

Groveland Council on Aging Newsletter September/Oct. 2022

Town Hall 183 Main St. Groveland, MA 01834 Grovelandma.com (Council on Aging under Town Depts.)
Groveland Council on Aging- Facebook / Phone 978-372-1101 / Fax 978-469-5008 Open Monday 8:00-4:00 p.m.
Tuesday-Thursday 8:00-4:30 p.m. Friday 8:00-12:00 p.m.

The Mission of the Council On Aging is to advocate for Groveland's older adults, to identify their needs, to develop and implement services, to meet their health, economic, social, and cultural needs, to encourage maximum independence, and to improve their quality of life.

COA Corner

Groveland Day! Saturday, September 10th, 2022 10am-4pm at the Pines Recreation area! Fun for all ages! Vendors, food, farmers market, entertainment, music and more!

Starting January, 2023 the COA will be charging *out of town residents* \$12.00 a year for a printed/mailed copies of COA Newsletter. Checks can be made out to "Groveland Council on Aging."

If you live out of town and would like to continue to receive a mailed copy of the newsletter, please contact the Groveland COA before

January, 2023. *or* you will be automatically removed.

Emailed copies of the bi-monthly newsletter will continue to be FREE.

Paper copies of the Newsletter are always available FREE
in the following locations: Council on Aging offices, Town Hall Lobby,
Langley-Adams Library, River Pines Community Room & Nichols Village Lobby,
M&M Laundromat, Ultimate Perk, Haverhill Citizens Center

New Fitness Class!! Get Movin!

With Leah Miller Wednesdays @ 9:00 a.m. October 5, 12, 19 & 26 / In the center room \$20 for a 4 week Session Pre-registration required (8 student min. to run the class) Checks made out to "Leah Miller"

Please bring your own theraband or loop band & a 5lb weight

On-Going Services

For information on any of the following services, or for reservations, please call the COA office at:
978-372-1101

◆ **Meals on Wheels** Available for homebound

elders. Call the COA office at (978) 372-1101 to arrange assistance. **Current clients** with cancellations / changes: Call Meals Program at 978-686-1422

◆ **Plaza Shopping /Rivers Edge, bank, Post Office & CVS– Wednesdays – Pick Up Time: 9:00 am (11:00 am return) – FREE**

◆ **Westgate too! for \$8.00 round trip (call COA)**

◆ **Our Neighbors' Table** –Phone in or online orders pick up on own Wed-Sat (Anyone 18 +) or delivery scheduled on Wed afternoons for **Groveland homebound only.**

◆ **Hairdresser** is available for in-home “hair care” for women *and* men: Flexible schedule with day/evening hours. Women’s Wash/Cut - \$25, Color/Style - \$30, Men’s Cut - \$15.

◆ **Health Maintenance Clinic** Thursday, July 21st & August 18th @ 9:30 a.m. Call the Board of Health nurse Anita Wright **978-556-7210**

Transportation Options

One time registration required

◆ **COA Van rides (Please note the *INCREASE before booking your ride*)**

LOCAL (Groveland, Haverhill, Georgetown) = \$8.00 round trip

OUT OF TOWN = \$15.00 round trip

Call us to book a ride at 978-372-1101.

◆ **NEET (Northern Essex Elder Transport) Program – (for medical and necessary transportation) NEW Required registration form for riders available at the COA. The COA requires two (2) BUSINESS DAYS notice when you call to make a reservation. Ride fulfillment is not guaranteed. Call the COA at (978) 372-1101**

◆ **FREE Rides: Call MVRTA’s “Ring & Ride” (978-469-6878) for rides within Groveland and to ... Amesbury, Georgetown, Haverhill, Lawrence, Methuen and Newburyport. Choose “Special Services” when prompted— Press “option #3”—Call MINIMUM 24 hours ahead to book transportation!**

◆ **CARERIDE is a subsidized transportation service for non-emergency medical appointments for people 65 and over residing in the Greater Lowell and Greater Haverhill areas.**

~Friends of the COA Summer BBQ Fundraiser~

Thursday, September 29nd @12:00 pm

Under the Tent

(Hot Dogs, Hamburgers, Dessert, raffles & music)

Sign up Required (for the Catering) call 978-372-1101

Tickets : \$10.00 Each– Pay at the Door

Free Transportation on the COA Van



Groveland Van Trips



*You are welcome to call ... on the
1st day of the new month to sign up for
trips!*

You can book for both Sept. & Oct.

*Please call us to request a new trip
destination!*

*Call Nisha @ 978-372-1101 or email
NBurke@grovelandma.com between the hours of
9:00am to 3:00pm for information or reservations.*

Thursday, September 8th Encore Casino

Encore Casino in Everett! Time for table games, slots, 15 dining options, exhibits, and spa. Sign up for a free membership card ahead of time or when you arrive. (Space is Limited. Call Early!)

Depart: 9:00am / Return: 3:30pm

Cost: \$15.00 Van/ lunch on your own.

Monday, September 19th Rockport

This trip is designed to be “on your own.”

Enjoy time to walk along the water, shopping and lunch with a scenic view of the ocean.

Depart: 10:00am / Return: 4:00pm

Cost: Van \$15.00 / Lunch on your own

Thursday, October 6th Topsfield Fair

The Tradition Continues with American’s oldest Fair! Attractions include: Exhibits, animals, crafts, food, shows, and rides. Come see the world’s largest pumpkin and all the fair has to offer. Brochures with the full days schedule are available in the office or online.

Depart: 9:30am / Return: 3:30pm

Cost: Van \$15.00 /Admission \$15.00 /Lunch on your own

Monday, October 31st Museum of Fine Arts

Exhibits include: Art of Ancient Greece, Rome, and the Byzantine Empire, Masterpieces of Egyptian Sculpture from the Pyramid age. For a full list of exhibits please visit: MFA.org

Enjoy lunch at the museum, There are 3 dining options within the museum campus.

General admission tickets are no longer timed-entry, but special ticketed exhibitions require a timed-entry ticket.

Check with the local libraries for museum passes.

Depart: 9:00am / Return: 3:30pm

Cost: Van \$15.00 /admission \$27.00 /Lunch on your own

2023 Overnight Trips with Grand American Tours.

Flyers available in the COA office

Hawaii March 23—April 1,2023

10 Days/ 9 Nights

Hawaii/ Escorted by Grand American Tours with Norwegian Cruise Line on the Pride of America. Honolulu, Oahu ~ Kahului, Maui ~ Hilo, Hawaii ~ Kona, Hawaii ~ Nawiliwili, Kauai ~ Honolulu, Oahu

Deposit: \$350 pp double occupancy. \$700 single. Final balance due October 25, 2022.

Memphis to Nashville (Clarksville) June 25-July 3, 2023 9days/ 8 nights

American Queen Voyages Cruise. Memphis, TN ~ Ashport Landing, TN ~ New Madrid, MO ~ Cape Girardeau, MO ~ Paducah, KY ~ Dover, TN ~ Clarksville (Nashville), TN

Deposit: \$600pp double occupancy/ \$1,200 single. Final payment is due by

January 26, 2023.

Exercise classes

Bones Brain Balance!!

3B Fitness with Brian Coyne- **Tuesdays at 9:00 a.m.** Under the tent /the Fire Station meeting room (inclement weather only)/ \$5.00 per class. Drop in! Class run by certified personal trainer Brian Coyne, who has over 15 years of experience.

Take the first step and call today...978-372-1101

Walking Club

Tuesdays @ 9:00 a.m. at the Haverhill Stadium. Contact Paola Hussein @ 978-374-2390 x 3916

Outdoor Yoga

Outdoor Yoga with Mary Van Abs- **Fridays at 10:45 a.m.** On the Town Hall lawn/ in the center meeting room (inclement weather) \$5.00 per class.

Get Movin!

With Leah Miller Wednesdays @ 9:00 a.m. October 5, 12, 19 & 26 / In the center room \$20 for a 4 week Session Pre-registration required (8 student min. to run the class) Checks made out to "Leah Miller" Please bring your own theraband or loop band & a 5lb weight.

Groveland Council on Aging Tote Bags!!

**Donate to the COA and receive a free tote! \$12.00 donation (1 tote)
\$20.00 donation (2 totes)**

Available in the Council on Aging office.



2023 Overnight Trips with Grand American Tours. Cont.

Greek Isles (Venice to Rome) July 15-25,2023 11 Days / 10 Nights

Oceania Cruises: Venice, Italy ~ Split, Croatia ~ Dubrovnik, Croatia ~ Cruising the Ionian Sea ~ Athens (Piraeus), Greece ~ Mykonos, Greece ~ Santorini, Greece ~ Argostoli (Cephalonia), Greece ~ Taormina (Sicily), Italy ~ Salerno, Italy ~ Rome (Civitavecchia), Italy

Deposit of \$850pp double occupancy/ \$1,700 Single. Final payment is due approximately 4 months prior to cruise departure.

Tuesday Movie Mornings at 11:00 a.m. in the center meeting room Donations Appreciated

September 13th

Downton Abbey: A New Era

**—Starring: Maggie Smith & Hugh Dancy PG 2022 ·
Drama/Romance · 2h 5m**

September 27th

Elvis—Starring: Austin Butlet & Tom Hank

PG-13 2022 Drama/Musical · 2h 39m

October 4th

Where the Crawdads Sing - Starring: Daisy Edgar Jones, Taylor Jone Smith

PG-13 2022 Mystery/Drama · 2h 59m

October 18th

Mrs. Harris Goes to Paris

—Starring: Leslie Manville & Alba Baptista

PG 2022 Comedy/Road · 1h 55m



September 2022

Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
			1	2
5 COA Closed	6 3B Fitness @9 am Walking Club @9am Brown Bag	7 Shopping @9—11 am UTEC Food Box @12 pm Game Day @1pm	8 Encore Trip @9am	9 Yoga @ 10:45am
12 Legal Monday	13 3B Fitness @9 am Walking Club @9am Movie @11:00am	14 Shopping @9—11 am UTEC Food Box @12 pm Game Day @1pm	15 Health Maintenance Clinic @ 9:30 am	16 Yoga @ 10:45am
19 Rockport Trip @10am	20 3B Fitness @9am Walking Club @9am Senator Tarr @12pm	21 Shopping @9—11 UTEC Food Box @12 pm Game Day @ 1pm COA Board Meeting 9:30 a.m.	22 Traveling Chef @11am	23 Yoga @ 10:45am
26 Veterans Services office hours @1:30pm	27 3B Fitness @9 am Walking Club @9am Movie @ 11:00am	28 Shopping @9—11 am UTEC Food Box @12 pm Game Day @1pm	29 Friends BBQ @ 12 pm Under the Tent \$10.00	30 No Yoga

October 2022

Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
3	4 3B Fitness 9 am Walking Club @ 9am Movie @11am Brown Bag	5 Shopping @9—11 am Get Movin @9am Water Color @10-11:30 UTEC Food Box @12 pm Game Day @1pm	6 Topsfield Fair Trip @9:30 am	7 Yoga 10:45am
10 COA Closed	11 3B Fitness 9 am Walking Club @ 9am	12 Shopping @9—11 am Get Movin @9am Water Color @10-11:30 UTEC Food Box @12 pm Game Day @1pm	13	14 Yoga @ 10:45am
17 Legal Monday	18 3B Fitness @9am Walking Club @ 9am Movie @11am Sen. Tarr Office Hours @12pm	19 Shopping @9—11 am Get Movin @9am Water Color @10-11:30 UTEC Food Box @12 pm Game Day @1pm COA Board Meeting 9:30	20 Health Maintenance Clinic 9:30 am Travelling Chef @11am	21 Yoga @ 10:45am
24	25 3B Fitness @9 am Walking Club @ 9am	26 Shopping @9—11 am Get Movin @9am Water Color @10-11:30 UTEC Food Box @12 pm No Game Day @1pm	27	28 Yoga @ 10:45am
31st Veterans Service office hours 1:30pm MFA Trip @9	3B Fitness @9 am Walking Club @ 9am			

THE FRIENDS OF THE GROVELAND COUNCIL ON AGING

P. O. BOX 301, GROVELAND, MA 01834

NOVEMBER 2022 CALENDAR RAFFLE

We are enclosing (on the reverse side) a calendar for November showing the winning prize for each days drawing, and tickets **(at \$10.00 each)** to purchase for our November Calendar Raffle. These tickets will be drawn each day of the month for an opportunity to win the prize shown for that day. Each daily winner will have their ticket put back in the drawing for the opportunity to win additional days.

Winners will be contacted by phone and prizes will be mailed to each winner at the address shown on the ticket.

Your support as a Friend is one of the many ways we are realizing our mission **“to advocate for and to address the needs of seniors by raising and expending funds in conjunction with the Groveland Council on Aging.”** This past year we have provided financial support to the COA for the Vertical Magnetic Calendars, the Volunteer Appreciation Brunch, COA Senior Day, Elvis Musical Performance, Dylan and Pete's Ice Cream Truck, the Blue Tooth Speaker System, and a 10% match toward a Helping Hand Mini-Grant Application.

We welcome and thank you for your participation in this fundraising program. Additional tickets are available at the COA office. We hope you will purchase and/or sell these tickets and GOOD LUCK! If you have any questions, please contact JoAnna Donnelly at 978-374-6225 or Ron Mertens at 978-204-6578.

Friends of the Groveland Council on Aging

November 2022 Calendar Raffle

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 \$25 Nunan's Gift Card	2 \$25 Crosby's Gift Card	3 \$25	4 \$30 O Yummy Gift Card	5 \$50
6 \$50	7 \$25 J Mari Hair Designs Gift Card	8 \$40 4 Piano Lessons Donovan Studios	9 \$25 Groveland Gas Gift Card	10 \$25	11 \$100	12 \$50 Jon Val Gift Card
13 \$50	14 \$25 Market Basket Gift Card	15 \$25 Barking Dog Gift Card	16 \$25 Café Sarina Gift Card	17 \$25	18 Free Oil Change Groveland Auto	19 \$50
20 \$50	21 \$25 Tea Garden Gift Card	22 \$25 Riverside Pizza Gift Card	23 \$25 Market Basket Gift Card	24 \$100	25 \$40 Casa Blanca Gift Card	26 \$50
27 \$50	28 \$25 Your Place & Ours Gift Card	29 \$25 Roasted Coffee Bar Gift Card	30 \$15 DP Nails & Country Gardens Gift Cards			

Rules:

- Each Ticket is \$10
- Each day of the month of November a raffle ticket will be drawn. The holder of that ticket will win the prize assigned to that day.
- After the raffle ticket is drawn, it is placed back into the raffle so that each entry has a chance to win every day of the month.
- Winners will be notified by phone and will receive a check and/or gift card through the mail.
- All proceeds will benefit the Friends of the Groveland Council on Aging.

Name

Name

Address

Address

City/State/Zip

City/State/Zip

Phone

Phone

Email

Email

Name

Name

Address

Address

City/State/Zip

City/State/Zip

Phone

Phone

Email

Email

Mail tickets to FOGCOA P.O Box 301 Groveland, MA 01834 or drop off at the COA Office

Email List!!!

Join our newsletter email list and be the first ones to see the events and luncheons happenings at the COA!

Perks ~ Join our newsletter folding group and be the first to be able to sign up for the trips and events.

Friends of COA officers Update

JoAnna Donnelley — President

Valerie Osborne—Vice President

John Osborne—Treasurer

Lisa Collins—Secretary

Donations accepted any time—Mail to
"Friends of Groveland COA P.O Box 301
Groveland, MA 01834"

Or contact JoAnna Donnelly

Game Day!!

Every Wednesday from
1:00—3:00pm /center meeting room
(No Game Day Oct. 26th)

Run by JoAnna Donnelly-
Rumi Cube, Scrabble, Checkers, Chess,
Uno, card games and more.

Please bring your own snacks



Water colors for beginners

Under the Tent / (at the Fire Station
meeting room in inclement weather)

Peggy Poppe

\$40 for 4-week session. Checks made out
to "Margaret Poppe"

Wednesdays October 5, 12, 19, 26

10:00 -11:30 a.m.

Fire Prevention

October 15th @ the Fire Station!

**Call Chief Valentine for more
information.**

Health Maintenance Clinic

**Thursday, Sep. 15th & Oct. 20th @
9:30 a.m. in the center meeting room.**

COME AND VISIT THE ONE AND ONLY ANITA
WRIGHT WHO IS GROVELAND'S BOARD
OF HEALTH NURSE.

BLOOD PRESSURE, MEDICATIONS, QUESTIONS
REGARDING YOUR HEALTH.

B-12 SHOTS IF YOU BRING THE MEDICATION



Council on Aging Board Meeting

**Wednesday, September 21st @ 9:30
a.m.**

**Wednesday, October 19th @ 9:30
a.m.**

**Town Hall– small conference room
or Public safety meeting room.**

Open to the Public

Meeting

Free-UTEC

Fresh food boxes with fruits, vegetables, milk and two pre-prepared meals are now available for Wednesday delivery.

Boxes are limited. Please call to schedule a delivery. Available to Groveland seniors. 978-372-1101.

Sep. 7th	October 5th
Sep. 14th	October 12th
Sep. 21st	October 19th
Sep. 28th	October 26th

Traveling Chef Meal

**Thurs. Sep. 22nd & October 20th
delivery after 11:00 a.m.**

First 40 callers receive delivery of a FREE lunch!

September ~ Cheese Burger, Sweet Potato Tots, Salad, and Apple Crisp.

October ~ German Meat Pie, German Potato Salad, Dinner Roll, and Apple Strudel

Courtesy of Agespan and your friendly Groveland COA! Call to book your meal!

**Sen. Bruce Tarr's Office Hours
with Mary Ann Nay Tuesday, September
20th / October 18th**

**Problems/Concerns? Call (617) 722-1600
or Maryann.Nay@masenate.gov**

Water Discount for Seniors

The Water Department will begin offering a 10% discount for residents who are 65 years of age and older that will be applied to the Water Minimum tier. An application was included in your April water bill. Please fill out the form and return it to the Water Dept. with the required "date of birth" documentation. If you need any help with this, please call the Water/Sewer Dept. at 978-556-7220.

Brown Bag Program

Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank, have joined forces to offer an **Elder Brown Bag Program** for income eligible residents 60 years and older and disabled adults who live in elder housing in the Merrimack Valley. ***People who qualify will receive a free bag of groceries once a month.***

Recipients must be 60 years of age or older (or a disabled adult living in elder housing) and must be low income as measured by participation in (or eligibility for) at least one program for which proof of income has been demonstrated. This includes enrollment in MassHealth, SNAP (food stamps), SSI, Medicaid,

Fuel Assistance, or similar programs, which establish that recipients earn a maximum of \$21,775 yearly (gross) for a single person, or \$29,471 yearly (gross) for a couple. To request an application, or if you'd like more information about the Brown Bag program, please contact the Groveland COA.

VETERANS' SERVICES

MONDAY SEP. 26TH & OCT. 31ST

1:30 PM — 3:30PM

IN THE GROVELAND COA OUTREACH
OFFICE

CALL MIKE INGHAM AT 978-973-2118

Or

MINGHAM@GROVELANDMA.COM

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Groveland Council On Aging
Town Hall
183 Main Street
Groveland, MA 01834

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money and keep our Mailing
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**Please support Allison & Richard Walters at Senior Publishing—
without them, we would not be in print!**

RETURN SERVICE REQUESTED

~ Food Pantry Resources ~ Groveland Residents

Council on Aging Food Pantry – Open Wednesdays & Thursdays at 10:00 a.m. – 2:00 p.m.

Our Neighbors' Table Market in Amesbury – Wednesday– Saturday and Wednesday Grocery Delivery at 2:00 p.m. for home-bound seniors only.

(978) 388-1907

St. Vincent De Paul Society Pantry & Services – Free Curbside and Grocery pick up/delivery

48 South Chestnut St. Bradford, MA 01835

Help line 978-372-5824

SVDPBradford@gmail.com

Programs/Transportation: Nisha Burke

Outreach: Maria Yagual **Van Drivers:** Frank Sapienti—Maureen Lee-Locke—Richard Fitzgerald

COA Board: Kathryn Alesse (*Chairman*) Dot DiChiara (*Treasurer*) Irene Thomas (*Secretary*) Marie Waller,
Anita Wright , Laurel Puchalski, Lawrence MacElhiney