



GROTON CENTER

Groton Council on Aging

163 West Main Street Groton, MA

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.*

September 2019



978-448-1170

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

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

Outreach Coordinator

Stacey Shepard Jones

Activities/Volunteer Co.

Kathy Santiago

Maintenance

Jimmy Kuzmitch

Van Driver

Marcel Falardeau

Richard Marton

Peter Cunningham

Herb Peterson

John Reilly

Heather Rhodes

Eddie Wenzell

Selectmen Liaison

John Reilly

School Committee Liaison

Marlena Gilbert

COA Board of Directors

Chairman

Gail Chalmers

Vice Chairman

Richard Marton

Secretary

Helen Sienkiewicz

Members

Ellen Baxendale

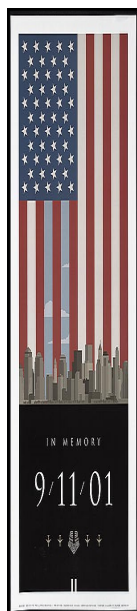
Peter Cunningham

Mihran Keoseian

Paula Martin

Sheila Nash

Jean Sheedy



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

A 90-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel. Starring Clint Eastwood.



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.

Law Offices of
Nancy Catalini Chew
SPECIALIZING IN ELDERS LAW AND ESTATE PLANNING
Nancy Catalini Chew, Esq.
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Council on Aging Outreach and Support

Please call Stacey Shepard Jones, COA Outreach Coordinator, 978-448-1170

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

<u>Family Size</u>	<u>Maximum Income</u>
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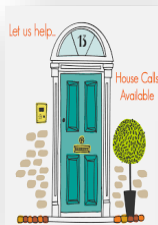
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846

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 978-448-1170 for more information.

Always Available

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

Mondays

Documentaries (<i>Mon varies</i>)	1:00pm
Strength Training	11:30am
Swimming	12:00pm
COA Board Meeting (<i>3rd Mon</i>)	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 (<i>3rd Tu</i>)	11:15am

Wednesdays

Book Club (<i>2nd Wed</i>)	9:30am
Pilates	9:30am
Strength Training	10:30am
Groton Women's Club Luncheon (<i>3rd Wed</i>)	12:00pm
<i>Sponsored by Groton Trust Lecture Fund</i>	
Ask the Nurse	
and Blood Pressure Screenings (<i>3rd Wed</i>)	1:30pm
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
Pizza and a Flick (<i>Wed varies</i>)	12:00pm
<i>Sponsored by Ebi and Desiree Masalehdan</i>	
Nashoba Tech Lunch - \$10 (<i>Wed varies</i>)	12:00pm
Holiday Celebrations (<i>Wed. varies</i>)	12:00pm
Lunch and Learn (<i>4th Wed</i>)	12:00pm
<i>Sponsored by RiverCourt Residences</i>	

Thursdays

Yoga—\$3 per class	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Line Dancing	10:00am
Take A Walk	10:30am
Pickleball	8:30am
Vet's Breakfast (<i>1st Thurs</i>)	10:00am
<i>Sponsored by Groton Fire Department</i>	
Tech Support (<i>3rd Thursday</i>)	10:00am
Meditation	7:00pm

Fridays

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

Drive-In Diner & Movie at Lost Lake Fire Station

Say good-bye to summer in style! BBQ dinner then,
as darkness falls, we'll enjoy the comedy *Stan and Ollie*
on the big outdoor screen.



Stan and Ollie

Friday, September 13

6:00pm BBQ dinner
Movie on the pickleball
court at dusk

\$5pp to cover food
Sausage, peppers and
onions, burgers, fries,
onion rings & ice cream

Call 978-448-1170 for your reservation by Wed.,
September 11. The van is available for
transportation. Please let us know if you need
the van when you make your reservation.

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.

Writing Creatively

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
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.



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 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, 978-448-1170.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 8:30 Pickleball League 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 12:30 Hand & Foot 12:30 Mahjong	4 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training 12:00 Pizza & Movie Mary Queen of Scotts	5 8:30 Pickleball League 9:00 Yoga 10:00 Veteran's Breakfast 10:30 Bone Builders 10:30 Take a Walk 7:00 Meditation	6 VAN DW Highway 8:30 Pickleball Pick up 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
9 8:30 Pickleball Pick up 10:00 Strength Training	10 8:30 Pickleball League 10:00 Writing Creatively 10:00 Focus on Footcare 10:30 Bone Builders 10:30 Take a Walk 12:30 Hand & Foot 12:30 Mahjong	11 8:30 Pickleball Pick up 9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Honoring First Responders Lunch	12 8:30 Pickleball League 9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 7:00 Meditation	13 VAN Wal-Mart 8:30 Pickleball Pick up 9:30 Take a Walk 10:00 Strength Training 6:00 Drive-In BBQ
16 8:30 Pickleball Pick up 10:00 Strength Training 12:30 Documentary: Free Solo 1:00 BOD Meeting	17 8:30 Pickleball League 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 12:30 Hand & Foot 12:30 Mahjong 1:30 Hearing Screening	18 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training	19 8:30 Pickleball League 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders 10:30 Take a Walk 7:00 Meditation	20 VAN JFK Museum 8:30 Pickleball Pick up 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
Glass Blowing Trip 23 8:30 Pickleball Pick up 10:00 Strength Training 1:00 BOD Meeting	24 8:30 Pickleball League 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 12:30 Hand & Foot 12:30 Mahjong	25 8:30 Pickleball Pick up 9:30 Pilates 10:30 Strength Training	26 8:30 Pickleball League 9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 7:00 Meditation	27 VAN Christmas Tree Shoppe Plaza 8:30 Pickleball Pick up 9:30 Take a Walk 10:00 Strength Training
30 8:30 Pickleball Pick up 10:00 Strength Training			Accredited by  National Institute of Senior Centers	



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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

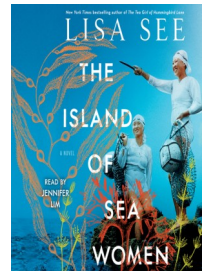
Book Club at Legion Hall

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

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 **Veterans 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 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.*



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 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!

Health and Wellness

Register for all the programs by Calling the COA, 978-448-1170

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

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!



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.



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



**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.



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.

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

6 Week Series **Opera**

1:00pm

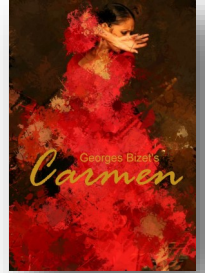
Thursdays, November 7 and 14

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 duo, 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.

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

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 a 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.

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



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Lunch and Learn

Generously sponsored by RiverCourt Residences

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

Wednesday, October 30 12:00pm

Western European Architecture

Presenter: Kurt Benedict

A summary of the history of Western European Architecture from the Roman Times to the Renaissance and to Modern Times from the perspective of a structural engineer who has traveled and lived in the area over many years.

Kurt G. Benedict is a retired structural engineer having worked in the New England area for approximately 45 years as a consulting engineer. During the past 20 years he also was on the faculty of the Architectural Department of Wentworth Institute of Technology and the Boston Architectural College."



*Next Lunch and Learn November 13
Groton Police Chief Michael Luth*



Nashoba Tech

catered luncheon

Held at the Groton Country Club

Wed, October 9 12:00pm

Cost: \$10pp with tip optional

Lunch menu:

TBD

Entertainment:

Soft Sounds of Emma Riffelmacher

Emma is a classically trained singer with a very eclectic range of musical styles. She performs anything and everything from the big band music of the war era, to classic country, to rockin' music from the 60's and 70's, and even some classical. Emma will take you on a "Sentimental Journey" throughout the decades that you surely won't forget!

Please make your reservation by Friday, Oct. 4

Groton Women's Club

sponsored luncheon

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

Wed, October 23 12:00pm

THE SINGING TROOPER

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

Groton Center Speaker Series

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Groton Council on Aging
Groton Public Library



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.