

March/April 2023 Program Registration

Name: _____

Phone Number: _____

Please check each program of interest:

March/April Ongoing Programs:

Documentaries (PG 15)

- The Pez Outlaw
Monday, March 20, 1:00 p.m.- 2:30 p.m.
- Facing Nolan
Monday, April 24, 1:00 p.m.- 3:00 p.m.

Memory Cafes (PG 7)

- Tuesday, March 14, 10:30 a.m.- 12:00 p.m.
- Tuesday, April 11, 10:30 a.m. – 12:00 p.m.

Open Art Studio (PG 10)

- Friday, March 17, 12:00 noon- 3:30 p.m.
- Friday, April 21, 12:00 noon- 3:30 p.m.

Ted Talks (PG 15)

- Robert Widinger: What makes a good life? Lessons from the longest study on happiness.
Tuesday, March 21, 1:00 p.m.- 2:00 p.m.

Get to Know your Community Leaders (PG 10)

- Tom Orcutt, Water Superintendent
Friday, March 10, 11:00 a.m. - 12:00 p.m.
- Bob Garside, Building Commissioner
Friday, April 14, 11:00 a.m. - 12:00 p.m.

Supper Club (PG 14)

- Great Road Kitchen, Littleton
Thursday March 23, 4:00 p.m. – 7:00 p.m.
Max: 16
- Forge and Vine
Thursday, April 27, 4:00 p.m. - 7:00 p.m.
Max: 16

Docuseries (Pg 15)

- Harry and Meghan*
Thursdays, March 23 through April 6
1:00 p.m.- 2:30 p.m.

Felting Crafts with Rachel Benson (PG 10)

- Thursday, March 2: Painting with Wool: Field
1:00 p.m.- 3:00 p.m.
\$23 per person, 5 people minimum

Veterans Breakfast (PG 16)

- Thursday, March 16, 9:30 a.m.- 10:30 a.m.
- Thursday, April 20, 9:30 a.m. – 10:30 a.m.

Senior Chili Day (PG 16)

- Friday, March 24, 12:00 p.m. to 1:00 p.m.

My Active Center Info Session (PG 2)

- Friday, April 28, 2:00 p.m. – 2:30 p.m.
- Friday, June 30, 2:00 p.m.- 2:30 p.m.

Beyond Armchair Travel Program (PG 14)

- St. Patrick's Day
Thursday, March 16, 3:00 p.m. to 4:00 p.m.
- The Heart of Baku
Wednesday, April 19, 10:00 a.m. to 11:00 a.m.

Welcome Wagon with COA Staff (PG 3)

- Wednesday, March 1, 9:00 a.m.- 10:00 a.m.
- Monday, April 3, 9:00 a.m.- 10:00 a.m.

Tech Club for Non-Techies (PG 10)

- Wednesday, March 1, 9:00 a.m.- 10:00 a.m.
- Wednesday, April 5, 9:00 a.m.- 10:00 a.m.

Volunteer Lunch (PG 3)

- Friday, April 14, 12:00 noon – 1:00 p.m.

Groton Hill Music Center Series (PG 4)

- Thursday, March 16, 1:00 p.m. – 2:00 p.m.

Bach Lunch Music Series (PG 5) (Groton Residents Priority)

- Thursday, March 9 Maximum: 12 people
1:30 p.m. – 2:30 p.m.
Transportation Needed? _____
- Thursday, April 13 Maximum: 12 people
1:30 p.m.- 2:30 p.m.
Transportation Needed? _____

Special Edition Pi-Day Math Club (PG 14)

- Tuesday, March 14, 1:00 p.m. to 2:00 p.m.

Driver Safety Class with AARP (PG 14)

- Monday, March 13, 9:30 a.m. to 3:00 p.m.
Max 20 people, \$20: AARP Members, \$25: Non Members

**Please check with a staff member to confirm appointment times for: Hearing Screening,
Ask the Nurse, SHINE, Footcare, and Technology Assistance.**



The Groton Center

Groton Council on Aging
The Center That Builds Community

Date and Time:

Special Events (PG 4, unless otherwise noted)

- Celebrate with the Artists on Exhibit
Wednesday, March 1, 12:30 p.m. – 2:00 p.m.
- Film Screening and talk: *The House We Lived In*
Wednesday, March 8, 1:00 p.m. – 3:00 p.m.
- Senior Meals
Wednesday, March 15, 12:00 noon – 2:00 p.m.
- Frank King Virtual Musical Lecture
Wednesday, March 29, 1:00 p.m.- 2:30 p.m.
- The Frelinghuysen Museum Documentary and Lunch
Wednesday, April 5, 12:00 noon – 2:00 p.m.
- Songs of Yesteryear with Denis Cormier and H&V Lunch
Wednesday, April 12, 12:00 p.m.- 2:00 p.m.
- Senior Meals
Wednesday, April 19, 12:00 noon – 2:00 p.m.
- Earth Day Garden Clean Up
Friday, April 21, 11:00 a.m.- 1:00 p.m.
- Brain Health: “A Recipe for Life” with Hearts to Home
Wednesday, April 26, 12:00 p.m.- 2:00 p.m.

Groton Reads and Gardens with The Groton Center

- Free Stretching Class with Rebecca Reber (PG 5)
Wednesday, March 15, 11:00 a.m. – 12:00 p.m.
Max: 20 people
- Life Cycle Gardening with Betty Sanders (PG 5)
Wednesday, March 22, 1:00 p.m. – 2:30 p.m.

Friday Flicks 1:00 p.m. to 3:30 p.m. (PG 15)

- March 3: You People (Rated R)
- March 10: Matilda the Musical (Rated PG)
- March 17: All Quiet on the Western Front (Rated R)
- March 31: Glass Onion (Rated PG-13)
- April 7: Me Time (Rated R)
- April 14: Ticket to Paradise (Rated PG-13)
- April 21: The Swimmers (Rated PG-13)
- April 28: Spoiler Alert (Rated PG-13)

Senior Transitions Workshops with Tony Serge (PG 6)

- Wednesday, April 12, 2:00 p.m.- 3:00 p.m.(Max 12 people)
- Wednesday, April 26, 2:00 p.m.- 3:00 p.m. .(Max 12 people)

Writing with Cindy Thompson (PG 10)

- Thursdays, March 9 through April 13, 1:00 p.m. to 2:30 p.m. Max:6 people

Pickleball Clinics (PG 6) (Groton Residents Only)

- Monday, March 27, 12:30 p.m.- 2:00 p.m.
5 people maximum
- Monday, April 24, 12:30 p.m.- 2:00 p.m.
5 people maximum

National Days with Nickole! (PG 3)

- National Oreo Day
Monday, March 6, 1:30 p.m. to 2:30 p.m.
- National Pretzel Day
Wednesday, April 26, 2:00 p.m. to 3:00 p.m.

Day Trips and Off-Site Events

- Fruitlands Museum, Harvard (PG 14)
Friday, March 31, 10:00 a.m. to 1:00 p.m.
Price: \$5 per person, Maximum: 16 People
- Tour Around Town with Peter (PG 3)
(Groton Residents Only)
Monday, March 27, 1:00 p.m. - 3:00 p.m.
Max: 8 people
- Tour Around Town with Peter (PG 3)
(Groton Residents Only)
Monday, April 24, 1:00 p.m. - 3:00 p.m.
Max: 8 people

Speaker Series (PG 12)

- MIT Age Lab
Sunday, March 19, 1:00 p.m.
- Liz O'Donnell
Sunday, April 30, 1:00 p.m.
- Joe Gatto
Friday, June 9, 1:00 p.m.

If you are new to The Groton Center or interested in our ongoing programs; Ballroom Dance, Ping Pong , Billiards, Knitting, Strength Training, Chair Yoga, Bone Builders, Mat Yoga, Zumba Gold, Writing Creatively, Mahjong, Hand and Fools Cards, Cribbage, Book Club, Pickleball, or Walking Club; please inquire at the front desk or with Lauren Marcello, Community Engagement Specialist.

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