



thegrotoncenter.org

Over the past several months we have been working on a new webpage for COA programs and services at The Groton Center. A huge thank you to Bridget Reiss for her work and dedication to this project - we couldn't have done this without her!

While most of the information is complete, it is a fluid process, requiring persistent updating and refining. On the site you will find our monthly newsletter, description of programs, trips, services offered and important links to other agencies that can help meet your needs. We are working on including more photos and our special events. As you search through the site please be sure to send me feedback. We've been looking at so long that we may be missing something. We'd love to add a google calendar; if you have the time and talent please let me know!

Thank you for your input and be sure to visit us at thegrotoncenter.org!

Kathy

AMERICAN RADICAL TRADITION

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



6 Week Series

Thursdays, April 2, 9, 16, 23, May 7 and 14
1:00 PM

Lecturer: Dr. Gary Hylander

The Declaration of independence and the Constitution mark the onset of the American Radical Tradition. With the Declaration, Americans "unkinged" the king (George II) and declared that all the power derives from the people.

The Preamble of the Constitution called for a "more perfect Union" and to secure the "Blessing of Liberty for all Americans. From the beginning of the Republic, Americans have been inspired by the tradition of dissent and the question of what constitutes a "more perfect union".

Join us for a 6-part series as we discuss how issues such as political freedom, slavery and civil rights, women's rights, equality before the law and much more have worked to shape the narrative of the American Radical Tradition.

Dr. Gary Hylander earned his Ph. D at Boston College. He is currently an independent scholar who specializes as a Presidential Historian. He is a visiting professor at Framingham State University, on the staff at BU School of Education, and a pedagogical specialist for the National Endowment for the Humanities.

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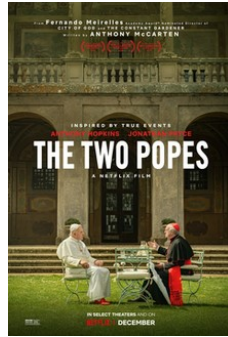
Ellen Baxendale
Peter Cunningham
Mihran Keoseian
Paula Martin
Sheila Nash
Jean Sheedy

Pizza and a Flick

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

March 4 12:00pm
The Two Popes

Inspired by true events, this story explores the relationship between Pope Benedict XVI and Cardinal Jorge Mario Bergoglio—destined to become Pope Francis. As Benedict enters his final year as Pope, the two discuss their troubled pasts, the events that led them to the priesthood, and the Catholic Church's future.



April 1 12:00pm
A Beautiful Day in the Neighborhood

Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.



Book Study

**A MANIFESTO
AGAINST
AGEISM
ASHTON
APPLEWHITE**

This Chair Rocks

**Book Study with COA Director,
Kathy Shelp**

Books available at the COA

March 5, 12, 19 and 26 1:00pm

From childhood on, we're barraged by messages that it's sad to be old. That wrinkles are embarrassing, and old people useless. Author and activist Ashton Applewhite believed them too—until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, *This Chair Rocks* traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. Whether you're older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. Age pride!

Registration is limited—register early!

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Council on Aging Outreach and Support

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



NEWS FROM SHINE

March and April 2020

Don't leave the pharmacy without your prescription:

"A drug that I need to take is not on my Part D prescription drug plan's formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?"

A **transition refill**, also known as a transition fill, is a one-time, 30-day supply of a drug that you were taking:

Before switching to a different prescription through a Medicare Advantage Plan with drug coverage or before your current plan changed its coverage at the start of a new calendar year.

Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition fills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

All stand-alone Prescription Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in certain circumstances. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to covered drug or file an exception request with the plan.

DON'T FORGET YOU MAY QUALIFY FOR BENEFITS UNDER THE NEW MEDICARE SAVINGS PROGRAM!!!

If your income is under \$1,738/single or \$2,346 married and your assets are under \$15,720/\$23,600 respectfully you may qualify for this valuable program. Contact your local Senior Center or visit us at www.shinema.org for more information.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call us at 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. For general SHINE information you can visit us at www.shinema.org



THE YELLOW DOT PROGRAM

The Yellow Dot Program is essentially a File-of-Life to be left in your vehicles glove box

Participants place a Yellow Dot Decal on the driver's side rear windshield of their cars. In the event of an emergency or accident, the Yellow Dot alerts emergency responders that there is a packet containing the operator's medical information inside the car's glove compartment. The packet has the operator's name and photo on the outside for easier identification during this critical time.

Inside the envelope is a Triad Medical Information Card which lists medical conditions, allergies, and emergency contact information. This is a great help to responders and a potential lifesaver for participants.

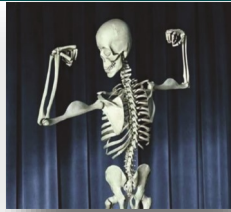
The Yellow Dot Packet is available at The Groton Center, M-F 8:00am—4:00pm.

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.

Strength Training

Mondays at 11:30 AM

Wednesdays at 10:45 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

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

Hearing Screenings

Tuesday, March 17

Tuesday, April 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.

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

Mondays 10:15-11:15am

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.



Yoga

Supported by the Friends of Groton Elders

Mondays and Thursdays, 9:00AM

Cost: \$5.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.



Focus on Footcare

March 10 and 24 9:30am-1:30pm

April 14 and 28 9:30am-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 \$40.

Provider: Sarah Kinghorn: BSN RN CFCN

Groton Residents only

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.*

Fun and Games

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!

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!

Bridge

1st and 3rd Fridays 11:00am

Cost: none

Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication.

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.*

Groton Senior Center Activities

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Taxes 9:00 Yoga 10:15 Pilates 11:30 Strength Training 12:30 Documentary: I'll Be Me 1:00 Knitting	3 Election Day 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 Courses 5:00 Billiards	4 9:30 Pilates 10:45 Strength Training 12:00 Pizza & Movie Two Pops	5 9:00 Yoga 10:00 Veterans Breakfast 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai -Chi 1:00 Book Review 7:00 Meditation	6 VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge 1:00 Knitting
9 9:00 Yoga 10:15 Pilates 11:30 Strength Training 1:00 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 Courses 5:00 Billiards	11 9:00 SHINE by appt 9:30 Book Club 9:30 Pilates 10:45 Strength Training 12:00 Lunch & Learn Protective Services	12 9:00 Yoga 10:30 Intro to Rock Steady 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 Book Review 4:00 Italian Night 7:00 Meditation	13 VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training 1:00 Knitting
16 9:00 Taxes 9:00 Yoga 10:15 Pilates 11:30 Strength Training 1:00 Knitting 1:30 BOD Meeting	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 Courses 1:30 Hearing Screening 5:00 Billiards	18 9:30 Pilates 10:45 Strength Training 12:00 Women's Club Gary Landgren Honky Tonk Piano Blood Pressure Clinic 1:30	19 9:00 Yoga 10:00 Tech Support 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 Book Review 7:00 Meditation	20 VAN Market Basket 9:30 Take a Walk 10:00 Strength Training 12:30 Bridge 1:00 Knitting
23 9:00 Yoga 10:15 Pilates 11:30 Strength Training 12:00 Nashoba Tech Lunch Toni Funches 1:00 Knitting	24 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 Courses 5:00 Billiards	25 9:00 SHINE by Appt 9:30 Pilates 10:45 Strength Training 12:00 Firehouse Chili	26 9:00 Yoga 10:30 Intro to Rock Steady 10:30 Bone Builders 10:30 Take a Walk 10:30 Memory Café 11:30 Pickleball League 12:30 Tai-Chi 1:00 Book Review 7:00 Meditation	27 VAN Christmas Tree Shoppe Plaza 9:30 Take a Walk 10:00 Strength Training 1:00 Knitting
30 9:00 Taxes 11:30 Strength Training 1:00 Knitting	31 10:30 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 Courses 5:00 Billiards		<div> <div>Accredited by</div> <div>  </div> <div>National Institute of Senior Centers</div> </div>	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Accredited by</p>  <p>National Institute of Senior Centers</p>		1	2	3
		9:30 Pilates 10:45 Strength Training 12:00 Pizza & Movie <i>A Beautiful Day in the Neighborhood</i>	9:00 Yoga 10:00 Veterans Breakfast 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 The American Radical Tradition 7:00 Meditation 7:00 Archery	VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 11:00 Bridge 1:00 Knitting
	6	7	8	9
	9:00 Yoga 10:15 Pilates 11:30 Strength Training 12:30 Documentary: Mercury 13 1:00 Knitting	10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Hand & Foot 12:30 Mahjong 5:00 Billiards	9:00 Yoga 10:00 Creative Creations 10:30 Intro to Rock Steady 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 The American Radical Tradition 7:00 Meditation	10 VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training 1:00 Knitting
13	14	15	16	17
9:00 Yoga 10:15 Pilates 11:30 Strength Training 1:00 Knitting 1:00 BOD Meeting	9:30 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 5:00 Billiards	9:30 Pilates 10:45 Strength Training 12:00 Women's Club Luncheon Doug Kwalers Blood Pressure Clinic 1:30	9:00 Yoga 10:00 Tech Support 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 1:00 The American Radical Tradition 7:00 Meditation 7:00 Archery	VAN Market Basket 9:30 Take a Walk 10:00 Strength Training 11:00 Bridge 1:00 Knitting
	21	22	23	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 1:30 Hearing Screen 5:00 Billiards	9:00 SHINE by Appt 9:30 Pilates 10:45 Strength Training 12:00 Lunch & Learn Rollstone Bank & Trust	9:00 Yoga 10:30 Intro to Rock Steady 10:30 Memory Café 10:30 Bone Builders 11:30 Take a Walk 12:30 Pickleball League 1:00 Tai-Chi The American Radical Tradition 7:00 Meditation 7:00	24 VAN Christmas Tree Shoppe Plaza 9:30 Take a Walk 10:00 Strength Training 1:00 Knitting
27	28	29	30	
9:00 Yoga 10:15 Pilates 11:30 Strength Training 1:00 Knitting	9:30 Footcare 10:00 Writing Creatively 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 11:30 The Big Book 12:00 Heart to Home Lunch 12:30 Hand & Foot 12:30 Mahjong 5:00 Billiards	9:30 Pilates 10:45 Strength Training	9:00 Yoga 10:30 Bone Builders 10:30 Take a Walk 11:30 Pickleball League 12:30 Tai-Chi 7:00 Meditation	

Are you looking for a Caregiver's Support group?

Alzheimer's Caregivers: Are you going it alone? You don't have to! Trained facilitators can help.

Groton Public Library
The last Tuesday of the Month
6:00 pm



Alzheimer's & Dementia Education Series on Saturdays

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RSVP to Amy at 978-448-4122, x232

PRESENTER: Mal Allard
Board Certified Alzheimer's and Dementia Educator,
and founder, Their Real World

How to Prevent, Address and Redirect Difficult Behaviors

February 28
9:30-11:00am

Navigating Family Dynamics—The Good, the Bad and the Obvious!

March 28
9:30-11:00am

Do Not Forget About You Too!

April 25
9:30-11:00am

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.



Groton Women's Club

sponsored luncheons

Wed, March 18 12:00pm

Entertainment:
Gary Landgren

Join us for a Honky Tonk St. Patrick's!

We'll begin with an Irish meal of Shepherd's Pie, Irish Soda Bread, Tossed Salad and completing the meal, Mint Chocolate Chip Ice Cream! Following lunch, Honky Tonk pianist Gary Landgren will have you tapping, clapping and smiling to your favorite Irish songs.



*Please make your reservation by
Friday, March 13*

Wed, April 15 12:00pm
Entertainer : Doug Kwalter

Lunch will be delicious turkey sausage with Red Potato Casserole, Baguette, Spinach Salad with Double Chocolate cake for dessert. Following lunch Doug Kwartler sings songs ranging from the 1930's all the way through songs of the 1970's. Genre's include, pop-standards, 50's, folk and soft/classic rock. Doug focuses on engaging his audience and likes to get them to move with high-energy performances!



*Please make your reservation by
Friday, April 10*

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

**Please note this is on a
Monday!**

Monday, March 23 12:00pm
Cost: \$10pp with tip optional

Lunch menu:

north Italian Shrimp or BBQ
Baby Back Ribs

Entertainment:

Singer Tony Funch



Former singer with The Platters, Tony Funch pays tribute to the legendary group in a ultra entertaining performance. The show includes many of the mega hits of The Platters and includes great songs, a bit of humor and stories from his years on the road.

*Please make your reservation by Wednesday,
March 18*

Wed, 26 12:00pm
Cost: \$10pp with tip optional

Lunch menu:

Grilled Salmon or Chicken Picada

Speaker:

Due to a last minute cancellation the speaker/entertainer for April Nashoba Tech will be determined. We will email the information April 1.

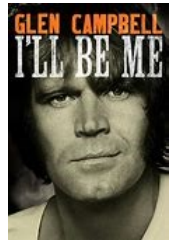


Documentaries

Monday, March 2 12:30pm

I'll Be Me

Running time 1hour 56 minutes



In 2011, while country crooner and legendary guitarist Glen Campbell prepared to tour in support of his latest album, his family revealed that he had received a diagnosis of Alzheimer's disease. Remarkably, the Campbells not only proceeded with a "Goodbye Tour," but also allowed filmmaker James Keach to document the progression of Glen's illness and its effect on their lives and work. "Glen Campbell ... I'll Be Me" blends intimate and unflinching medical details, poignant performance footage and a survey of its subject's place in musical history through well-chosen archival footage and interviews with other iconic performers

Monday, April 6 12:30pm

Mercury 13

Running time 1 hour 18 minutes

In the 1960s space race, a select group of women underwent rigid training to prepare for potential space flight only to be denied by NASA. The 13 women who fought for gender equality in aeronautics finally share their side of the story.



Next documentary: May 4 , 12:30pm
The Great Buster



GROTON READS & Eats!

February 15 – March 31, 2020

Groton Public Library GPL.ORG



Thursday, March 26
Thursday, April 23

**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.

Ping Pong Group

Thursdays 2-4pm



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

Wednesdays: 1-4pm

Friday: 11am-4pm



Billiards

Learn Billiard Basics with Mike Bouchard

Tuesdays, 5:00pm

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 Music as a Mirror of History

Tuesdays, February 4—March 31
1:00PM

Drop in when you can or come
to all 9 programs.

Uncover the fascinating and surprising connections between famous music and historical events, led by celebrated composer and music historian Professor Robert Greenberg. In *Music as a Mirror of History*, music lovers and history enthusiasts alike will be enthralled by this exploration of how momentous compositions have responded to, and inspired, pivotal points in the history of the world.



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. 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.



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.

Tech Support

Thursday, March 19

Thursday, April 16

Starting at 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

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See a NEWPRO product specialist for complete details. Must be presented at time of initial visit. May not be combined with other offers or applied to previous sales. Offer subject to change. Rules and restrictions apply. Financing subject to credit approval. NEWPRO is neither a broker or a lender. Financing provided by third party lenders only. Offer valid with NEWPRO. Offer expires February 14th, 2020. MA Reg #140818, 14 K20463, CT Reg #060216



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Discover the walk-in
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Ad info. 1-800-477-4574 • Publication 1-800-888-4574 • www.4lpi.com Groton Council on Aging, Groton, MA

06-5100

Knitters

Monday and Fridays
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.

Pinterest with Kathy and Kathy



Silk Scarf with Alcohol Ink

Cost \$5

Thursday, April 9 10am

We're pulling out the alcohol ink to create colorful scarves. Make one for yourself or give it as a gift!

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

Book Club

2nd Wednesday

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.

March 11 9:30 AM

March's Book

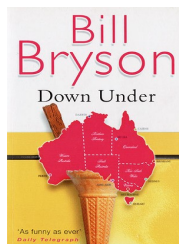
Your Choice of the Groton Reads Books

The Dirty Life by Kristen Kimball
Food Rules by Michael Pollan
Garlic and Sapphires by Ruth Reichl
The Kitchen Counter Cooking School by Kathleen Flinn
The Kitchen Daughter by Jael McHenry

April 8 9:30AM

Down Under

(also published as
In a Sunburned Country)
By Bill Bryson



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, March 5 10:00am

Thursday, April 2 10:00am

At the Central Fire Station

Cost: None

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!

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.



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,

Groton Center Speaker Series

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

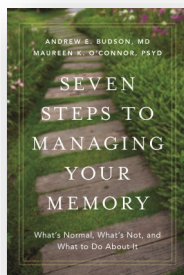
Best selling Author Dr. Andrew Budson

Seven Steps to Managing Your Memory

Saturday, March 28
1:00pm

Based on his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, vitamins, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

Dr. Budson is the Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University, and a Lecturer in Neurology at Harvard Medical School.



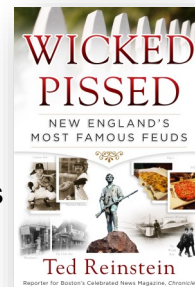
Chronicle's Ted Reinstein

Wicked Pissed

Sunday, May 3
2:00pm

New England is as dotted with colorful and fascinating feuds as it is with low stone walls and big, red barns. And many of them go back just as far! For instance, did you know that the Breeds and the Bunkers are still fighting over a hill? Or that the revolution is still being fought—by Lexington and Concord?! From the colonial era, through early aviation (CT claims the Wright Bros. are wrong), to Red Sox-Yankees and present-day food fights, Ted Reinstein tells us who's really "Wicked Pissed" in New England, and why. Followed by Q&A, and book-selling/signing.

Since 1995, Ted Reinstein has been a reporter for Boston's WCVB-TV's "Chronicle," the nation's longest-running locally-produced nightly news magazine. He also provides reports and commentary on Sunday mornings for the station's political roundtable show, "On The Record." Ted has been a member of the WCVB editorial board since 2010.



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

AARP TAX PREPARATION

Thank you to the dedicated volunteers!

AARP Foundation will provide free tax assistance, preparation and e-filing for *taxpayers with low to moderate income* through the AARP Foundation Tax-Aide program.

Appointments available:

March 2
March 16
March 30



An Intake form will be required prior to your appointment, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival.

We'd Love You to Join our Gardeners

After a two year hiatus, waiting for our new space, we are ready to re-plant!

If you are a gardener or you simply want to be part of something fabulous, we invite you to join us at our first planning meeting:

Thursday,
April 16
1:00pm





Following breakfast we will be treated to a presentation by History at Play

CHALLENGER:
Soaring with Christa McAuliffe™

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society.

*Please make your reservation by
Tuesday, May 5*

Groton Community Dinners are Back



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

Friday, March 20
Sponsored by Rotary Club
5:45-7:00pm



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.

Watercolor Instruction with Priti *at The Groton Center*

**Tuesdays, March 17 - May 19
1- 2pm**

Instructor: Priti Lathia

Cost: \$15 per class
we ask for a 10-week commitment
*Partial Scholarships available,
see Stacey at the Council
On Aging.*

**Call COA to register at
978.448.1170.**



There are endless possibilities with watercolor. During this 10 - 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.

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.

Groton Interfaith Council

Film Series
Films to foster understanding of faith traditions in our community.

The first film

SELMA
Saturday, March 7
2:00pm-4:30pm

Shown at The Groton Center
Light snacks and desserts will be served



Held at the Central Fire Station

**Senior Firehouse Chili
Luncheon
Tuesday, March 26
12:00PM**



Cost: None

The annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us. After lunch, Groton Fire and EMS personnel will share the life saving equipment used in the day and life of a firefighter. It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.



Please call the COA to register.

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.

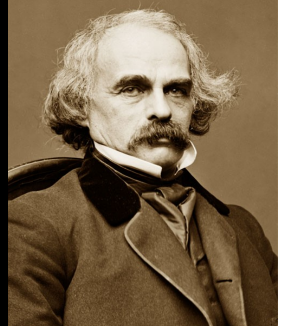


Home Visits

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.

The Short Stories of Nathaniel Hawthorne with Stephen Collins



*Supported by the Friends of Groton Elders
Virginia Wood Life Long Learning Fund*

**Thursdays May 21, 28, June 4, 11
1:00 pm**

Nathaniel Hawthorne, born on July 4, 1804 in Salem, Massachusetts was an American short story writer and romance novelist who experimented with a broad range of styles and genres. He is best known for his short stories and two widely read novels: *The Scarlet Letter* (mid-March 1850) and *The House of Seven Gables* (1851). Along with Herman Melville and Edgar Allan Poe much of Hawthorne's work belongs to the sub-genre of Dark Romanticism, distinguished by an emphasis on human fallibility that gives rise to lapses in judgement that allow even good men and women to drift toward sin and self-destruction.

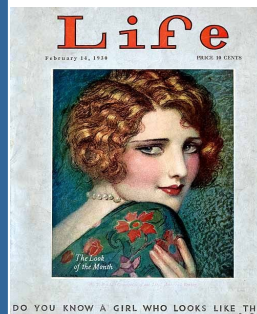
To register please call the COA, 978-448-1170.

Groton Women's Club Luncheon

*Sponsored by the Groton Trust Program and
Lecture Fund and the Groton Women's Club*

Gay 90's Celebration Wednesday, May 20

We invite everyone to come out and celebrate the lives of Groton residents turning 90 in 2020!



Following a lunch of rotini salad, chicken salad and birthday cake, we will enjoy Mr. Brian Cocoran. Brian will join us again this year with "Memories in Music", great songs from the era of the Greatest Generation.

In addition to the music, the show includes humorous stories about Brian's family and lots of anecdotes about growing up as one of fifteen children!

Lunch and Learn

Generously sponsored by RiverCourt Residences

Wednesday, March 11

12:00pm

Do You Know the Signs of Elder Abuse?

Presentation by:

Bree Cunningham

Director of Protective Services
Massachusetts Office of Elder
Affairs

**EVERY YEAR
AN ESTIMATED
5 MILLION
OLDER AMERICANS
ARE VICTIMS
OF ELDER ABUSE,
NEGLECT OR
EXPLOITATION**

Increase awareness will help unreported cases to be opened and addressed.

Join us for a one hour presentation and lunch.

You may save a life.

Please register by calling The Groton Center,
978-448-1170 prior to Friday, March 6

Wednesday, April 22

12:00pm

Rollstone Bank & Trust

A member of Rollstone Wealth Management's team
will join the COA to discuss:

The Current State of the Long-Term Care Market
Discussion highlights will be:



Current Product Environment
Are today's plans stable?
Trends for in-force products
New Products
Hybrid Plans

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



Classes ARCHERY

Safe. Fun. Engaging
Explore the way of the Bow.

**Thursday Evenings,
April 2, 9, 16 and 23 7:00pm**

\$88 for 4 week class

(partial scholarships available, see Stacey
Shepard Jones for your confidential application)

Meet new people and discover archery in a fun and
engaging environment. Creative lesson plans
modernize this traditional sport and keep things
exciting with different techniques embedded into skill
building minigames and friendly competitions.

All equipment is provided!

Call the COA to register, 978-448-1170

Fitness Center

Monday - Friday

8am-4pm

Membership is required

If not now, when?

**It's time to increase your cardio and build
some muscle!**

open to Groton residents and non-residents over 60

Groton Residents:

\$30 6 months
\$50 12 months

Non-Residents:

\$60 6 months
\$100 12 months

Equipment available for your use: Treadmills,
Rowing Machine, Free Weights, Recumbent Bike
(wheelchair assessable) Recumbent Stepper
(wheelchair assessable), state of the art hydraulic
resistant machines for: legs, upper, back arms and
a heavy bag.



If you are a resident and unable
to pay please see Stacey
Shepard Jones for confidential
membership support.

The fitness center is
unsupervised.

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

Thursday, March 12 4:00PM
Cost: \$10

ITALIAN NIGHT

Join us for an evening of Italian food
prepared by our Chef in Residence,
Retired Chief Palma.

Following Dinner enjoy the Sinatra
Vegas Style sounds of Bobby G as we go
back in time to the 1950's Rat Pack era.
Call 978-448-1170 for your reservation.



Trips

Sponsored by The Friends of Groton Elders
Flyers available at The Groton Center

\$50 deposit due at registration, balance due 30 days
prior to the trip except where noted.
Register for trips at the COA, checks payable to
Friends of Groton Elders.
(checks only, please no cash)

Saturday, May 16
Boston Pops at Symphony Hall
Cost: \$106

Join Keith Lockhart and the Boston Pops as they present the classic film, *Star Wars: the Empire Strikes Back* with live orchestral accompaniment. Depart The Groton Center at 9:30am with free time at Faneuil Hall. Concert begins at 3:00pm. We'll be back home approximately 7:30pm.

Thursday, June 25
Cruise Cape Cod Canal
106th Anniversary tour
Cost: \$99

This trip includes coach travel, buffet lunch at the Daniel Webster Inn and a narrated two hour cruise of the Cape Cod Canal. Depart The Groton Center at 8:30am and return 6:00pm.

Wednesday, August 19
Newport Playhouse and Cabaret
On Golden Pond
Cost: \$109

This trip includes a great buffet with a wonderful play following by a fun filled cabaret performance. After the show we'll visit Newport's Brick Marketplace on the beautiful Newport Harbor. Depart The Groton Center at 8:45am and return home 7pm.

September date TBD
Norman Rockwell Museum Red Lion Inn
Cost: \$109

Spend the morning wandering the quaint streets of Stockbridge MA with lunch at the famous Red Lion Inn. Following lunch visit the renowned Norman Rockwell Museum. Depart The Groton Center 8am and return home 6pm.

Sunday, October 18
The British Invasion
A 60's Musical Revolution
Cost: \$102

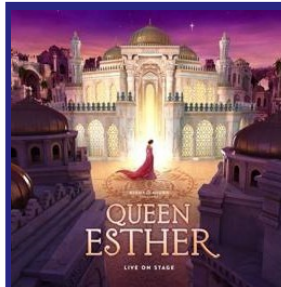
Following your Sunday Brunch at Lake Pearl in Wrentham, experience the groovy sights and sounds of the 60's with a musical retrospective spanning the entire first wave of the British Invasion. Completing the show will include the American Response with their biggest hits.

November date TBD
New Hampshire Turkey Train
Cost: \$99

Ride the scenic Railroad Dining Car for the train ride by beautiful Lake Winnepesaukee with a full Turkey dinner from Hart's Turkey Farm. Following the train ride, enjoy local sightseeing of the Fall foliage. Depart The Groton Center 8:30am and arrive home 5:30pm.

Friday, December 4
Boston Ballet The Nutcracker
Cost: \$109

The Nutcracker whisks you away to an enchanted winter wonderland and a palace of sugary confections! We will enjoy Orchestra Seating at the Opera House. We will depart The Groton Center at 5:30pm and return at 10:30pm. (There is no meal included with this trip)



Queen Esther
at the
Sight and Sound Theater
in
Pennsylvania's Amish Country

October 6-8, 2020

**SPECTACULAR STORIES,
BROUGHT TO LIFE ON A
PANORAMIC STAGE**

Sight & Sound® takes theater to a whole new level. Every show is an epic experience with a meaningful message. Where edge-of-your-seat action meets heartfelt drama. Sight & Sound's unique theater experience begins with a 2,000 seat auditorium, a 300-ft stage that surrounds the audience on three sides, state-of-the-art technology and live animals.

Cost:
\$459.00 PP Double, \$449. PP Triple, \$589. Single

Deluxe Heritage Hotel in Lancaster,
Four Meals (2 Breakfasts, 2 Amish Feasts),
Native Guide Sightseeing Tour of Lancaster's Amish
Country, Kitchen Kettle Visit,
Sight & Sound Theater's "Queen Esther"
Guided Tour of Philadelphia

Be Smart
About Safety.

SIGN UP TODAY



SMART911

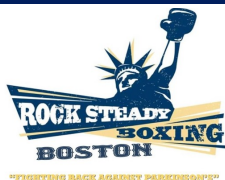
Wednesday, April 15
11:30am

Sargent Rachel Mead will be on hand to help you download the app and enable your phone to receive Smart 911 alerts.

After reviewing services available to the residents of Groton for Emergency Notification services, Public Safety Officials have selected **Smart911** to enable residents and travelers to the Town of Groton to receive important Emergency Notifications and, if they choose, create a Safety profile for their family.

It's easy...just one sign in for two important safety services Alerts and Safety Profile.

Introduction to Rock Steady Fight Back Against Parkinson's



2nd and 4th Thursdays
10:30am
March 12 and 26
April 9 and 23

Rock Steady Boxing improves the quality of life for people battling Parkinson's disease through non-contact, **boxing** inspired fitness training. Fighting Parkinson's While Caring For Each Other Is What Brings Us Together.



For seniors

Delizioso!

The Groton Fire Department is treating Groton Seniors to a fabulous dinner!
Spaghetti & meatballs for all!

Tuesday, May 12
4:00pm
at the Fire Station

Please call the senior center to register by Wednesday, May 6

Van transportation is available, please call 978-448-1170 for your reservation.

COA Van Excursions

Call the COA for your reservation 978-448-1170

Friday, May 29
Isabella Stewart Gardner Museum

Cost: \$12 for museum entrance with lunch on your own. We'll leave The Groton Center at 9am and leave Boston at 1:00pm



Friday, July 31
Pickety Place

Cost: \$23.95 plus tax for lunch
Menu and departure times will be available soon.

Friday, October 30
New England Aquarium

Cost: \$30 for museum entrance with lunch on your own. We'll leave The Groton Center at 9am and leave Boston at 1:00pm

Celebratory Lunch
with Heart to Home Meals
Tuesday April 28th

11:30am

Big Book: Pages for Peace Project
The Inspirational Story

Through the use of slides, videos, museum items and anecdotes this program will chronicle the local student peace project that has received world-wide acclaim. Presenter Anne Polaski of the Pages for Peace Foundation will share highlights of this remarkable project now on exhibit at the Prescott School Community Center.



12:00pm

Enjoy lunch from Heart to Home Meals

Meal choice:

Chicken à la King **or**
Crumb-Topped Cod in Lemon Sauce

The team at *Heart to Home Meals* are putting on a **free lunch** to celebrate the opening of their brand-new service that has just opened in Marlborough. Come and join the team for a free lunch, quiz and prize giveaway!