-street parking
- Authentic, affordable care

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“*Our local family serving yours*”
Fun and Games

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
Tuesdays 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.

JOY OF LIVING
Meditation Group
7:00 PM Thursdays

Meditation Practice
We gather weekly to practice, study, and discuss meditation based on the Joy of Living teachings of Yongey Mingyur Rinpoche. Feel free to drop in anytime!

When: Every Thursday from 7:00 – 8:30 p.m.
No registration necessary, simple join in!
There is no charge for this program.

Documentary

Monday, August 12 12:30pm
Lost Lake Fire Station

Free Solo
Running time 100 minutes

FREE SOLO is an edge-of-your seat thriller and an inspiring portrait of an athlete who challenges both his body and his beliefs on a quest to triumph over the impossible, revealing the personal toll of excellence. The filmmaker succeeds in beautifully capturing deeply human moments as well as the death-defying climb with exquisite artistry and masterful, vertigo-inducing camerawork.

Next documentary: October 7, 12:30pm
They Shall Not Grow Old

Book Club
at Legion Hall

September 11 9:30 AM
2nd Wednesday

September's Book Book
The Island of Sea Women
By Lisa See

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.

October's book: The Queen by Josh Levin

Tech Support

Thursday, September 19
10:00am
1 hour individual appointments

Bring your laptop, phone or tablet and meet with our tech expert Tom Pistorino. He will spend up to 1 hour with you and help get you through your challenges.

Appointments are necessary, please call the COA, 978-448-1170.
Trips
Sponsored by The Friends of Groton Elders
Flyers available at the COA’s temporary location

Waiting List only

Tuesday, October 22
Essex Valley Steam Train and Connecticut Riverboat
Cost: $109
Depart Groton at 8:45 and return 6:00pm
Trip includes: Transportation, driver’s tip, lunch at the Go Fish Restaurant, scenic Stream train ride, cruise the beautiful Connecticut River.

COA Van Excursions
Call the COA for your reservation 978-448-1170

Waiting List only

September 20
JFK Library
Cost: $12 museum admission with lunch on your own. We will depart at 9am and spend the day departing at 2pm. Lunch is available in the cafeteria or you may bring your own.

Coming January 31
Van trip to Boston MFA
Details next month

December 2019
Friday, December 13
The POPS will release the specific date the end of August.

Cost is $119pp
11:00 AM Depart this morning and join us for a dazzling, engaging performance by America’s Orchestra and relish the elegance of historic Symphony Hall. Join the Boston Pops and the renowned Keith Lockhart in 2019 for a singularly sensational day of memorable music, so great that it ‘Pops!’ On arrival in Boston, you’ll enjoy a delicious, full course luncheon at the Davenport Yacht Club, overlooking the Harbor. Then you’ll drive along Boston Common to view the beautiful Christmas lights display before arriving at Symphony Hall where Keith Lockhart will be conducting the 4:00 PM matinee performance and Santa will be appearing as well!

Enjoy the show from your Second Balcony seat!

Veteran’s Wall of Honor
Generously sponsored by Rollstone Bank

We at the Council on Aging in Groton are proud of our veterans and would like to add you or your loved one to our Veteran’s Wall of Honor here at the Groton Center.

We are asking you to share stories and pictures from your time of service. Include your name, years of service, military branch, rank and other information you would share.

Please drop them off at the center or email them to us at gcoa@townofgroton.org and be part of our Veteran’s 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.

Thank You Veterans

Veteran’s Breakfast
Held at Central Fire Station
This program is made possible through the generous support Professional Firefighters of Groton Local 4879 and the Groton Firefighter’s Association

First Thursday of the month

Thursday, September 5   10:00am
At the Central Fire Station
Cost: None
Speaker: TBD

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!
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.

Walk With Us
Tuesdays and Thursdays
10:30—11:30am
A great way to get exercise, walk with friends or meet new ones all in a climate controlled setting.
New walkers please register by calling COA, 978-448-1170.

Senior Pilates
Wednesdays 9:30 AM - 10:30 am
9 WEEKS $90
Boost your metabolism and burn more calories with this 60 minute class! This class is perfect for the first time exerciser to the fitness enthusiast!
You will be given individual attention to ensure that you are getting the most from your workout and exercising safely! If your goal is weight loss, a scale will be available along with initial and ending measurements and Weight Loss tips along the way!

Focus on Footcare
September 10 10am-1:30pm
October 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

Bone Builders
Osteoporosis affects many. This free class will help
Using light weights, our routines are centered around slow, methodical movements.

Tuesdays and Thursdays 10:30am
at Lost Lake Fire Station
A recent study in the Journal of Sports Medicine and Physical Fitness found that low-weight, high-repetition resistance training is especially effective for increasing bone mineral density in adults. Participants in the study experienced up to 8 percent bone density increases in their arms, pelvis, spine and legs.

This program is generously sponsored by:
Community Teamwork
Senior Corp Volunteer Program

Strength Training
Mondays at 11:30 AM
Wednesdays at 10:30 AM
Fridays at 10:00 AM
Cost: $4 per class
Elaine Corsetti, instructor
Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Tai Chi
Beginning November 7

Thursdays, 12:30-1:15PM
Cost: $5 per class
New students welcome anytime. Focusing the mind solely on the movements helps to bring about a state of calm and clarity, as you improve your balance and flexibility.
Instructor: Debbie LaDue

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Provider: Sarah Kinghorn: BSN RN CFCN
**Driver Safety**

**Friday, November 8**  
9:45am-3:00pm

Cost: $15 AARP Members  $20 non-member  
(Please pay by check payable to AARP)

The Groton Council on Aging is happy to once again offer the AARP Smart Driver Course. This course is the largest driver safety course and is designed for drivers over 50.

During the course, attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today’s increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completion of the course. (Please consult your insurance agent for details). AARP membership is not required and there is no test to pass.

Please call The Groton Center to register, 978-448-1170.

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**WATERCOLOR WORKSHOP**

Instructor: Priti Lathia  
Mondays, November 4 - December 16  
10:00AM-11:30AM  
Cost: $30 for six week class  
All supplies are included  
Scholarships available, see Stacey at the COA.

There are endless possibilities with watercolor. During this 6-week course, we will study watercolor techniques to create compositions that impress. Together we will look at the relationship between water and color to study its effects on washes, edges, and layering. We will also study the basics of composition and color theory.

*The class is open to all levels.*

Priti Lathia is an acrylic, watercolor and mixed media artist, active in Massachusetts and Southern New Hampshire communities. She has gallery representation at the Brush Gallery and Studios, Lowell, MA. Her work can be seen there and online on her blog, Instagram, Fine Art America and Facebook page.

Please call The Groton Center, 978-448-1170, to register.

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**Operas**

This program is possible through the generous support of the Friends of Groton Elders  
Virginia Wood Lifelong Learning Fund

**6 Week Series**

1:00pm  
Thursdays, November 7 and 14  
Monday, December 18  
Thursdays, December 5 and 12  
Thursday December 19 showing of Carmen

Three of the most popular operas are Verdi’s “Aida,” Puccini’s “La Boheme,” and Bizet’s “Carmen.” New York’s Metropolitan Opera Company programmed them so often that it became known as the “ABC Opera Company.” The popularity of these operas reflects their quality - they are three of the best. This series will look at all three, their place in the history of opera, and what makes them special.

*Our Presenter Ben Sears*

Ben Sears, one half of the Ben and Brad due, has been called “Boston’s favorite song duo” by the *Boston Globe* and “the delightful cabaret team” by the *Boston Phoenix.* Theatre historian Sears is also a noted recording artists and performers.

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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.
What’s Coming to the New Groton Center

How about a SNEAK PEEK?

Groton Center Speaker Series
Sponsored by RiverCourt Residences
Groton Council on Aging  Groton Public Library

Lunch with
Congresswoman Lori Trahan
The Policy of Aging
Tuesday, November 5  12:00PM

Liz Walker
How To Seize Your Moment
Saturday, November 16  1:00PM

Documentary Filmmaker Kristin Canty
A Quest for Healthier Food and Farming
Sunday, February 23

Author, Dr. Andrew Budson
Seven Steps To Managing Your Memory
Saturday, March 28  1:00PM

Chronicle’s Ted Reinstein
Wicked Pissed
Sunday, May 3  2:00PM

Mock up of the Exercise Equipment Room
Groton Women’s Club sponsored luncheon

This program will be held at the brand new Groton Center!

Wednesday, October 23 12:00pm

The inaugural Women’s Club sponsored luncheon in the Groton Center will feature a delicious Pulled Chicken, Green Bean Salad with Apple Fruit Tart for dessert. Following lunch enjoy the inspirational and uplifting sounds of Daniel M. Clark, the Singing Trooper.

Please make your reservation by Friday, Oct. 18.

This program is made possible through the generous support of the Groton Trust Program and Lecture Fund.
Lunch with Congresswoman Lori Trahan

Protecting our Seniors
*Fight for Affordable Healthcare, Prescription Drugs, and Preservation of Medicare and Social Security*

Tuesday, November 5       12:00PM

As a Member of the Education and Labor Committee, Rep. Trahan works closely on issues affecting senior citizens. She looks forward to speaking with the Groton Council on Aging regarding several issues before Congress including retirement security, prescription drug affordability, home heating assistance, improving senior nutrition services, and protecting Social Security and Medicare.

Liz Walker
How To Seize Your Moment

Saturday, November 16       1:00pm

We are living in unusual times of enormous change, demanding new paradigms. Ms. Walker refers this as a Kairos moment, a point all around the world of great peril and amazing possibilities. The biggest question is whether this moment will control you or you will take hold of this moment!

_Liz Walker is a minister, award winning journalist and activist for community healing and cross cultural and interfaith dialogue. Hers is a powerful voice of healing and hope. She is in demand as a keynote speaker around the world._

Registration is necessary, please call The Groton Center, 978-448-1170.