



GROTON CENTER

Groton Council on Aging
163 West Main Street Groton, MA

October 2019



978-448-1170

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

Have you heard? We're moving in!

The Council on Aging offices will be closed on Thursday and Friday, October 17 and 18 and Monday, October 21 as we prepare to welcome you to the new Groton Center!

The van will be in service and Meals on Wheels will be delivered when the building is closed.

If you need to reach us please call us on the regular line, 978-448-1170, and leave a message, we will return calls periodically throughout the day.

We are excited to share this space with everyone but please, hold off until October 22—the public will not be allowed in prior to that date.

On Tuesday, October 22 all classes will resume at 163 W. Main Street, please stop by then and say hello!

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

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Richard Marton

Secretary

Helen Sienkiewicz

Members

Ellen Baxendale
Peter Cunningham
Mihran Keoseian
Paula Martin
Sheila Nash
Jean Sheedy

Saturday, November 2

The
Groton
Center

Dedication Ceremony 1:00pm

Open House 2 - 4pm

To reserve your seat for the Dedication Ceremony,
please call The Groton Center, 978.448.1170.



Pizza and a Flick

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

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.

November 6 12:00pm
On The Basis of Sex

The film tells an inspiring and spirited true story that follows young lawyer Ruth Bader Ginsburg as she teams with her husband Marty to bring a groundbreaking case before the Supreme Court and overturn a century of gender discrimination.



AARP® 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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◀ Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.



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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.

Fuel Assistance applications are accepted

November 1—April 30.

Payments can be made for:

Oil	Electricity
Kerosene	Natural Gas
Natural Gas	Propane

FY 2020 Income Eligibility

Family Size Maximum Income

1	\$37,360
2	\$48,855

If you think you may qualify or if you have any questions, please call Stacey at the Groton COA at 978-448-1170.

GROTON REAL ESTATE TAX EXEMPTIONS

Surviving Spouse – Minor Child – Elderly Person (Clause 17D)

(Applications accepted 10/1/19 - 4/1/20)

Provides exemptions to three categories of persons who satisfy certain residency and whole estate or asset requirements. They are:

- Widows and widowers
- Minor children with one parent deceased
- Persons 70 years of age or older

The state exemption amount is \$175.00. The Town of Groton has approved to increase it to \$350.00.

If you would like more information and/or would like to apply for this exemption, please call the Assessor's Office at 978-448-1127.



NEWS FROM SHINE

October & November 2019

The Medicare Open Enrollment begins on October 15th and ends on December 7th.

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

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. 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. During Open Enrollment it may take a couple of days to return your call.

You can now visit us at www.shinema.org



You **do not** have to give your Social Security number to medical offices, government agencies, or private businesses. When someone requests your number, ask how it will be used and what security procedures are in place to protect you. If you are not comfortable, offer an alternative identifier, such as your phone number.

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

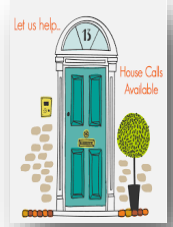
Yoga—\$3 per class	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Line Dancing	10:00am
Take A Walk	10:30am
Pickleball	8:30am
Vet's Breakfast (<i>1st Thurs</i>)	10:00am
<i>Sponsored by Groton Fire Department</i>	
Tech Support (<i>3rd Thursday</i>)	10:00am
Meditation	7:00pm

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

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.



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.

Hearing Screenings at Lost Lake Fire Station



Tuesday, October 22

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.**

*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

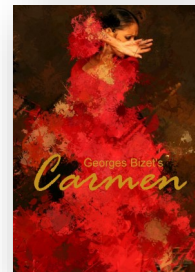
Monday, November 18

Thursdays, December 5 and 12

Thursday December 19

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 artist.



SHINE:

Serving the Health Needs of Everyone

Shine Counselors will be conducting a Medicare Open Enrollment Update Meeting at the Groton Center to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2016 plan year. Please be sure to attend by calling the COA, 978-448-1170

Groton Senior Center Activities

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by  National Institute of Senior Centers</p>	<p>1</p> <p>10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong</p>	<p>2</p> <p>9:30 Pilates 10:30 Strength Training 12:00 Pizza & Movie The Mule</p>	<p>3</p> <p>9:00 Yoga 10:00 Veteran's Breakfast 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 7:00 Meditation</p>	<p>4</p> <p>VAN DW Highway</p> <p>9:30 Take a Walk 10:00 Strength Training 12:30 Bridge</p>
<p>7</p> <p>11:30 Strength Training 12:30 Documentary They Shall Not Grow Old</p>	<p>8</p> <p>10:00 Writing Creatively 10:00 Focus on Footcare 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong</p>	<p>9</p> <p>9:30 Book Club 9:30 Pilates 10:30 Strength Training 12:00 Nashoba Tech Lunch Entertainment: Emma</p>	<p>10</p> <p>9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 7:00 Meditation</p>	<p>11</p> <p>VAN Wal-Mart</p> <p>9:30 Take a Walk 10:00 Strength Training</p>
<p> 14</p>	<p>15</p> <p>10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong 1:30 Hearing Screening</p>	<p>16</p> <p>9:30 Pilates 10:30 Strength Training</p>	<p>17</p> <p>Building Closed due to move.... See you all at "The Groton Center"</p>	<p>18</p> <p>VAN Market Basket</p>
<p>21</p> <p>Still Closed... See you Tomorrow :)</p>	<p>22</p> <p>10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong</p>	<p>23</p> <p>9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Entertainment: The Singing Trooper</p>	<p>24</p> <p>9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 7:00 Meditation</p>	<p>25</p> <p>VAN Christmas Tree Shoppe Plaza</p> <p>9:30 Take a Walk 10:00 Strength Training</p>
<p>28</p> <p>11:30 Strength Training</p>	<p>29</p> <p>10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong</p>	<p>30</p> <p>9:30 Pilates 10:30 Strength Training 12:00 Lunch & Learn Kurt Benedict Western European Architecture</p>	<p>31</p> <p>9:00 Yoga 10:30 Bone Builders 11:30 Take a Walk 7:00 Meditation</p>	



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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.



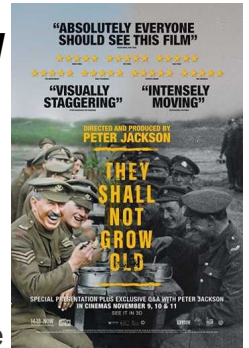
Documentary

Monday, October 7 12:30pm
Lost Lake Fire Station

They Shall Not Grow Old

Running time 100 minutes

Through ground breaking computer restoration technology, filmmaker Peter Jackson's team creates a moving real-to-life depiction of the WWI, as never seen before in restored, vivid colorizing & retiming of the film frames, in order to honor those who fought and more accurately depict this historical moment in world history.



Next documentary: Novembre 4 , 12:30pm
Coming of Age in Aging America

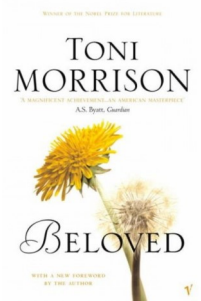
Book Club at Legion Hall

October 9 9:30 AM
2nd Wednesday

October's Book
Beloved

By Toni Morrison

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.



November's book: Gatewood's Walk

Tech Support

Thursday, October 17
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

Van trip to **Boston MFA**

Friday, January 31
Cost \$20 museum admission

Depart the Groton Center
at 9am and return
approximately 2pm. Lunch
on your own in the
museum café.



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.*



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, October 3 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!



Waiting List only

December 2019

Friday,
December 13

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!

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

October 8 10am-1:30pm

November 12 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

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*

Gibbet Hill Holiday Dinner

Thurs., November 21

5:30 PM



Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team.

This event is free to residents of Groton 60 and older however tickets are required.

Tickets are available at The Groton Center beginning Friday, November 1.

Entertainment for the evening will be Groton's own, John Murphy and The McMurphys. Home delivered meals, delivered by Groton Fire and Police Department, are available by request by Thursday, November 14.

Nashoba Tech

catered luncheon

Held at the Groton Country Club

Wed, October 9 12:00pm

Cost: \$10pp with tip optional

Lunch menu:

Yankee Pot Roast or Broiled Salmon

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 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

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Groton Council on Aging, Groton, MA

06-5100

Groton Center Speaker Series

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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.



This series is composed of three 90 minute sessions.
Handouts and folder included for each registrant.
Workshop limited to seven participants.

November 12, 19 and 26 12:30pm

Week 1: Pranayama/ Introduction to meditative breathing and its physical, mental and spiritual health benefits. We will introduce/ practice three different types of breath meditation in this session: deep meditative breathing, alternate nostril breathing, and 4 count breathing. The session will end with full body breath visualization/meditation.

Week 2: Introduction to the Seven Chakras and their relationship to meditation. The seven Chakras, or "energy" points run from the top of the head to the base of the spine. We will look at what each represents, how they carry energy through the body, and how meditation helps them from becoming blocked. The session will end with full body breath visualization/meditation.

Week 3: Meditation and Mindfulness. We will explore the concept of mindfulness and its relationship to meditation. We will look at mindful movement and mindful eating. The session will end with full body breath visualization/ meditation.

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



The Montachusett
Opportunity Council

November 7th at 10 AM

THE NEW FOOD LABEL

WHAT TO LOOK FOR & HOW TO USE IT

Presenter: Alex Welch, MA RDN, LDN

Learn how to read the new food label so you can easily make great choices throughout your day. Find out which nutrients to increase & which to decrease. Also learn how to compare foods to make the right choices for your best health.

A 2lb. Bag of Dried Cherries will be distributed to each attendee at this event!

Pinterest with Kathy and Kathy

Monday, November 25 12:30pm
Tuesday, November 26 12:30pm

Photo Transfer

Cost: \$5

Photo transfers on wood, tile or glass is a simple technique which produces phenomenal results. Create your own personalized pieces using your favorite photos, quotes, postcards or anything that can be photocopied. This is a two day class because we need drying time.

(If you can't make the second class we can arrange time to complete your project.)

*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 it's effects on washes, edges, and layering. We will also study the basics of composition and color theory.

The class is open to all levels.

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

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.

Signs of Unsafe Driving in Older Adults



Age is not the only factor that can impact your driving ability, but it can be an important one. Change in vision, reaction time, the ability to assess a dangerous situation and even flexibility of the neck and arms can all result in a slower response to a dangerous situation.

No one wants to admit that they may be “slipping” in regard to driving, but for the safety of yourself, your family members, and other drivers and pedestrians, take a minute to think about these signs of difficulties:

- Ignoring traffic signs and signals (or “not seeing”) them
- Becoming easily agitated or angered when driving
- Falling asleep when driving, or having trouble focusing on the road
- Getting lost in familiar areas
- Reacting slowly to dangerous situations
- Forgetting or ignoring basics (like yielding right-of-way when entering a rotary)
- Having trouble judging distances

To sharpen your driving skills please consider taking the AARP course at The Groton Center Friday, November 8. If you believe you or a loved one may be having difficulties please discuss with your physician about obtaining a referral for a driving evaluation.

Groton Community Dinners are Back

Groton Community Dinners are open to all. They are held at the First Parish Church of Groton

5:45—7:00 pm

Friday, October 18 sponsored by Groton School.

Friday, November 15, sponsored by the Groton-Dunstable Rotary.



Tai Chi

Thursdays 12:30-1:30pm
Cost: \$5 per class
payable to the instructor



Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all fitness levels. It is known to increase balance, reducing fall risk and aid in lowering blood pressure through its meditative qualities.
Instructor Debbie LaDue

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.



Mark Your Calendars!

Coming soon to The Groton Center.

Book Discussion and Study *How to Live Forever*

December 5, 21 and 19 10am

Great Courses Histories Mysteries

December 3, 10, 17 12:30pm

Introduction to Knitting

December 9 1pm

Holiday Tea

December 11 10:00am

A Matter of Balance

January 7, 9, 14, 16, 21, 23, 28 and 30 12:30pm

My Life My Health Chronic Disease Management

Mondays, January 6 - Feb 24 10am

Memory Café

January 30 10:30am