



This past year we were able to continue with the vast majority of our programs due to the support of the Groton community. Shawn Campbell, the director of the Groton Country Club provided space for our weekly lunch events, he was gracious and accommodating. Legion Hall, through Mike Bouchard and the Town Clerk's office, provided space for our educational class and writers group. And we are most grateful to the Groton Fire Department, Chief McCurdy and Diane Aiello. We were in all of the fire stations for something! The West Groton Fire Station stored our supplies, the Central Fire Station was used for our movies and Veteran's Breakfast and of course, Lost Lake Fire Station housed our offices and also provided space for programs. We are extremely grateful to the GFD, they were superb hosts. It took the community to keep us going.

This past year seemed to fly by and while we were able to provide programs throughout the town, we missed everyone being in one place. We missed the hustle and bustle and the sense community created in one place. A community that keeps an eye on one another, chats about life's celebrations and challenges and grows through the relationships and acquaintances we make by simply being with one another. We can't wait to see you at The Groton Center, the center that builds community!

Kathy

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

Richard Marton
 Peter Cunningham
 Herb Peterson
 Heather Rhodes
 Eddie Wenzell

Selectmen Liaison

John Reilly

School Committee Liaison

Marlena Gilbert

Police Liaison

Pat Timmins

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

The Groton Center

Saturday, November 2

Dedication Ceremony 1:00pm

Open House 2-4:00pm

Open House immediately following ceremony

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

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.

December 4 12:00pm

Best of Enemies

Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.



There is no movie in January due to the holiday.

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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06-5100

Council on Aging Outreach and Support

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

IN CASE OF EMERGENCY (ICE) ADD TO YOUR CELL PHONE

Add an ICE (In Case of Emergency) Contact Into your cell phone

Adding ICE to your phone is simple. Just scroll to the letter "I" in your phone contact list, and list your emergency ICE contact with the word ICE before their name. For example, "ICE—John Smith". Then, be sure to enter every phone number (home, mobile and work) you have for that individual, as well as their email and physical address.

It is important to list at least two (2) ICE contacts. Of course, it is very important to check with anyone you plan to list under ICE first to make sure they are comfortable with being on of your emergency contacts. Next, you will want to provide anyone listed on your phone under ICE with any medical information they may need about you in the event of an emergency such as your medical history. This includes your physicians, a list of your medications, and any known allergies and medical conditions.

To make it clear that you have ICE emergency contact information on your phone, you can place a sticker (**ICE**) on it letting everyone know.

FINANCIAL HARDSHIP PROPERTY TAX DEFERRAL (Clause 18A)

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

You may be able to defer all or a portion of the tax assessed on your domicile if you do not have the financial resources to pay them because of a change to active military service (not including initial enlistment), unemployment, illness or other type of temporary hardship. This allows you to postpone payment of your taxes. For more information and/or if you would like to apply for this exemption, please



NEWS FROM SHINE

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



If Lady Liberty needed a new pair of sandals, it would take a size **879**

shoes to cover her massive feet. It's no secret that the Statue of Liberty is a mighty monument. The copper section alone is 151 feet and one inch tall.

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 |



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.

Tai Chi



Beginning November 7
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

Please call to register, 978-448-1170.

Hearing Screenings at Lost Lake Fire Station



Tuesday, November 19
Tuesday, December 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.

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: First pick ups are at 10:00am and with the last trip completed by 3:00pm.

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

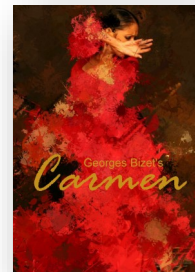
Monday, November 18

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.



**Thursday, November 7
10:00 am**

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>Accredited by </p> <p>National Institute of Senior Centers</p> | |  | | <p>1</p> <p>VAN DW Highway</p> <p>9:30 Take a Walk 10:00 Strength Training 12:30 Bridge</p> |
| <p>4</p> <p>10:00 Watercolor Class 11:30 Strength Training 12:30 Documentary: Coming of Age In an Aging America</p> | <p>5</p> <p>10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:00 Lunch with Congresswoman Trahan Hand & Foot Mahjong</p> | <p>6</p> <p>9:30 Pilates 10:45 Strength Training Pizza & Movie On The Basis Of Sex</p> | <p>7</p> <p>9:00 Yoga 10:00 Veteran's Breakfast 10:00 Label Reading 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 Opera 7:00 Meditation</p> | <p>8</p> <p>VAN Wal-Mart</p> <p>9:30 Take a Walk 10:00 Strength Training</p> |
|  | <p>12</p> <p>9:30 Focus on Footcare 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Meditation Ed 12:30 Hand & Foot Mahjong</p> | <p>13</p> <p>9:00 SHINE 9:30 Book Club 9:30 Pilates 10:45 Strength Training 12:00 Lunch & Learn With Chief Luth</p> | <p>14</p> <p>9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 1:00 Opera 7:00 Meditation</p> | <p>15</p> <p>VAN Market Basket</p> <p>9:30 Take a Walk 10:00 Strength Training 12:30 Bridge</p> |
| <p>18</p> <p>10:00 Watercolor Class 11:30 Strength Training 1:00 Opera with Ben</p> | <p>19</p> <p>10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot Mahjong 12:30 Meditation Ed 1:30 Hearing Screening</p> | <p>20</p> <p>9:30 Pilates 10:45 Strength Trainin 12:00 Women's Club Luncheon Entertainment: History at Play Rachel Revere</p> | <p>21</p> <p>9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 7:00 Meditation 5:30 Gibbet Hill Holiday Dinner</p> | <p>22</p> <p>VAN Christmas Tree Shoppe Plaza</p> <p>9:30 Take a Walk 10:00 Strength Training</p> |
| <p>25</p> <p>10:00 Watercolor Class 11:30 Strength Training 12:30 Pintrest with Kathy & Kathy</p> | <p>26</p> <p>9:30 Focus on Footcare 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot Mahjong</p> | <p>27</p> <p>9:00 SHINE 9:30 Pilates 10:45 Strength Training</p> | <p>28</p> <p>9:00 Yoga 10:30 Bone Builders 11:30 Take a Walk 7:00 Meditation</p> | <p>29</p> <p>9:30 Take a Walk 10:00 Strength Training</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.



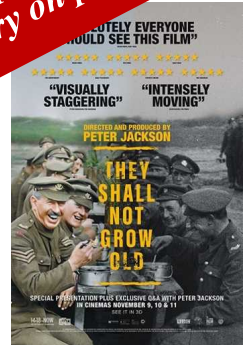
Documentary

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

They Shall Not Grow Old

Running time 100 minutes

Through groundbreaking archival research, computer-aided restoration, and Peter Jackson's masterful editing, *They Shall Not Grow Old* creates a moving, 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



**Sorry this already happened!
Look for the documentary on page 16**

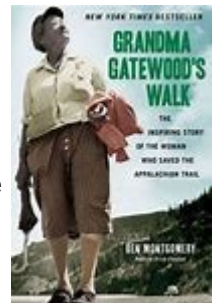
Next documentary: Novembre 4 , 12:30pm
Coming of Age in Aging America

Book Club at Legion Hall

November 13 9:30 AM
2nd Wednesday

November's Book Grandma Gatewood's Walk

By Ben Montgomery
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.



Tech Support

Thursday, November 21
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.

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.

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.



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.



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!

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, November7 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

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

Wednesday, November 13 12:00pm

Groton Police Chief Mike Luth

Today, 9-1-1 Can't Find You

Over 80% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you – only your phone number and a very general sense of your location.

This is a serious problem in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or are unable to safely speak.

Chief Luth will discuss the changes coming to Groton and how you can get registered.

Call The Groton Center for your reservation by Friday, November 8

Next Lunch and Learn January 22

Groton Women's Club

sponsored luncheon

Wed, November 20 12:00pm

Enjoy a lunch of Scalloped Potatoes and ham Au Gratin, Garden Salad with Spice Cake and peaches for dessert. Following lunch enjoy the fabulous Judith Kalora and History at Play for:

Rendezvous with Rachel Revere

It is May 2, 1775 and Rachel Revere has only heard from her beloved husband

Paul once since his legendary midnight ride on the 18th of April. In this program, you will help Rachel, as she carefully considers the dangers and demands of each plan. Rendezvous with Rachel

Revere is brought to you by History At Play.



Please make your reservation by Friday, November 8.

This program is made possible through the generous support of the Groton Trust Program and Lecture Fund and the Groton Woman's Club.

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.

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!

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06-5100

Groton Center Speaker Series

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RESIDENCES



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.

Pinterest with Kathy and Kathy

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

Photo Transfer

Cost: \$5

Photo transfer 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



December 9 12:30pm

Play with Clay

Cost: \$5

Take some clay and see what you can make. We will have materials to make holiday ornaments or a contemporary dried flower hanging.



To register please call,
978-448-1170.

Introduction to Knitting

Monday, December 9
1:00pm

Stop in and give knitting a try.

Novice or experienced, Violetta O'Donnell will work with you and give you a taste of the knitting and the skills needed. If you enjoy the process you might want to learn to knit a sweater with Violetta after the holidays. Give it try, you've got nothing to lose.



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



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.



Meditation Workshop

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.



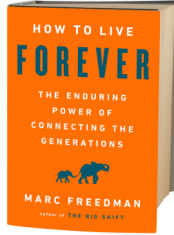
Home Visits

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 services.

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.

HOW TO LIVE FOREVER

Book Study with COA Director,
Kathy Shelp
Books available at the COA



December 5, 12 and 19 10:00AM

In *How to Live Forever*, Encore.org President and CEO Marc Freedman tells the story of his thirty-year quest to answer some of contemporary life's most urgent questions:

With so many living so much longer, what is the meaning of the increasing years beyond 50?

How can a society with more older people than younger ones thrive?

How do we find happiness when we know life is long and time is short?

In a poignant book that defies categorization, Freedman finds insights by exploring purpose and generativity, digging into the drive for longevity and the perils of age segregation, and talking to social innovators across the globe bringing the generations together for mutual benefit.

Join us as we read and discuss our thoughts on living longer and finding meaning with other generations.

Great Courses Video lecture The Inexplicable Universe: Unsolved Mysteries

Video Taught by Professor Neil deGrasse
Tuesdays, December 3, 10 and 17
12:30PM

What do scientists know about the universe? What still remains to be uncovered? What are some of the next avenues of exploration? Professor Neil deGrasse Tyson's course

The Inexplicable Universe: Unsolved Mysteries

is a marvelous journey to the frontiers of the known (and unknown)

universe and introduces you to tantalizing questions being addressed by the world's top scientists.



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.

Holiday Tea



Wednesday December 11
12:00pm

Do you need a break from the stress of the holidays or just want some time to enjoy a relaxing afternoon? Join us for an afternoon "tea".

Music by pianist Mike Woods

Reservations needed by Fri., 12/6
Please call, 978-448-1170.

"Live your life and
forget your age."



WHAT MAKES MY HEART SING

*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.

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.



Opportunities with Groton's Students

Middle School Performances

Complimentary tickets are available for the Middle School play **Frozen** on Saturday, November 16 at 2pm. If you would like tickets please call the COA, 978-448-1170.

Also available are tickets for:
Chorus Concert, December 17, 7:00pm
Band Concert, December 19, 7pm

Mystery Readers at Florence Roche

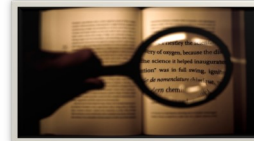
Florence Roache Elementary is looking for 4-5 people to come to the school once a month to be "mystery readers" in the classroom. The books will focus on kindness, community and food insecurity.

Please call Kathy Santiago at the COA if you are interested.



Is Low Vision Affecting Your Reading?

Friday, November 15th 10:00am am



The Talking Book Library will be visiting The Groton Center providing information on their audio and large type books, all of which are available by mail for free. A staff member from the program will be on hand to answer your questions.
Stop in to see us!

This program is co-sponsored by the Council On Aging, the Groton Commission on Accessibility, and the Groton Public Library.



3 Salem Square • Worcester, MA • 508-799-1655 • mywpl.org • facebook.com/worcesterpubliclibrary

Please call the Council on Aging, 978-448-1170 to register for programs.



4 Weeks

Tuesdays and Thursdays

January 7- 20

12:30-1:30pm

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase your activity levels.

Register by calling, 978-448-1170.

This program is made possible through the generosity of the Community Foundation of North Central Massachusetts

Documentary

Monday, November 4 12:30pm

Coming of Age in Aging American

Running time 57 minutes

This is essential for policy planners and advocacy. Highly recommended if you are planning to attend Congresswoman Trahan's presentation.

What will it mean for all of us to grow up, live and age in a society where half the citizens are over the age of 50? That reality is closer than most of us are willing to imagine. Never in human history have so many lived for so long – and not just in the United States. It is a global phenomenon, ushering a spectacular social transformation. Coming of Age in Aging America tells the story of its dimensions, challenges and opportunities.

**Next documentary: December 2 , 12:30pm
Meeting Gorbachev**



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 Community Dinners are Back



Free Groton Community Dinners are open to all.

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

They are held at the
First Parish Church of Groton

Memory Cafe



Thursday, January 23
4th Tuesday of each month
10:30am-11:30am

Come join us for coffee and conversation in a welcoming place for individuals and families living with memory changes. There will be a monthly guest artist who will lead music, art or other activities.

(A care partner must accompany guests who require personal care assistance.)

Please call the COA to register, 978-4481170.



Mark Your Calendars!

**Coming soon to
The Groton Center.**

My Life My Health Chronic Disease Management

Mondays, January 6 - Feb 24 10am

Pinterest with Kathy and Kathy Dirty Paint Pours

February 7, 14, 21 and 28