



Groton Council on Aging

January/February 2021

THE GROTON CENTER

The Center That Builds Community



163 West Main Street Groton, MA 01450

978-448-1170

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

We hear about a “dark winter” in the news; a truth that needs to be told but which conjures up very sad and disturbing visuals. How much more can we take? How long can we continue in an isolation bubble? It worries me that we’ll get used to being alone and fearful to reenter public places when this pandemic ends. It will end. When the pandemic began in March and April, we closed for a few weeks, then a few weeks more and then months. Early on, during phone calls to our residents, everyone seemed to be holding up and adjusting to the new normal. We were optimistic and resilient. However, our April survey very implicitly illustrated that stress and anxiety would increase should we have to continue into the Fall. We now face that “dark winter”. How do we get through what lies ahead? The short answer is together. We will get through this together.

I implore everyone that is reading this to reach out to someone you know. Call, send a card, or an email to your family, friend or neighbor. They might not be as OK as you think. If you are experiencing loneliness and isolation, I encourage you to do the same. The best way we can help ourselves is to help others. Also consider sitting on your porch waving to everyone that drives by. Wrap yourself in blankets and sit safely outside with a friend or neighbor. Be especially kind and patient with strangers in stores. Make a daily appointment with yourself to write about a happy memory. Sing and listen to your favorite music! Music will always lift our spirits. If we take care of those around us, and take care of ourselves, we can get to the other side of this craziness.

Even as we experience Zoom fatigue, don’t give in to it, it can be a lifeline. Groton is rich in resources for Zoom programming through the COA, Library and Prescott Community Center. The Council on Aging is offering a weekly Zoom program on Mondays at 11am. You will enjoy great conversation, humor, home projects, music and some special guests. We would love for you to join us! (If you are in need of a computer or device to Zoom on please call us, 978-448-1170.) We also Zoom our regular classes when requested.

As of this writing the COA at The Groton Center is open for business. We have reduced programming a bit through the winter to free up space and reduce class sizes if we need to. We are diligent in proving a safe environment for in person classes and interactions and firmly believe we have an obligation to our residents to continue to do so, as long as we are safely able. I recently found a quote that I believe illustrates the benefit for in person interactions; “That unplanned kind of interaction that contributes so much to how we build relationships with people and how we build culture, those things are what we are missing.”

Stay strong and reach for the light.

Kathy

Mission Statement:

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

Director

Kathy Shelp

kshelp@grotonma.gov

Outreach Coordinator

Stacey Shepard Jones

sjones@grotonma.gov

Activities/Volunteer Co.

Kathy Santiago

ksantiago@grotonma.gov

Maintenance

Jimmy Kuzmitch

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Peter Cunningham

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Eddie Wenzell

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Groton Council on Aging

Groton Connects

Together we can end loneliness

Sponsored by:

Representative Sheila Harrington, the Friends of Groton Elders and the Friends of Nashoba Valley Medical Center

JOY OF LIVING Meditation Group

7:00 PM Thursdays by ZOOM



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.

Call the COA for your Zoom invitation 978-448-1170. There is no charge for this program.



Is there a program you see in the newsletter you want to attend but just not ready to go out yet?

Call us, we will Zoom you in whenever possible!



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.

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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Council on Aging Outreach and Support

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



SHINE News Jan/Feb 2021

What if I Missed the Medicare Open Enrollment Period? Can I still Make Changes to My 2021 Coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. Changes that can be made during this period include switching to:

- A different MA plan with drug coverage;
- A different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

Other SHINE news:

For those with Prescription Advantage or “Extra Help”; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed outside of Open Enrollment. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change once each quarter.

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2021 monthly Part B premium will be \$148.50 in 2021. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs.

You may be eligible if your income and assets are at or below these values:

Individual Gross Income: \$1,755/month

Assets: \$15,720

Couple Gross Income: \$2,371/month

Assets: \$23,600

If you want to take advantage of any of these opportunities to change your plans or be screened for these, call the Groton COA at 978-448-1170 or the Regional SHINE office.

SHARING OUR STORIES Overcoming Loneliness

Part of Groton Connects



Groton Council on Aging
Groton Connects

Together we can end loneliness

Sponsored by:

Representative Sheila Harrington, the Friends of Groton Elders and the Friends of Nashoba Valley Medical Center

So, I was asked to write about ‘loneliness’. Instead, I’d like to make an observation or two about a couple of life events that I and many others have or will experience. My husband is deceased. He died very unexpectedly at the age of 45, leaving me a single mom with 2 young daughters – ages 7 and 12. Needless to say, my family life circumstances were immediately turned upside down. I had to quickly grieve, understand, assess and learn how to move forward with some normalcy. Thankfully, I had just returned to working a full-time job that was close to home, in my community and with a small group of co-workers. These people rallied around me and my children in a seamless and non-intrusive way. I am initially a quiet person, not particularly outgoing and generally content with my own company, but I needed to accept new people into a new family circle for both my daughters and myself.

Similar circumstances arose when I retired 3 years ago. The loss was my job and my daily routine. I needed to re-structure my activities so that my tendency to keep to myself did not affect my health and well-being. I quickly found a place in need of my skills where I could volunteer. I also applied for a small, seasonal part-time job AND I make a point of staying in touch with my workplace family, whether by phone, visits or the occasional lunch date.

Reaching out for the company of others is not always easy, but it can be rewarding and sometimes, surprising!

A Center volunteer

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 9:30 AM

Wednesdays 10:45AM

Cost: \$4.00 per class

Elaine Corsetti, instructor

Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Tai Chi

Tai Chi on hold for now

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.

Hearing Screenings

3rd Wednesday 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, 978-448-1170.

Senior Pilates

Wednesdays 9:30 - 10:30am
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: \$5.00

Louise Dorian, instructor

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



Focus on Footcare

January 12 and 26 12:00-3:45 PM

February 9 and 23 12:00-3:45 PM

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



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.

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.

Be part of our Progressive Story

One Story Many Authors

Beginning February 1

You are invited to be part of our winter progressive story. It seems we're going to be spending a bit of time inside the next few months so we thought we'd add a twist to our time.

The Groton Center writing class will write the story starter and then each of you will have the opportunity to add a page or two or more if you are so motivated.

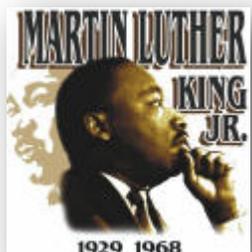
After you finish your portion, you will pass it on to the next person who will then pass it on to the next and so on, and so on!



Here's the procedure:

- ⇒ Call and let us know you want in.
- ⇒ We'll need to know if you are going to participate through email or through traditional postal mail. (We can manage both and will pay for postage).
- ⇒ Your position in the writing sequence will be randomly chosen.
- ⇒ All participants will receive the schedule which will include all of the participants.
- ⇒ You will have one week to complete your piece. If it turns out to be a bad week for you, let us know and we'll make another arrangement.

Call the COA
978-448-1170

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Closed 1</p> 
<p>4</p> <p>9:30 Strength Training 11:00 Zoom Through Winter 1:00 Documentary Red Penguin 1:00 Knitting</p>	<p>5</p> <p>10:00 Writing Creatively 10:30 Bone Builders 1:00 Pickleball</p>	<p>6</p> <p>9:15 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Fatima</p>	<p>7</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball</p>	<p>8</p> <p>VAN Wal-Mart 1:00 Knitting</p>
<p>11</p> <p>9:30 Strength Training 11:00 Zoom Through Winter 1:00 Knitting 1:00 COA Board mtg. 1:00 Scrabble On the Big Board</p>	<p>12</p> <p>10:00 Writing Creatively 10:30 Bone Builders 12:00 Footcare 1:00 Pickleball</p>	<p>13</p> <p>9:15 Pilates 9:30 Book Club 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Judy</p>	<p>14</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball</p>	<p>15</p> <p>VAN Market Basket 9:30 Watercolor Workshop 1:00 Knitting</p>
<p>Closed 18</p> 	<p>19</p> <p>10:00 Writing Creatively 10:30 Bone Builders 1:00 Pickleball</p>	<p>20</p> <p>9:15 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Hearing Screening 1:00 Movie: Fatima 4:00 Modern Russia</p>	<p>21</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball</p>	<p>22</p> <p>VAN TBA 1:00 Knitting</p>
<p>25</p> <p>9:30 Strength Training 11:00 Zoom Through Winter 1:00 Knitting 1:00 Can We Talk</p>	<p>26</p> <p>10:00 Writing Creatively 10:30 Bone Builders 12:00 Footcare 1:00 Pickleball</p>	<p>27</p> <p>9:15 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Judy 4:00 Modern Russia</p>	<p>28</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball 1:00 Dementia Friend Zoom Class</p>	<p>29</p> <p>1:00 Knitting</p>

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Groton Senior Center Activities

February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>9:30 Strength Training 11:00 Zoom Through Winter 1:00 Documentary American Factory 1:00 Knitting</p>	<p style="text-align: right;">2</p> <p>10:00 Writing Class 10:30 Bone Builders 1:00 Pickleball</p>	<p style="text-align: right;">3</p> <p>9:15 Pilates 10:00 Pinterest 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Greyhound 4:00 Modern Russia</p>	<p style="text-align: right;">4</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball</p>	<p style="text-align: right;">5</p> <p>VAN TBA 9:30 Watercolor Workshop 1:00 Knitting</p>
<p style="text-align: right;">8</p> <p>9:30 Strength Training 11:00 Zoom Through Winter 1:00 Knitting 1:00 COA Board Mtg. 1:00 Trivia</p>	<p style="text-align: right;">9</p> <p>10:00 Writing Class 10:30 Bone Builders 12:00 Footcare 1:00 Pickleball</p>	<p style="text-align: right;">10</p> <p>9:15 Pilates 9:30 Book Club 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: The Age of Love 4:00 Modern Russia</p>	<p style="text-align: right;">11</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball 1:00 Movie: The Age of Love</p>	<p style="text-align: right;">12</p> <p>VAN Wal-Mart 1:00 Knitting</p>
<p style="text-align: right;">15</p> <p style="text-align: center;">Closed</p> 	<p style="text-align: right;">16</p> <p>10:00 Writing Class 10:30 Bone Builders 1:00 Pickleball</p>	<p style="text-align: right;">17</p> <p>9:15 Pilates 10:45 Strength Training 1:00 Ping Pong 1:00 Movie: Greyhound 4:00 Modern Russia</p>	<p style="text-align: right;">18</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball</p>	<p style="text-align: right;">19</p> <p>VAN Market Basket 9:30 Watercolor Workshop 1:00 Knitting</p>
<p style="text-align: right;">22</p> <p>9:30 Strength Training 11:00 Zoom Through Winter 1:00 Knitting 1:00 Can We Talk</p>	<p style="text-align: right;">23</p> <p>10:00 Writing Class 10:30 Bone Builders 1:00 Footcare 1:00 Pickleball</p>	<p style="text-align: right;">24</p> <p>9:15 Pilates 10:45 Strength Training 1:00 Ping Pong 4:00 Modern Russia</p>	<p style="text-align: right;">25</p> <p>9:00 Yoga 10:30 Bone Builders 1:00 Ping Pong 1:00 Pickleball</p>	<p style="text-align: right;">26</p> <p>VAN TBA 1:00 Knitting</p>
<p>Accredited by </p> <p>National Institute of Senior Centers</p>		 <h1>FEBRUARY</h1>		



Ping Pong Open Play



Singles only

Wednesdays: 1-4pm

Thursdays: 1-4pm

Register for you and your friends for your 90 minute time slot. Reservations are required, call the center 978-448-1170.

Equipment provided

Open play for billiards

Reservations are necessary for your 1 hour time slot. Reserve for yourself or to play with friends. Call the center, 978-448-1170.



Monday—Friday 8am-4pm

(with the exception of Wednesdays 11:30-2:30pm the table is closed while movies are being shown)

Watercolor

Workshop

\$5 per class

(payable to facilitator)

Class facilitator:

Valerie Baier



First and third Fridays

9:30-11:00

No minimum attendance however, registration is necessary.

During each class, students will work on a subject they select or Valerie can help you choose one.

Bring your own supplies

If you need help with supplies please contact the COA, we have some available.

Call, 978-448-1170 to register.

Tech Support

Tech help will continue!

We will work over the phone or by Zoom or Google Duo.



Get help with your laptop, phone or tablet and talk with our tech expert Tom Pistorino.

Appointments are necessary, please call the COA, 978-448-1170.

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

Fitness Center

Monday - Friday

8am-4pm

- ⇒ Reservations are necessary for your 45 minute workout.
- ⇒ Only 2 people at a time are permitted in the Fitness Center and participants cannot be on adjoining equipment.

⇒

The fitness center is open and payments are on hold minimally, until 1.1.2021.

If you joined this year you will not pay again until 1.1.2022, your previous paid fees will be applied beginning 1.1.2021

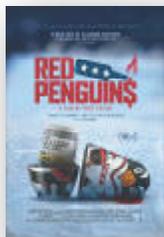
New members will pay the membership fee 1.1.2021. In the meantime, new members are still required to complete the paperwork.

As always, equipment must be sanitized following use.



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.

Documentaries

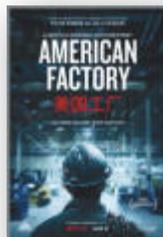


Monday, January 4 1pm

Red Penguins *Running time 80 minutes*

Red Penguins tells a story of capitalism and opportunism run amok - complete with gangsters, strippers and live bears serving beer on a hockey rink in Moscow. Shortly after the collapse of the Soviet Union, the Pittsburgh Penguins and the famed Red Army hockey team formed a joint-venture that showed anything was possible in the new Russia. It takes the viewer on a bizarre journey highlighting a pivotal moment in U.S. Russian relations in a lawless era when oligarchs made their fortunes and multiple murders went unsolved.

Monday, February 1 1pm



American Factory *Running time 1 hour 50 minutes*

Follow along as the closed GM factory in Dayton is reopened as Fuyao Glass America, the US branch of a Chinese company that manufactures automotive glass. The film tracks American and Chinese workers and managers through a years-long period of adjustment, some of it quite rocky. At times, it's a bit humorous; differences in American and Chinese ideas about loyalty to your employer, safety on the factory floor, working overtime, and much more come to the foreground

Groton Joins Dementia Friendly Massachusetts

Join with the Council on Aging and become a Dementia Friend



Join us for a 60 minute informational session and become a Dementia Friend.

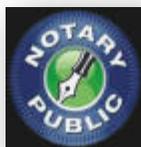
OPEN TO ALL AGES
Thursday, January 28
1:00pm

Please call the Groton COA to register and receive your Zoom invitation.

Join us for a one-hour information session. You will learn five key messages about dementia and a bit about what it's like to live with dementia.

As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts!

This program is sponsored by the Groton Dementia Friendly team: Groton Council on Aging
Groton Neighbors Friends of Groton Elders
Groton Police Department Groton Fire Department
RiverCourt Residences



Do you need something notarized, (not pertaining to real estate)? Please call The Groton Center at 978-448-1170 to make an appointment with Stacey, who is a Notary Public.

Groton's Veteran's Agent

Joe Dean 978-448-1175

Joe is here to help with your questions and concerns as they relate to your service records, Veteran's benefits and other related questions.

Come Celebrate with us!
March 17th 12:00



Happy St. Patty's Day



Irish or not...you don't want to miss this delicious meal.

Swing by The Center and pick up your "drive through" St. Patty's meal of Shepherds Pie, Soda Bread, Salad and Dessert.

Generously sponsored by
The Groton Woman's Club

Please call the Center 978-44-1170 to register for this program

ZOOM Through the Winter

Mondays, January 4 - May 24
11:00am

Who knows what this winter will bring but we do know one thing We will Zoom through the winter.

Join us on Zoom once a week for a variety of programs; humor, at home projects, music, games, conversation, guest hosts and more.

If you don't have a computer, no problem, we have a limited number that we can lend out or you can join through your phone - we just won't be able to see one another.



To register please call the COA, 978-448-1170.
This program is limited to Groton residents.

This program is generously supported by:
The Friends of Groton Elders,
Groton Police Department, Groton Neighbors
and RiverCourt Residences



Knitters

Monday and Fridays
1:00pm

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

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.

Please call the COA to register, 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.

Join us for "fun and games" with Kathy



Scrabble on the Big Board

Monday, January 11
1:00 PM

Trivia

Monday, February 8
1:00 PM



January 13 9:30AM

Death of Mrs. Westaway by Ruth Ware



February 10 9:30 AM

March : Book One

John Lewis; co-written
by Andrew Aydin



March 10 9:30 AM

The Splendid and the Vile by Eric Larson

Please be sure to register by calling the COA, 978-448-1170. You may register to participate in person or Zoom.
Class size limited.



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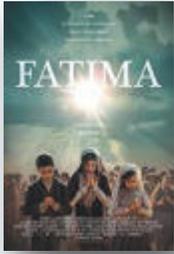
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Groton Center Cinema

Movies designated 2020 are in-theaters now



Wed, January 6 & 20 1pm

Fatima - 2020

Rated PG-13 1 hours and 53 minutes

Based on historical events, three young shepherds in Fátima, Portugal, report visions of the Virgin Mary, inspiring believers and angering officials of the Church and the government, who try to force them to recant their story.



Wed, January 13 & 27 1pm

Judy

Rated PG-13 1 hours and 58 minutes

Concentrating on the final tragic days of Judy's life, when she settled in London. The film eschews the elements that made her unique and concentrates on the dark, depressing downfall of a glittering life.



Wed, February 3 & 17 1pm

Greyhound - 2020

Rated PG-13 1 hours and 31 minutes

Starring Tom Hanks. Based upon the novel "The Good Shepherd" by C S Forester, this is the thrilling story of an Allied convoy crossing the North Atlantic in 1942 as it faces relentless attack by a German submarine wolf pack. The leader of the convoy's destroyer screen is a US Navy commander making his first Atlantic crossing.

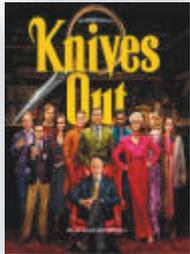


Wed, February 10 and
Thurs. February 11 1pm

The Age of Love

Rated PG 1 hours and 19 minutes

This movie follows the humorous and poignant adventures of thirty seniors who sign up for a first-of-its-kind speed dating event for 70- to 90-year-olds. From anxious anticipation through the dates that follow, it's an unexpected tale of intrepid seniors who lay their hearts on the line.



Wed, March 3 1pm

Knives Out - 2020

Rated PG-13 2 hours and 13 minutes

Reviewed as a "delicious whodunnit" Knives Out investigates the circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that Detective Benoit Blanc knows for sure, everyone in the wildly dysfunctional Thrombey family is a suspect.



Wed, March 10 1pm

A Call To Spy—2020

Rated PG- 2 hours and 4 minutes

At the dawn of World War II, a desperate Winston Churchill orders his new spy agency to train women for covert operations. Together, these female agents help undermine the Nazi regime in France, leaving an unmistakable legacy in their wake.



We are so grateful to the Groton Center Knitters for knitting Hats & Mittens for the residents of Seven Hills. Pictured here are 3 of them: Left to right Nancy Rivet, Violetta O'Donnell, and Li Gao