



Groton Center Speaker Series

Sponsored by: RiverCourt Residences
 Groton Council on Aging Groton Public Library

FILMMAKER KRISTIN CANTY

Farmageddon – A Quest for Healthier Food and Farming

Sunday, February 23 • 1:00 PM



Kristin Canty is a farm owner, advocate for small farmers, restaurateur and an avid proponent of ancestral foods. She will be presenting and talking about her critically acclaimed documentary, *Farmageddon – The Unseen War on American Family Farms*, which explores food and farming issues, and she will share her quest to find healthy food for her family.



Kristen owns farm to table restaurant, *Woods Table*, in Concord and after the first of the year will be opening *Woods Hill at Pier 4* in Boston.

To register, for Filmmaker Kristin Canty's presentation please call
 The Groton Center, 978-448-1170.

Mission Statement:

The Groton COA serves as the community focal point promoting independence of older adults, through information and referral, support, health and wellness, socialization and education. Providing opportunities for all individuals as they age by leveraging resources, developing a sustainable future, and engaging in strong partnerships and collaborations.

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kshelp@townofgroton.org

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The Groton Senior Smoke Program

FREE! FREE! FREE!

The Groton Fire Department along with The Groton Center (Council on Aging), work closely together to provide programs that will help senior residents stay safe in their homes. The Senior Smoke Program is fully funded by a grant the Fire Department applies for each year. As part of this program, Groton Fire Department personnel will conduct a home visit, and will check your current smoke/carbon monoxide detectors to make sure they are properly operating. If you currently have battery operated detectors, members will change out the batteries and/or replace the detector if it is needed.

Because this program is funded by a grant, **there is no charge to Groton senior residents.** To register, please call Stacey at The Groton Center at 978-448-1170



Pizza and a Flick

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

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.

February 5 12:00pm

Yesterday

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

4 Weeks

Tuesdays and Thursdays

January 7-30

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



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



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

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06-5100

Council on Aging Outreach and Support

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

Emergency Preparedness Forms

(For 60+ Seniors/Disabled Living Alone, who would like a wellness check if a severe weather emergency or other emergency situation were to occur).

This upcoming year (2020), we will not be including an Emergency Preparedness Form in the census. **We will be including it as an insert in the January 2020 Newsletter.**

If you have not filled out an Emergency Preparedness Form, we at the Council on Aging, Fire, and Police departments highly recommend you complete and return this form to us. Your safety and well-being is our priority, and this information will allow us to serve you at the highest level. We guarantee this information will be kept confidential and not used for any other purpose. When you receive your form in the January 2020 newsletter, please complete and return it to **The Groton Center (163 West Main Street, Groton, MA 01450).**

TAX EXEMPTIONS FOR QUALIFYING VETERANS (Clause 22)

Veterans with a wartime service connected disability of 10% or more as determined by the Veterans Administration or branch of service from which separated.

Veterans who have been awarded the Purple Heart.

Gold Star mothers and fathers.

Spouses (when the domicile is owned by the veteran's spouse) and surviving spouses (who do not remarry) of veterans entitled to exemption under Clause 22.

Surviving spouses (who do not remarry) of World War I veterans so long as their whole worth, less any mortgage on the property, does not exceed \$20,000.

The state exemption amount is \$400.00. The Town of Groton has approved to increase it to \$800.00.



NEWS FROM SHINE

December 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



Vitamin D is sometimes called the "sunshine vitamin" because it's produced in your skin in response to sunlight.

Vitamin D fights disease, reduces depression, and boosts weight loss.

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

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

Transportation Information

*Lahey, Boston's Hospitals, Emerson Hospital,
Boston VA and Bedford VA*

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

4th Friday: Nashua Drop at BJ's or Christmas Tree Shop,
Kohls, Burlington Coat Factory, LL Bean.

Round Trip Fees:

Trips to COA sponsored programs no charge

In-Town \$3.00 roundtrip 12 Ride Voucher \$30

Out-of-Town \$4.00 roundtrip 12 Ride Voucher \$40

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.

Serving **Boston area hospitals** Mass General, Dana Farber, Brigham & Women's, Boston VA, St. Elizabeth. Please make your appointments between the hours of 10am and 1pm.

Serving Concord, Waltham, Lahey and Bedford VA and surrounding area.

Please make your appointments between the hours of 10am and 1pm.

Round Trip Fees: Boston \$15, Emerson \$5, others \$10 No charge for the VA.

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.*

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

Please call to register, 978-448-1170.

Hearing Screenings



**Tuesday, December 17
Tuesday, January 21**

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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Watercolor Class 11:30 Strength Training 12:30 Documentary: Meeting Gorbechev	3 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong 12:30 Great Course	4 9:30 Pilates 10:45 Strength Training 12:00 Pizza & Movie Best of Enemies	5 9:00 Yoga 10:00 Veterans Breakfast 10:00 Book Review: 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai Chi 1:00 Opera 7:00 Meditation	6 VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
9 10:00 Watercolor Class 11:30 Strength Training 1:00 Intro to Knitting	10 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 12:30 Mahjong 12:30 Great Course	11 9:00 SHINE by appt 9:30 Book Club 9:30 Pilates 10:45 Strength Training 12:00 Holiday Tea	12 9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 Opera 7:00 Meditation	13 VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training Boston Pops Trip
16 10:00 Watercolor Class 11:30 Strength Training	17 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong 12:30 Great Course 1:30 Hearing Screen	18 9:30 Pilates 10:45 Strength Training 12:00 Women's Club GDRSD Choir 1:30 Blood Pressure Clinic	19 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 1:00 Opera: Carmen 7:00 Meditation	20 VAN Market Basket 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge
23 11:30 Strength Training	24 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong 12:30 Great Course	25 	26 9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 1:00 Opera: Magic Flute 7:00 Meditation	27 VAN Christmas Tree Shoppe Plaza 9:30 Take a Walk 10:00 Strength Training
30 11:30 Strength Training	31 10:00 Writing Creatively 10:30 Noon Years Eve 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong 12:30 Great Course	1 	<div>  </div>	



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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.*

Groton Women's Club

sponsored luncheon

Wed, December 18

12:00pm

Entertainment:

**Groton Dunstable Regional
High School Chorus**

Thank you Buckingham Bus for student transportation services.

For lunch we will delight in a holiday meal of Inside Out Ravioli, Scali Bread, Caesar Salad and peppermint Stick Ice Cream for dessert!

Following lunch

Groton-Dunstable High School Chorus

As tradition has dictated the extraordinary Groton-Dunstable High School Choir will be here to raise our spirits with their holiday program.



*Please make your reservation by
Friday, December 13.*

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

Nashoba Tech

catered luncheon

Wed, January 8

12:00pm

Cost: \$10pp with tip optional

Lunch menu:

Chicken marsala or baked Haddock

Entertainment:

Pianist, Dick Sawyer

Following a delicious lunch enjoy the extraordinary talent of Richard Sawyer on the piano. His command of this instrument is truly something to experience.

*Please make your
reservation by Fri, Jan. 3*



Noon Year's Eve

Tuesday, December 31

10:30am Bingo 12pm Lunch
Cost: \$5.00

Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown there will be a party buffet lunch with BINGO for prizes beginning at 10:30am.

**Please call the senior center
Friday, December 27**

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,



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

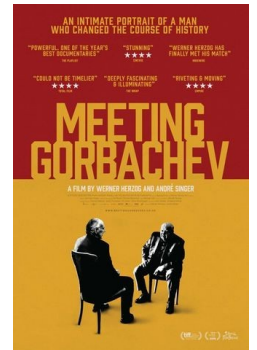
Monday, December 2 12:30pm

Meeting Gorbachev

Running time 90 minutes

If not me, who? And if not now, when? In 1985, when

Gorbachev became General Secretary of the Soviet Union, no one would have believed that within 6 years, the USSR would cease to exist. This is the award winning story of the man who changed the world.



Next documentary: January 6 , 12:30pm
My Brother's Keeper

Book Club

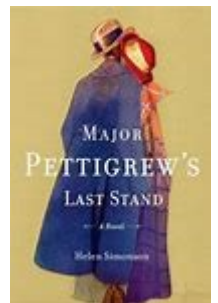
December 11 9:30 AM

2nd Wednesday

December's Book
Major Pettigrew's Last Stand
By Helen Simonson

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.

January's Book: The Chaperone
By Laura Moriarty



Tech Support

Thursday, December 19

Thursday, January 16

10:00am

1 hour individual appointments

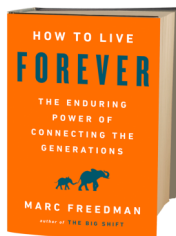


Bring your laptop, phone or tablet and meet with our tech expert Tom Pistorino. He will spend up to 1 hour with you and help get you through your challenges.

Appointments are necessary, please call the COA,

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.

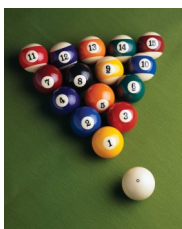
Billiards

Learn Billiard Basics with Mike Bouchard

Tuesdays, 5:00pm
Beginning January 7

Join Groton's own pool shark, Town Clerk, Mike Bouchard and learn the basics of the game. Play 8-Ball and 9-Ball, learn the rules and practice your skills.

Register by call The Groton Center, 978-448-1170.



Open play for billiards

Monday—Friday
8am-4pm

(with the exception of Wednesdays
11:30-2:30pm the table is closed)

Great Courses Video lecture The Inexplicable Universe: Unsolved Mysteries

Video Taught by
Professor Neil deGrasse Tyson

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.

Next Great Course: Tuesdays, 12:30pm
February 4 - March 31
Music as a Mirror of History

Ping Pong

Wednesdays: 1:00-4pm

Play with a group for a little friendly competition. Refine your skills or begin anew. Call The Groton Center to register, 978-448-1170.



Open play for ping pong is available:

Monday: 1-4pm

Tuesday: 12:00-4pm

Thursday: 12:00-4pm

Friday: 11am-4pm



Equipment provided

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.

Learn to Knit a Sweater

Monday and Fridays
January 6 - March 13
1:00pm

Participant responsible for cost of supplies.
If you would like to participate and need financial help to purchase supplies please call Stacey Shepard Jones, Outreach Coordinator.

Great class for the beginner or an experienced knitter. Expert knitter, Violetta O'Donnell will teach those just learning and help when needed for those more experience.

Please call the COA to register, 978-448-1170.



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 Groton veteran we would also love to hear from you about your loved one who served.



Opportunities with Groton's Students

Middle School Performances

Complimentary tickets are available for the Middle School concerts. If you would like tickets please call the COA, 978-448-1170.

Chorus Concert, December 17, 7:00pm
Band Concert, December 19, 7pm

Mystery Readers at Florence Roche

Florence Roche 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.

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, December 5 10:00am
At The Groton Center

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!

Pinterest with Kathy and Kathy

Monday, 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.

Thursdays, February 6, 13, 20 and 27
10:00AM

Dirty Pour Painting

Cost \$10

Okay, so what the heck is dirty pour art? Dirty pour painting is a term for combining more than one pre-mixed paint color in the same container before pouring it on a canvas. When you pour the paint on the canvas, you'll create a puddle of color. Then when you tilt the canvas, the colors move and create interesting shapes, marbled effects, and beautiful lines. And here's the thing: It's a total blast to make!



Please register by calling the COA,
978-448-1170.

Waiting List only

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.

Memory Cafe

Thursday, January 23

Thursday, February 27

4th Thursday 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, 978-448-1170.

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.



If you would like a copy of our monthly newsletter e-mailed to you, please call us at the center, 978-448-1170 or email us, gcoa@townofgroton.org.

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

Fitness Center

Monday - Friday 8am-4pm
Membership is required

If not now, when? It's time to increase your cardio and build some muscle!

Equipment available for your use:

- 2 Treadmills
- 1 Rowing Machine
- Free Weights
- 1 Recumbent Bike (wheelchair assessable)
- 1 Recumbent Stepper (wheelchair assessable)
- State of the Art Hydraulic resistant machines for:
 - Legs
 - Upper Back
 - Arms
- Heavy Bag

Orientation Appointments

Mondays	3:00pm
Tuesdays	9:00pm
Wednesdays	9:00am
Thursdays	1:00pm
Fridays	10:00am

**Call to make an appointment,
978-448-1170**

The Groton Center Fitness Center will open as of Monday, December 2, Monday - Fridays 8:00am - 4:00pm, and is open to Groton residents 50 years and older and non-residents 60 and older.

The fees are: Groton Residents: \$30 6 months
 \$50 12 months

Non-Residents: \$60 6 months
 \$100 12 months

The membership fees will be used to cover equipment maintenance and replacement as needed. If you are unable to pay please see Stacey Shepard Jones for confidential membership support.

All participants must **attend an orientation class** and complete the following forms:

- ➡ Registration form
- ➡ Informed consent to participate
- ➡ Medical clearance signed by physician
- ➡ Receipt of policies

Once the paperwork is complete and payment received, participants will have unlimited access to the equipment during the center's regular hours. The fitness center is unsupervised.

Stop in to see us and we'll have all the paperwork is waiting for you.



Lunch and Learn

Generously sponsored by RiverCourt Residences

Wednesday, January 22

12:00pm

Tanzania Through the Photo Lens of Harold Sandford



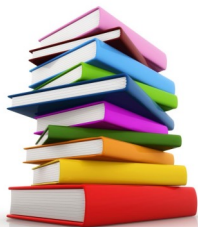
Take a virtual trip through the animal kingdom of Tanzania. Photographer Harold Sandford will share his magnificent photos of giraffes, hyenas, spectacular birds, lions, and more, all surrounded by the spectacular beauty of Africa.

*Please register by calling The Groton Center,
978-448-1170 prior to Friday, January 17.*

*Next Lunch and Learn February 12
Downsizing Made Easy*

COA Mobile Library

In collaboration with the Groton Public Library we will pick up books, tapes DVDs, etc., and deliver them to homebound older adults, and those needing this service on a temporary basis. We will also pick up and return items you borrowed from the library as your due date nears. Please call us for more information, 978-448-1170.



Housing Options

If you are looking for housing, whether it be low income, independent, or assisted living, we can work with you and help research different options that will best meet your needs. Please call for an appointment with the COA Outreach Coordinator, Stacey Shepard Jones, at 978-448-1170.

Medication Management

Presented by:

Joanne McCole,

RN, BSN-Nashoba Nursing Service & Hospice

Tracie Ezzio,

Pharmacist/Owner-Pepperell Family Pharmacy

We will discuss the importance of medication management, especially when it comes to caring for the elderly, who often take multiple medications simultaneously to treat different conditions and symptoms. This can lead to overmedication and dangerous drug interactions. Teaching can be done to help older adults take medications safely. Learn the tools and tips to stay safe. Discussion of real-life scenarios will be encouraged.

Hand-outs and free medication boxes, compliments of the *Friends of Nashoba Nursing Service & Hospice*.



Tech Support

**Thursday, December 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. Due to limited availability this program is for Groton residents only.

Groton Community Dinners are Back



Free Groton Community Dinners are open to all and held at the First Parish Church

Friday, January 17
5:45-7:00pm

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