

March 2024

at the Groveland COA

MON	TUE	WED	THUR	FRI
Join us for: <ul style="list-style-type: none"> Council on Aging, Board of Director Meetings 3rd Wednesday of the month at 9:30am. Open to the Public. Friends of Council on Aging meets 1st Thursday of the month at 3pm New members are welcome and appreciated! Both meetings take place in the Center Meeting Room, Town Hall.				1 [no yoga today]
4	5 Vote Today! . Presidential Primary. Call the COA if you need a free ride. 3B Fitness @9am	6 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12-3pm, Free	7 Meditation / Mindfulness at 10am, RSVP	8 Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am SATURDAY 9th: Maria Stephanos @1pm, RSVP, Free
11 Atty Elaine Dalton 10am, RSVP, Free Movie @11am: "Waitress: The Musical," Free	12 3B Fitness @9am Ping Pong & Corn Hole @1pm, RSVP, Free	13 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12-3pm, Free	14 Van Trip @ 9:30am: Currier Museum; RSVP Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free	15 Yoga @10:45am
18 Dementia Friends Training at 9:30am, Free	19 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am Spring Door-Hanger DIY @1pm, Free	20 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12-3pm, Free	21 Meditation / Mindfulness at 10am, RSVP Fiddles & Fare: A Celtic Celebration @11:30am, RSVP	22 Yoga @10:45am
25 Movie @11am: "The Color Purple," Free Veterans' Services @1:30pm	26 3B Fitness @9am Van Trip @ 11am: Holy Grail Restaurant; RSVP	27 Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Games @12-3pm, Free	28 Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Rolling on the River Lecture @1pm	29 Yoga @10:45am

Did you know that you can view and RSVP for programming online?

Yes you can!! Check it out here:

myactivecenter.com/#centers/USA.MA.Groveland.Groveland-Senior-Center

You can also visit our webpage at <https://grovelandma.com/council-on-aging/>

April 2024

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MON	TUE	WED	THUR	FRI
1	2 3B Fitness @9am	3 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	4 Meditation / Mindfulness at 10am, RSVP	5 Yoga @10:45am
8 Atty Elaine Dalton 10am, RSVP, Free Movie @11am: "Priscilla," Free	9 3B Fitness @9am Van Trip: Mystery Ride @10am, RSVP	10 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	11 Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free	12 Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am
15 <i>Patriots' Day</i> COA Office Closed	16 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am A Greener Groveland Lecture @1pm	17 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	18 Meditation / Mindfulness at 10am, RSVP	19 Yoga @10:45am SATURDAY 20th: Dementia Friends Training at 9:30am, Free
22 Movie @11am: "The Holdovers," Free	23 3B Fitness @9am Ping Pong & Corn Hole @1pm, RSVP, Free Van Trip: Icon Museum @9am, RSVP	24 Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Games @12-3pm, Free	25 Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Seaside Treasures @1pm	26 Yoga @10:45am
29 Veterans' Services @1:30pm	30 3B Fitness @9am			

Groveland residents can receive free transportation to COA Events, and voting, call the office at (978) 372-1101 to confirm availability.