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 it for 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. Her currently is 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.
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.

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

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

March 5, 12, 19 and 26 1:00pm
This Chair Rocks
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.

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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 vehicle’s 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.
**Bone Builders**

Osteoporosis affects many. This free class will help.

Using light weights, our routines are centered around slow, methodical movements.

**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.

**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.

**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.

**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

**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

**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.
**Transportation Information**

Lahey, Boston’s Hospitals, Emerson Hospital, Boston VA and Bedford VA

**Local Trips**

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<th>Medical</th>
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**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
- **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.

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**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.
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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
PROGRAMS WILL BE HELD AT RIVERCOURT RESIDENCES
8 West Main Street  Groton
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

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 Kwortler 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.

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.
Monday, March 2  12:30pm

**I’ll Be Me**
*Running time 1 hour 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.

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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.

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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*

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**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.

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GROTON READS & Eats!

**February 15 – March 31, 2020**

Groton Public Library G P L . O R G
Memory Cafe
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.

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.

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)

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.
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 Veteran’s 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 Veteran’s 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.

Thank You Veterans

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
**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

**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.

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.

**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

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.


**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.

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**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.

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**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.

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**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.

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**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!
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

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.

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

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.
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<td>Saturday, May 16</td>
<td><strong>Boston Pops at Symphony Hall</strong>&lt;br&gt;Cost: $106&lt;br&gt;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.</td>
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<td>Thursday, June 25</td>
<td><strong>Cruise Cape Cod Canal 106th Anniversary tour</strong>&lt;br&gt;Cost: $99&lt;br&gt;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.</td>
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<td>Wednesday, August 19</td>
<td><strong>Newport Playhouse and Cabaret On Golden Pond</strong>&lt;br&gt;Cost: $109&lt;br&gt;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.</td>
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<td>September date TBD</td>
<td><strong>Norman Rockwell Museum Red Lion Inn</strong>&lt;br&gt;Cost: $109&lt;br&gt;Spend the morning wandering the quaint streets of Stockbridge MA with lunch at the famous Red Lion Inn. Following lunch visit the renown Norman Rockwell Museum. Depart The Groton Center 8am and return home 6pm.</td>
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<td>Sunday, October 18</td>
<td><strong>The British Invasion A 60’s Musical Revolution</strong>&lt;br&gt;Cost: $102&lt;br&gt;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.</td>
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<td>November date TBD</td>
<td><strong>New Hampshire Turkey Train</strong>&lt;br&gt;Cost: $99&lt;br&gt;Ride the scenic Railroad Dining Car for the train ride by beautiful Lake Winnipesaukee 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.</td>
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<td>Friday, December 4</td>
<td><strong>Boston Ballet The Nutcracker</strong>&lt;br&gt;Cost: $109&lt;br&gt;The Nutcracker whiskers 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)</td>
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<td>October 6-8, 2020</td>
<td><strong>Queen Esther</strong>&lt;br&gt;at the Sight and Sound Theater in Pennsylvania’s Amish Country</td>
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<td><strong>SPECTACULAR STORIES, BROUGHT TO LIFE ON A PANORAMIC STAGE</strong>&lt;br&gt;Sight &amp; 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 &amp; 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.</td>
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<td><strong>Cost:</strong>&lt;br&gt;$459.00 PP Double, $449. PP Triple, $589. Single</td>
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<td>Deluxe Heritage Hotel in Lancaster,&lt;br&gt;Four Meals (2 Breakfasts, 2 Amish Feasts),&lt;br&gt;Native Guide Sightseeing Tour of Lancaster’s Amish Country, Kitchen Kettle Visit,&lt;br&gt;Sight &amp; Sound Theater’s “Queen Esther” Guided Tour of Philadelphia</td>
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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 enabling 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.

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!