



Reinvest in you in 2022!

Change ... over the past several months we have all adjusted to changes in our daily lives and adapted to the "new normal". This new year, we challenge you to REINVEST IN YOU! Whether that is dropping by The Groton Center to see all that we have to offer, by participating in a new program, by taking the bus for a shopping trip, by volunteering your talents, or by scheduling a consultation for support services. **The time is now to Reinvest in YOU—reimagine how you spend your time and join us at The Groton Center.** We extend a heart-felt thank you to the Friends of the Groton Elders for generously supporting this initiative.

If you are interested in sharing your time and talents with The Groton Center, please join us for **A New Year's Celebration for The Groton Center's Volunteers on Monday, January 24th, 4 –6 p.m.** We encourage you to stop by and say, "hello", to other volunteers — mocktails and desserts will be served to go as we are suspending in-person food related events for the immediate future. We want to thank our existing volunteers and welcome new ones! Meet the people who make a difference every day in the lives of Groton seniors and help us fulfill our mission. Give us a call to pre-register for this event.

For those of you with a fitness related New Year's Resolutions, we are thrilled to introduce a new program incentive – a fitness class pass (buy 10 classes, get 5 free) for you to explore fitness opportunities that we have available at The Groton Center. The cost of the pass is \$50.00 (checks can be made payable to The Town of Groton) due to funding through the Executive Office of Elder Affairs formula grant. **We have limited fitness passes available and passes go on sale on January 18, 2022 at 8:00 a.m.**

Starting in the New Year payments for fee-based drop-in classes will now be handled at the front desk and exact change is always appreciated. There will be a sign-in sheet where the fitness classes are held to confirm your participation. The week of January 24, 2022 you will also be asked to renew your liability waiver for fitness class participation.

I want to welcome Lauren Marcello, COA Community Engagement Specialist, which is a brand-new position for the Town of Groton. Lauren is a graduate of Merrimack College with both her undergraduate degree (Bachelor of Arts in Human Services and Communication Studies) and her graduate degree (Masters in Education in Community Engagement). She has worked in various community settings and had served as the Community Engagement Fellow for the Beverly Council on Aging developing and implementing intergenerational programs. I am so pleased to welcome Lauren to town and hope you will consider attending a **Welcome Lunch for Lauren on Wednesday, February 9th, 12:30 p.m. Come meet Lauren and leave with a lunch to go!**

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. The Groton COA provides opportunities for all individuals as they age by leveraging resources, developing a sustainable future, and engaging in strong partnerships and collaborations.

Director

Ashley Shaheen
ashaheen@grotonma.gov

Community Engagement Specialist

Lauren Marcello

Maintenance

Gale Risdon

Van Driver

Peter Cunningham
Brad Eaton
Richard Marton
Heather Rhodes
Eddie Wenzell

School Committee Liaison

Marlena Gilbert

Police Liaison

Pat Timmins

COA Board of Directors

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Pascal Miller
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Continuation from The Director's Message on page 1

The COA Department has experienced 100% change in the COA Office Staff over this past year. I know how much each of you respected and connected with the former COA Staff Members. Most recently, Stacey Shepard Jones, Outreach Coordinator, decided to end her employment with the Town. She was a dedicated, caring, and supportive co-worker -- even though we only had a few months of time that we worked together, I appreciated her commitment to the department, compassion, and historical knowledge of the departmental operations. While we search for a new Outreach Coordinator/Van Dispatch, please continue to reach out to The Center for support services and/or continue calling the van line to arrange transportation. We are lucky to have many volunteers assist us while we are short-staffed and dedicated colleagues, Sara Raveret, Eddie Wenzell and Tina Maeder. I want to thank you, to each of you, and The COA Van Drivers, The COA Board, The Friends of The Groton Elders, The Groton Center Volunteers, Town Departments, Municipal Employees, Town Manager's Office, for your continued support and warm welcome during my first few months as Groton's Council on Aging Director. I love it here!

Speaking of loving it here, I am thankful to have had such a positive response to my "100 Cups of Coffee Initiative"! Thank you to the following residents for taking the time to meet with me Barbara Ritz, Kate Harper, Judy Finman, Tom Schorn, and Kathy Tooley. For the immediate future I will be hosting virtual coffee hours or conversations with a cup of coffee to go! - Ashley

IMPORTANT UPDATE: The Groton Center is currently closed to the public until January 17, 2022. We anticipate reopening on January 18. While the building is closed, staff continue to be here for YOU - please call 978-448-1170 for all inquiries. The Meals on Wheels Program, Transportation Services and Virtual Programs will be offered (see calendar for details).

MARGARET A. HOAG KATHLEEN M. O'CONNOR

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Groton Council on Aging, Groton, MA 06-5100

Please Read Director's Message Regarding December 28—January 17, 2022 Safety Protocol at The Center

- 1.) Everyone must register in advance for any program you plan to attend.
- 2.) Everyone is required to sign-in at the front reception area.
- 3.) Masks are required in the building and while riding the bus.
- 4.) All lunch/food-related programs held in-person at The Center will be suspended immediately until further notice.
- 5.) The Fitness Center will operate by appointment only; one person or couple in the Fitness Center at all times (Pre-registration required).
- 6.) Participation limits will be set for each of the programming spaces with social distancing
50 participants in the RiverCourt Community Room
10 participants in the Exercise Room

Council on Aging Outreach and Support

FUEL ASSISTANCE 2021-2022

Community Teamwork's Fuel Assistance program runs from November 1 - April 30. This program helps lower income households with their fuel bills. If you are a Groton resident and your household income is \$40,000 or less for a 1-person household, or \$53,551 or less for a 2-person household, you may qualify for Fuel Assistance. For more information about this program and/or to make an appointment to apply for Fuel Assistance, please call The Center at 978-448-1170.

Get Your Taxes Done for FREE AARP Foundation Tax-Aide at The Groton Center

Thursdays, February 1—April 15, 11:00 a.m.—4:00 p.m. (BY APPOINTMENT ONLY)

Beginning February 1 and continuing through April 15, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program at The Groton Center. You must bring with you the following for the appointment: for married couple filing jointly, both spouses must be present, photo identification for you and your spouse (if married), social security cards or ITIN documents for you, your spouse and/or dependents, birth dates for you, spouse and/or dependents, copy of last year's tax return, All forms W-2, 1098, and 1099, 1095 forms if you purchased insurance through the Marketplace (Exchange), information for other income, information for all deductions/credits, proof of savings of checking account and routing numbers (for direct deposit or refund).

SHINE Appointments

What if I missed the Medicare Open Enrollment Period? Can I still make a change to my 2022 coverage?

People who are currently enrolled in Medicare Advantage (MA) plan to 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 every year from January 1 through March 31, and it is only available to people who are enrolled in 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. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. 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. **To make an appointment call The Groton Center at 978-448-1170.**

Inclement Weather Policy

When Groton/Dunstable Regional Schools are cancelled due to inclement weather The Groton Center is closed and our vans will not operate.

If you have any questions about building closures please contact The Groton Center at 978-448-1170.



Health and Wellness

Register for all the programs by calling 978-448-1170

Bone Builders

Classes Cancelled: January 4, 6, 11 and 13

Class held in the RiverCourt
Community Room

Tuesdays and Thursdays 10:30am

Using light weights, our routines are centered around slow, methodical movements. A recent study in the Journal of Sports Medicine and Physical Fitness found that low-weight, high-repetition resistance training is especially effective for increasing bone mineral density in adults. Participants in the study experienced up to 8 percent bone density increases in their arms, pelvis, spine and legs.



This program is generously sponsored by:
Community Teamwork Senior Corp Volunteer

Strength Training/Chair Aerobics

Mondays 9:30 AM
Wednesdays 9:30AM
Fridays 9:30 AM

Cost: \$4.00 per class
(payment collected at the front desk)
On ZOOM: January 5, 7, 10, 12 and 14
Class held in the RiverCourt Community
Room

Elaine Corsetti, instructor

Ask the Nurse/Blood Pressure Screening

Wednesdays, January 26 and
February 23, 1:30 p.m. - 2:30 p.m.

Tai Chi Update

Instructor Debbie Morse Ladue decided that she is no longer able to continue teaching at The Groton Center due to another opportunity. We recognize this was a difficult decision as she loved teaching at The Center but we wish her all the best in her new endeavor. If you are interested in Tai Chi please let us know — and once we have a new instructor you will be the first to know!

YOGA

Thursdays 9:30 am
Cost: \$5.00

On ZOOM: January 6 and 13
(payment collected at the front desk)

Louise Dorian, instructor

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

Focus on Footcare

January 25 12:00-3:45 PM
February 8 and 22 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 \$45.

Provider: Sarah Kinghorn: BSN RN CFCN

Groton Residents only

Walking Group

Tuesdays and Thursdays
10:00 a.m.—11:00 a.m.

Walking Group Cancelled: January 4, 6, 11 and 13

Twomey Center

Please contact The Groton Center to express interest in this group.

The COA sponsored Pickleball Programs

COA Pickleball League: Play is at the Twomey Center (Tuesdays and Thursdays from 11:30 a.m. —1:30 p.m.) You must be a registered player and 60 years or older. The league is currently full.

Pickleball Occasional Player:

An occasional player will play with our league players however if you can't commit to playing on a regular basis or you are waiting for a spot in the league. Occasional players are subs in our league. You must be a registered player and 60 years or older.

Pickleball Open Play:

The Groton Center has an indoor court that is available to residents at no charge and is available on Monday mornings and Friday afternoons. The majority of players must be residents and open to all ages. Players are responsible to set up and dismantle the net. To reserve your court or be added to the waitlist call 978-448-1170.

Pickleball Cancelled: January 3—17, 2022

Did you know that The Groton Center has a display of resources and a bulletin board for upcoming community events?

Next time you are at The Groton Center check out the mini-hallway to the right of the main receptionist area. All information is reviewed and approved by COA Staff before being displayed.



Veteran's Drive Thru Breakfast at the Central Fire Station

Friday, January 7, 10:00 a.m.

Thursday, February 3, 10:00 a.m.

Pre-registration required.

Professional Firefighters of Groton Local 4879 and the Groton Firefighter's Association sponsor a free *drive thru* 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 be hungry! Deliveries will be made to those Groton Veteran residents choosing to stay home. Please let us know if you need a home delivery upon registering for this event. Register through The Groton Center at 978-448-1170.



Transportation Information

(Groton residents only)

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

Local Van Trips

Medical Social Shopping

within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Mondays, Tuesdays, Wednesdays and Thursdays: First pick ups at 9:00am and last trip completed by 3:00pm.

Fridays: Special shopping trips.

Friday Special Shopping: 9:00 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

Serving outlying Medical services

Boston, Concord, Burlington, Waltham and the VA

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.*

Activities

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 10:00 Writing (Zoom)	5 9:30 Strength Training (Zoom)	6 9:30 Yoga (Zoom)	VAN DW Highway 7 9:30 Strength Training (Zoom) 10:00 Veteran's Drive Thru Breakfast
Current participants will receive zoom links on Monday, January 3, 2022. If new to zoom—please call 978-448-1170.				
10 9:30 Strength Training (Zoom) 1:00 COA Board Meeting (Zoom)	11 10:00 Writing (Zoom)	12 9:30 Book Club (Zoom) 9:30 Strength Training (Zoom)	13 9:30 Yoga (Zoom)	14 VAN Wal-Mart 9:30 Strength Training (Zoom)
17 The Groton Center is closed in observance of Martin Luther King Jr. Day	18 10:00 Writing 10:00 Walking Group 10:30 Bone Builders 11:30 Pickleball 12:30 Mahjong 12:30 Hand and Foot	19 9:30 Strength Training 11:00 Cribbage 11:00 Musical Lecture 1:00 Ping Pong 1:00 Hearing Screening	20 9:30 Yoga 10:00 Tech Support 10:00 Walking 10:30 Bone Builders 11:30 Pickleball 1:00 Ping Pong 1:00 Opera 7:00 Meditation	21 VAN Market Basket 9:30 Strength Training 1:00 Knitting 2:45 Pickleball
24 9:30 Strength Training 10:00 Knitting 10:45 Pickleball 12:30 Free Solo 1:00 Can We Talk 4:00 A New Year's Celebration for Volunteers	25 9:00 SHINE 10:00 Writing 10:00 Walking Group 10:30 Bone Builders 11:30 Pickleball 12:00 Footcare 12:30 Mahjong 12:30 Hand and Foot	26 9:30 Strength Training 11:00 Cribbage 11:00 Lunch To Go and Learn (Wendy Prest) 1:00 Ping Pong 1:30 Blood Pressure	27 9:30 Yoga 9:30 Get to Know Your Community Leaders 10:00 Walking Group 10:30 Bone Builders 11:30 Pickleball 1:00 Opera 1:00 Ping Pong 7:00 Meditation	28 VAN Christmas Tree Shop 9:30 Strength Training 10:00 Knitting 12:45 Pickleball
31 9:30 Strength Training 10:00 Knitting 10:45 Pickleball 1:00 Can We Talk				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:00 Writing</p> <p>10:00 Walking Group</p> <p>10:00 Bone Builders</p> <p>10:30 Pickleball</p> <p>11:30 Mahjong</p> <p>12:30 Hand and Foot</p>	<p>2</p> <p>9:30 Strength Training</p> <p>11:00 Cribbage</p> <p>12:00 Movie: Tenet</p> <p>1:00 Ping Pong</p>	<p>9:30 Yoga</p> <p>10:00 Tech Support 3</p> <p>10:00 Walking Group</p> <p>10:30 Veterans Breakfast</p> <p>11:00 Bone Builders</p> <p>11:30 Tax Aide</p> <p>1:00 Pickleball</p> <p>1:00 Ping Pong</p> <p>7:00 Opera</p>	<p>4</p> <p>VAN DW Highway</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>12:45 Pickleball</p>
<p>7</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>10:45 Pickleball</p>	<p>9:00 Tech Club</p> <p>9:00 SHINE 8</p> <p>10:00 Writing</p> <p>10:00 Walking Group</p> <p>10:30 Bone Builders</p> <p>11:30 Pickleball</p> <p>12:00 Footcare</p> <p>12:30 Mahjong</p> <p>12:30 Hand and Foot</p> <p>2:00 Ted Talks</p>	<p>9</p> <p>9:30 Strength Training</p> <p>9:30 Book Club</p> <p>11:00 Cribbage</p> <p>1:00 Welcome Lunch for Lauren</p> <p>1:00 Ping Pong</p>	<p>9:30 Yoga</p> <p>10:00 Walking Group 10</p> <p>10:30 Bone Builders</p> <p>11:00 Tax Aide</p> <p>11:30 Pickleball</p> <p>1:00 Ping Pong</p> <p>1:00 Opera</p> <p>7:00 Meditation</p>	<p>11</p> <p>VAN Wal-Mart</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>10:30 Get to Know Your Community Leaders</p> <p>12:45 Pickleball</p>
<p>14</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>10:45 Pickleball</p> <p>1:00 COA Board Meeting</p> <p>3:00 Valentine's Day</p>	<p>15</p> <p>10:00 Writing</p> <p>10:00 Walking Group</p> <p>10:30 Bone Builders</p> <p>11:30 Pickleball</p> <p>12:30 Mahjong</p> <p>12:30 Hand & Foot</p>	<p>16</p> <p>9:30 Strength Training</p> <p>11:00 Cribbage</p> <p>11:00 Creativity Presentation</p> <p>1:00 Ping Pong</p> <p>1:00 Hearing Screening</p>	<p>9:30 Yoga</p> <p>10:00 Tech Support 17</p> <p>10:00 Walking</p> <p>10:30 Bone Builders</p> <p>11:00 Tax Aide</p> <p>11:30 Pickleball</p> <p>1:00 Ping Pong</p> <p>1:00 Opera</p>	<p>18</p> <p>VAN Market Basket</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>2:45 Pickleball</p>
Random Acts of Kindness Day				
<p>21</p> <p>The Groton Center is closed due to Presidents' Day</p>	<p>9:00 SHINE 22</p> <p>10:00 Writing</p> <p>10:00 Walking Group</p> <p>12:00 Footcare</p> <p>10:30 Bone Builders</p> <p>11:30 Pickleball</p> <p>12:30 Mahjong</p> <p>12:30 Hand & Foot</p>	<p>23</p> <p>9:30 Strength Training</p> <p>11:00 Cribbage</p> <p>11:00 Tom Schorn Woodworking</p> <p>1:00 Ping Pong</p> <p>1:30 Blood Pressure</p>	<p>9:30 Yoga</p> <p>10:00 Walking Group 24</p> <p>10:30 Bone Builders</p> <p>11:00 Tax Aide</p> <p>11:30 Pickleball</p> <p>1:00 Opera</p> <p>1:00 Ping Pong</p> <p>7:00 Meditation</p>	<p>25</p> <p>VAN Christmas Tree Shop</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>12:45 Pickleball</p>
<p>28</p> <p>9:30 Strength Training</p> <p>10:00 Knitting</p> <p>10:45 Pickleball</p> <p>12:30 Social Dilemma</p> <p>1:00 Can We Talk</p>				



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Fun and Games

Ping Pong Open Play

Cancelled: December 28—January 17



Wednesdays: 1-4pm
Thursdays: 1-4pm



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

Equipment provided

Open play for billiards

Cancelled: December 28—January 17

Reservations are necessary for your 1 hour time slot. Reserve for yourself or to play with friends. Call 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)

Hand & Foot

Cancelled: January 4 and 11

Tuesdays 12:30 pm

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!

American Mahjong

Cancelled: January 4 and 11

Tuesdays 12:30pm

Cost: none

Mahjong is a game that resembles gin rummy but uses tiles and game cards to build winning combinations. Luck, skill and planning lead to a win. Join us if you haven't played before the group will teach you — the group plays for

NEW ACTIVITY!

Learn to PLAY and/ PLAY Cribbage

Cancelled: January 5 and 12

Wednesdays 11:00am

Cribbage, or crib, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players. Equipment provided

Tech Support

First and Third Thursdays

10am-12pm

January 20

February 3 and 17



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

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

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

Fitness Center

Monday - Friday 8am-4pm

(Appointment Only)

If not now, when?

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

open to Groton residents and non-residents 60 and older.

Groton Residents:

\$30 6 months

\$50 12 months

Non-Residents:

\$60 6 months

\$100 12 months



Equipment available for your use **by appointment**: Treadmills, Rowing Machine, Free Weights, Recumbent Bike (wheelchair accessible) Recumbent Stepper (wheelchair accessible), state of the art hydraulic resistant machines for: legs, upper, back and arms. *The membership fees will be used to cover equipment maintenance and replacement as needed. If you are unable to pay please see Ashley Shaheen for confidential membership support.* All participants must **attend an orientation class** and complete required paperwork. The fitness center is unsupervised.

Center Closed: December 28—January 17

Join us for these events at The Center. Pre-registration required.

**This program will be rescheduled.
Call for additional information.**

The Wilds of Southern Belize

Joy Marzolf, Travel Talk (In Person)

Wednesday, January 12, 1:00 p.m.

Located in Eastern Central America, Belize shares borders with Guatemala and Mexico. From the crystal blue ocean waters and inland to the nearby mountains, it is amazingly diverse. Join nature travel expert, Joy Marzolf, for a virtual trip to see some of the stunning wildlife of Southern Belize.

Frank King, Musical Lecture (On Zoom)

Wednesday, January 19, 11:00 a.m.

Due to popular demand Frank King is back! Frank King will focus on the life and songs of the one and only “Dino” - Dean Martin, including his biggest hits, plus the surprising stories behind some great hit songs from the year 1955 (do you know what all those lyrics to “16 Tons” are actually about?) and other surprises—such as the original lyrics to “Blue Moon” no one’s ever heard! This program is made possible through the generous support of the Groton Trust Program and Lecture Fund.

In-person presentation by Wendy Prest, Artist on Exhibit at the Lowell Five Community Art Gallery at The Groton Center with an Italian Lunch sponsored by RiverCourt TO GO!

Wednesday, January 26, 11:00 a.m.

Wendy Prest will be giving an in-person talk about painting with pastels, her favorite medium. She will also be addressing how she composes a painting, explaining all the different areas where choices must be made, followed by a demonstration.



Valentine's Day (Grab and Go)

Monday, February 14, 3:00 p.m.

Stop by and say, hello, to friends and grab some sweets, treats, and tea to go!



Henry Quinlan, Creativity—Helping the Aging Brain and Body Stay Healthy (In Person)

Wednesday, February 16, 11:00 a.m.

Henry Quinlan will give a presentation on Creativity which is the ability to create, perform, or think of something in a way that it has not been done before—you do not have to be creative with a capital “C” to keep your brain healthy and vital. Every example of creativity is a way to express yourself and allow yourself to exert a bit of free-wheeling thinking and doing. McFadden, PhD and Basting, PhD talk about “creative engagement” and suggest that it is a wonderful way to enlist the parts of your brain that can benefit from mental exercise. This program is made possible through the generous support of the Groton Trust Program and Lecture Fund. Lunch provided by the Women’s Club on this date is to be determined.

In– person presentation by Tom Schorn, Groton Resident, on “Creative Woodworking in a Home Workshop” with lunch (assorted wraps, salad, and dessert) To Go

Wednesday, February 23, 11:00 a.m.

Tom will provide a summary of woodworking as both an enjoyable pastime and a means to make useful and rewarding items. He will talk about his workshop, tools and materials and present how to make in his own shop.

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.



January 12 9:30 AM
ON ZOOM
Mrs. Lincoln's Sisters
By Jennifer Chiaverini



February 9 9:30 AM
Eternal
By Lisa Scottoline



March 9 9:30 AM
That Churchill Woman
By Stephanie Barron

Great Courses

How to Listen to and Understand Opera

Thursdays, December 2— March 17,
1:00 p.m.—2:30 p.m.

Cancelled: January 6 and 13

For more than 400 years, opera has been one of the most popular performing arts. Geniuses—Monteverdi, Mozart, Verdi, Wagner, and Puccini—produced some of the landmark artistic achievements of all time in this form. With Professor Robert Greenberg to show you how, you can learn to understand and appreciate opera.

Ted Talks

2nd Tuesday of each month
2:00 p.m.—3:00 p.m.

Cancelled: January 11

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity— watch a video followed by discussion.

Movies at 1pm

Wednesday, January 5 1pm

CANCELLED: MOVIE WILL BE RESCHEDULED
Cruella



Rated PG-13 2hours and 14 mins

Estella is determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman, she embraces her wicked side to become the raucous and revenge-bent Cruella.

Wednesday, February 2 1pm

Tenet

Rated PG-13 2 hours and 30 mins



Armed with only one word, Tenet, and fighting for survival of the entire world, a Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.

Wednesday, March 2 1pm

Sound of Metal

Rated R 2 hours



A heavy-metal drummer's life is turned upside down when he begins to lose his hearing and he must confront a future filled with silence.

IMPORTANT NOTE: Movie descriptions are condensed due to space constraints in the newsletter. For full movie descriptions including rating detail please inquire at the front desk.



Hearing Screenings and Hearing Aid Cleanings (By appointment)

3rd Wednesday of each month
January 19, 1:00 p.m. and February 16,
1:00 p.m.

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Groton Council on Aging, Groton, MA 06-5100

Activities

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. on ZOOM until further notice— **Call 978-448-1170 to express interest in this program.** There is no charge for this program.

Writing Creatively

Tuesdays, 10:00-11:30 am

On ZOOM—January 4 and 11

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. There is no charge for this program. **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.

Knitters

Cancelled: January 3, 7, 10 and 14

Mondays and Fridays
10:00am

Expert knitter, Violetta O'Donnell will teach those just learning and help, when needed, those more experienced.



January 24 1PM

**Let's Talk Taxes with Megan Foster,
Principal Assistant Assessor**

February 28 1PM

**Let's Talk Changing the Town Seal
with Michelle Collette**

The Groton Civil Discourse Project is pleased to announce its plans to hold monthly, in-person conversations at the Center on the fourth Monday of the month at 1 PM.

The conversations will be modeled after the "Talk with Tom" discussions hosted by Tom Hartnett for many years. Tom was a retired Tax Collector/Treasurer and Selectman who met with seniors every month to talk about what was on their minds especially local, controversial issues including Town Meeting warrant articles and ballot questions.

Get to Know Your Community Leaders

Join us for an exciting opportunity to meet your community leaders and learn what is happening in our Town.

**Nikolis Gualco, Conservation Administrator
January 27, 9:30 a.m.**

Nikolis plans to speak about the role of the Conservation Commission and will share details on regulatory projects, like The Groton Center and land management projects. He encourages questions from the audience, too!

**Ashley Doucette, Program Director—The
Groton Channel**

February 11, 10:30 a.m.

Ashley will discuss what goes into the creation of Cable Access Television News, events, meeting coverage and original programming are all created by Groton residents just like you! Learn about some of the original shows created at the studio and how YOU can star in your very own show.

Ambassador Program

We are so fortunate to have a wonderful team of volunteers who support the mission of The Groton Council on Aging. If you are a brand new participant and would like to be matched with an Ambassador to accompany you at your first event please call Ashley Shaheen, Council on Aging Director.