



March & April 2023

# COUNCIL ON AGING NEWS

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.



## WELCOME TO OUR NEW DIRECTOR SHAWN CASS

**It is an honor and privilege to serve you in this important role. I look forward to getting to know all of you!**

A little about me, I grew up on the North Shore and come from a large family. I spent 16 years in marketing at a bank in North Carolina. I moved back to the area a few years ago to be closer to family and friends and as part of that move, I decided to change careers. Before coming to Groveland, I worked for the town of Merrimac Council on Aging and Senior Center and I am thrilled to join everyone here. I am very passionate about serving the community and as the warmer months approach we will be working hard to put together fun activities and connect you to essential resources to help improve your quality of life. If you have ideas for events and activities, or if you would like to share any feedback, I would love to hear from you.

**Stop by to say hello. My door is always open!**

*Shawn Cass*

Town Hall - 183 Main St., Groveland, MA 01834—[www.Grovelandma.com](http://www.Grovelandma.com) (under Town Depts.)  
Groveland Council On Aging- Facebook / Phone 978-372-1101 / Fax 978-469-5008  
Open Monday 8:00-4:00pm / Tuesday - Thursday 8:00-4:30pm / Friday 8:00-12:00pm

# - NEWS & UPDATES -

FOR MARCH AND APRIL

## Did you know our food pantry now includes fresh food?

The Council on Aging food pantry is a certified partner  
with Our Neighbor's Table in Amesbury and the Greater Boston Food Bank.

The food pantry is located in the Groveland Town Hall  
within the COA Outreach Office



**Wednesdays - Drop In 2pm-4pm**

**Thursdays - By Appointment 9am-3pm**

Call 978-372-1101 by 11am on Tuesday to reserve your appointment!

### REMINDERS!

- Closed April 17th for Patriot's Day
- Maureen Lee-Lock will serve as our interim Outreach Coordinator and is available Monday and Tuesday. Call the COA at 978-372-1101 for assistance or to make an appointment.



- Interested in volunteering for the COA?! Call and ask for Shawn or Nisha to learn about the various opportunities available!
- We still have a couple of open spots for the tax work-off program. If you would like more information, let us know.
- Health maintenance appointments available with the Board of Health Nurse Anita Wright [AEWright@grovelandma.com](mailto:AEWright@grovelandma.com) or by calling 978-556-7210.



# - NEWS & UPDATES -



## FOR MARCH AND APRIL



### NEW EVENTS! CALL US TO PRE-REGISTER!

**MAR. 7TH**

**NEW STAFF MEET & GREET PIZZA PARTY  
11:30AM-1PM IN THE CENTER MEETING ROOM**

**MAR 9TH**

**JOIN US FOR A SPECIAL LUNCH AT HOLY GRAIL DEPART AT 10:45AM.  
RETURN: 3PM. VAN \$15 LUNCH ON YOUR OWN.**

**MAR. 21ST**

**COFFEE HOUR WITH REP. ADRIANNE RAMOS AT  
10AM IN THE CENTER MEETING ROOM**

**MAR. 23RD**

**LEARN ABOUT SCAMS WITH DET. DANIELLE BURRILL  
AT 10:30AM IN THE CENTER MEETING ROOM. LIGHT  
REFRESHMENTS WILL BE SERVED**

**MAR 27TH**

**PEABODY ESSEX MUSEUM. CHECK OUT THE LIBRARY FOR MUSEUM  
PASSES. SENIOR ADMISSION \$18 LUNCH ON YOUR OWN AT THE  
MUSEUM OR ON ESSEX STREET MALL.  
DEPART: 9AM / RETURN: 3PM. VAN \$15**

**APR. 3RD**

**LUNCH BUFFET AT THE POET'S INN. \$13.95 PER PERSON.  
SPACE IS LIMITED. DEPART: 10:45AM / RETURN: 2PM VAN \$8.**

**APR. 10TH**

**VOLUNTEER APPRECIATION BRUNCH AT 10:30AM IN  
THE CENTER MEETING ROOM. MUSIC, FOOD AND FUN!**

**APR. 27TH**

**TRIP TO ENCORE CASINO. TIME FOR TABLE GAMES, SLOTS.  
15 DINING OPTIONS, EXHIBITS AND SPA.  
DEPARTS: 9AM / RETURN: 3PM. LUNCH ON YOUR OWN. VAN \$15**

# - HEALTH & NUTRITION -

## **MEALS ON WHEELS**

AVAILABLE FOR HOMEBOUND ELDERS. CALL THE COA OFFICE AT 978-372-1101 TO ARRANGE ASSISTANCE. CURRENT CLIENTS WITH CANCELLATIONS OR CHANGES CALL THE PROGRAM DIRECTLY AT 978-686-1422

## **MOBILE MARKET GROCERY DELIVERY**

A BAG OF FRESH GROCERIES CAN BE AVAILABLE ON THE FIRST TUESDAY OF THE MONTH. CALL 978-372-1101 FOR MORE INFORMATION

## **UTEC FOOD BOXES - FREE**

FRESH FOOD BOXES WITH FRUIT, VEGETABLES, MILK, AND 2 PREPARED MEALS ARE NOW AVAILABLE FOR WEDNESDAY DELIVERY. BOXES ARE LIMITED TO THE FIRST 5 GROVELAND SENIORS. CALL 978-372-1101

## **OUR NEIGHBOR'S TABLE**

PHONE IN OR ONLINE ORDERS AVAILABLE FOR PICK UP WED - SAT (ANYONE 18+) OR DELIVERY SCHEDULED ON WED AFTERNOONS FOR GROVELAND HOMEBOUND RESIDENTS. CALL 978-388-1907 FOR INFO

## **TRAVELING CHEF MEAL**

FREE COURTESY OF AGESPAN AND THE GROVELAND COA.  
THE FIRST 40 CALLERS RECEIVE DELIVERY OF A FREE LUNCH!  
DELIVERY BETWEEN 12PM-2PM

MARCH 16TH - SHEPARD'S PIE, GARDEN  
SALAD, DESSERT

APRIL 20TH - PANINI GRILLED ITALIAN  
SANDWICH, FRESH FRUIT SALAD



# - TRANSPORTATION -

**ONE-TIME REGISTRATION REQUIRED!**

## **COA VAN RIDES**

AT LEAST 2 BUSINESS DAYS NOTICE REQUIRED TO BOOK A RIDE. PLEASE NOTE THE INCREASE IN COST PRIOR TO BOOKING TRANSPORTATION. LOCAL \$8.00 (GROVELAND, HAVERHILL, GEORGETOWN) OUT OF TOWN \$15.00 ROUNTRIP. CALL TO BOOK A RIDE 978.372.1101.

## **NEET (NORTHERN ESSEX ELDER TRANSPORT)**

PROGRAM FOR MEDICAL AND OTHER NECESSARY APPOINTMENTS. REQUIRED REGISTRATION FORM FOR RIDERS AVAILABLE AT THE COA. WE REQUIRE AT LEAST TWO (2) BUSINESS DAYS NOTICE. AVAILABILITY IS NOT GUARANTEED.

CALL COA AT 978-372-1101 FOR MORE INFORMATION.

## **MEVA (FORMALLY MVRTA) FREE RIDES**

CALL MEVA "RING & RIDE" FOR RIDES WITHIN GROVELAND AND TO AMESBURY, GEORGETOWN, HAVERHILL, LAWRENCE, METHUEN AND NEWBURYPORT. CHOOSE SPECIAL SERVICES WHEN PROMPTED AND THEN OPTION #3. CALL AT 978-469-6878 LEAST 24 HOURS IN ADVANCE TO BOOK. FIXED BUS ROUTE MAIN STREET, TOWN HALL AND RIVER PINES.



## **CARERIDE**

IS A SUBSIDIZED TRANSPORTATION SERVICE FOR NON-EMERGENCY MEDICAL APPOINTMENTS FOR PEOPLE 65 AND OVER WHO RESIDE IN GREATER LOWELL AND GREATER HAVERHILL.

# - TRIPS & TRAVEL -

**GOT THE TRAVEL BUG? WE HAVE TRIPS NEAR AND FAR!**

## **SHOPPING TRIPS**

FREE RIVERS EDGE PLAZA SHOPPING TRIP EVERY WEDNESDAY. PICK UP TIME IS 9:00AM WITH 11:00AM RETURN. TRIPS TO WESTGATE ALSO AVAILABLE FOR \$8 ROUNDTrip.

## **LUNCH AT THE HOLY GRAIL**

JOIN US MAR. 9TH FOR A SPECIAL LUNCH JUST IN TIME FOR ST. PATRICK'S DAY DEPART AT 10:45AM. RETURN: 3PM. VAN \$15 LUNCH ON YOUR OWN.

## **PEABODY ESSEX MUSEUM**

PEABODY ESSEX MUSEUM. MAR 27TH CHECK OUT THE LIBRARY FOR MUSEUM PASSES. SENIOR ADMISSION \$18 LUNCH ON YOUR OWN AT THE MUSEUM OR ON ESSEX STREET MALL. DEPART: 9AM / RETURN: 3PM. VAN \$15



## **LUNCH BUFFET AT POET'S INN**

LUNCH BUFFET APR. 3RD AT THE POET'S INN. \$13.95 PER PERSON. SPACE IS LIMITED. DEPART: 10:45AM / RETURN: 2PM VAN \$8.

## **ENCORE CASINO**

APRIL 27TH. TIME FOR TABLE GAMES, SLOTS. 15 DINING OPTIONS, EXHIBITS AND SPA. DEPARTS: 9AM / RETURN: 3PM. LUNCH ON YOUR OWN. VAN \$15

**2023 Overnight  
Trips with  
Grand American  
Tours!**

**\*Flyers available in  
the COA office\***

## **GREEK ISLES JULY 15-25, 2023**

VENICE TO ROME 11 DAYS / 10 NIGHTS. TRAVEL WITH OCEAN CRUISES FROM VENICE, ITALY TO ROME TRAVELING ALONG IONIAN SEA, ATHENS, MYKONOS, SANTORINI, ARGOSTOLI, GREECE AND FINALLY THROUGH SOLERNO, ITALY AND ROME. DEPOSIT \$850 PER PERSON DOUBLE OCCUPANCY OR \$1700 SINGLE. FINAL PAYMENT DUE 4 MONTHS PRIOR TO DEPARTURE.

# - ONGOING EVENTS -

**CALL THE COA AT 978.372.1101 FOR MORE INFO!**

## **MOVIE MORNINGS AT 11AM TUESDAYS:**

### **MAR.14TH**

She Said: R 2022 2h 9m  
Drama/Biography  
Zoe Kazan & Carey Mulligan

### **MAR. 27TH** *(Monday this week only)*

The Banshees of Inisherin: R 2022 1h 54m  
Drama/Comedy  
Starring Colin Farrell & Brandon Gleeson

### **APR. 4TH**

A Man Named Otto: PG-13 2022 2h 6m  
Drama/Comedy  
Starring Tom Hanks & Mariana Travino

### **APR. 18TH**

Alice Darling: R 2022 1h 30m  
Drama / Thriller  
Starring Anna Kendrick & Kaniehtiio Horn

## **GAME DAY WEDNESDAYS**

FROM 1PM-4PM IN THE CENTER MEETING ROOM. FREE RUMI CUBE, SCRABBLE, CHECKERS, UNO AND OTHER GAMES! BRING YOUR OWN SNACKS! ALSO SEEKING BRIDGE PLAYERS

## **WATERCOLORS FOR BEGINNERS**

WITH PEGGY POPPE WEDNESDAYS ON APRIL 5, 12, 19, 26 FROM 10AM-11:30AM IN THE FIRE STATION MEETING ROOM. \$40 FOR A 4-WEEK SESSION. MUST PRE-REGISTER CHECKS MADE OUT TO MARGARET POPPE



## **YOGA**

WITH MARY VAN ABS ON FRIDAYS AT 10:45AM IN THE CENTER MEETING ROOM AT TOWN HALL OR TOWN HALL LAWN \$5 PER CLASS.



## **3B FITNESS: BONES, BRAINS & BALANCE**

JOIN CERTIFIED PERSONAL TRAINER BRIAN COYNE TUESDAYS AT 9AM IN THE FIRE STATION MEETING ROOM OR UNDER THE TENT STARTING IN APRIL \$5 PER CLASS.






## **WALKING CLUB**

WILL RETURN IN THE SPRING AT THE HAVERHILL STADIUM TUESDAYS AT 9AM. CONTACT PAOLA HUSSEIN AT 978-374-2390 X 3916

# March



## Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
<b>Watch For Older Americans Day Celebration in May!</b>		<b>1</b> <b>9-11 Shopping</b> <b>12:00 UTEC</b> <b>1:00 Game Day</b>	<b>2</b>  <b>Pantry Open</b> <b>9-3</b>	<b>3</b> <b>10:45 Yoga</b>  <b>AARP Tax Prep @ Fire Station</b>
<b>6</b> 	<b>7</b> place your pantry order by 11 <b>9:00 3B Fitness</b> <b>9:00 Mobile Market</b> <b>11:30 –1:00 Pizza Party /Staff M&amp;G</b>	<b>8</b> <b>9-11 Shopping</b> <b>12:00 UTEC Box</b> <b>1:00 Game Day</b>	<b>9</b> <b>Van Trip– Holy Grail depart 10:45</b> <b>Pantry Open</b> <b>9-3</b>	<b>10</b> <b>10:45 Yoga</b>  <b>AARP @ Fire Station</b> 
<b>13</b>  <b>Legal Monday</b> <b>Call Atty. Dalton for phone appt.</b>	<b>14</b> <b>9:00 3B Fitness</b> <b>11:00- Movie She Said</b> <b>place your pantry order by 11</b>	<b>15</b> <b>9:30 COA Board Meeting</b> <b>9-11 Shopping</b> <b>12:00 UTEC Box</b> <b>1:00 Game Day</b>	<b>16</b> <b>11:00 Traveling Chef—</b>  <b>Menu: Shepard's pie, garden salad, dessert assorted pie</b>  <b>Pantry Open 9-3</b>	<b>17</b>  <b>10:45 Yoga</b>  <b>AARP Tax Prep @ Fire Station</b> <b>10:00 Rep. Ramos office hrs.</b>
<b>20</b>	<b>21</b> place your pantry order  <b>9:00 3B Fitness</b> <b>10:00 Coffee hour with Rep. Adrienne Ramos</b> <b>12:00 Sen. Tarr office hrs.</b>	<b>22</b>  <b>9-11 Shopping</b> <b>12:00 UTEC Box</b> <b>1:00 Game Day</b>	<b>23</b>  <b>10:30 Scam presentation w/ GPD</b>  <b>Pantry Open 9-3</b>	<b>24</b> <b>10:45 Yoga</b>  <b>AARP Tax Prep @ Fire Station</b>
<b>27</b> 9:00 Van Trip—PEM <b>11:00 Movie—Banghees of Inisherin</b> <b>1:30 Veterans' Services Office Hrs.</b>	<b>28</b> place your pantry order by 11  <b>9:00 3B Fitness</b>	<b>29</b> <b>9-11 Shopping</b> <b>12:00 UTEC Box</b> <b>1:00 Game Day</b>	<b>30</b>  <b>Pantry Open</b> <b>9-3</b>	<b>31</b> <b>10:45 Yoga</b>  <b>AARP @ Fire Station</b>



# April 2023

## Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>Van Trip</b> <b>10:45 - Poets Inn</b>	<b>4</b> <b>9:00 3B Fitness</b> <b>9:00 Mobile Market</b> <b>11:00 Move— A Man</b> <b>Named Otto</b> <b>Place your pantry</b> <b>order by 11</b>	<b>5</b> <b>9-11 Shopping</b> <b>12:00 UTEC Box</b> <b>10:00 Water color</b> <b>1:00 Game Day</b>	<b>6</b> <b>Pantry Open</b> <b>9-3</b> 	<b>7</b> <b>10:45 Yoga</b>  <b>AARP @ Fire</b> <b>Station</b>
<b>10</b> <b>Volunteer</b> <b>Appreciation</b> <b>Brunch</b>	<b>11</b> <b>9:00 3B Fitness</b> <b>place your pantry</b> <b>order by 11</b>	<b>12</b> <b>9-11 Shopping</b> <b>12:00 UTEC Box</b> <b>10:00 Water color</b> <b>1:00 Game Day</b>	<b>13</b>  <b>Pantry Open</b> <b>9-3</b>	<b>14</b>  <b>10:45 Yoga</b>
<b>17</b> <b>Closed</b> <b>Patriots Day</b> 	<b>18</b> <b>9:00 3B Fitness</b> <b>11:00 Movie—</b> <b>Alice Darling</b> <b>12:00 Sen. Tarr</b> <b>office hrs.</b> <b>place your pantry</b> <b>order by 11</b>	<b>19</b> <b>9:30 COA Board</b> <b>Meeting</b>  <b>9-11 Shopping</b> <b>10:00 Water color</b> <b>12:00 UTEC Box</b> <b>1:00 Game Day</b>	<b>20</b> <b>Pantry Open</b> <b>9-3</b>  <b>11:00 Travelling</b> <b>Chef</b>  <b>Menu: Panini</b> <b>Grilled Italian</b> <b>Sandwich, fresh</b> <b>fruit salad</b>	<b>21</b>  <b>10:45 Yoga</b>  <b>10:00 Rep. Ramos</b> <b>office hrs.</b>
<b>24</b>  <b>Town Meeting</b>  <b>1:30 Veterans'</b> <b>Services Office Hrs.</b>	<b>25</b> <b>9:00 3B Fitness</b>  <b>place your pantry</b> <b>order by 11</b>	<b>26</b> <b>9-11 Shopping</b> <b>10:00 Water color</b> <b>12:00 UTEC Box</b> <b>No Game Day</b>	<b>27</b>  <b>Pantry Open</b> <b>9-3</b>  <b>9:00 Van Trip— En-</b> <b>core Casino</b>	<b>28</b>   <b>10:45 Yoga</b>

# WE COULDN'T DO IT WITHOUT YOU!



## APRIL IS VOLUNTEER APPRECIATION MONTH!

**A BIG THANK YOU TO OUR MANY VOLUNTEERS WHO CONTINUOUSLY GO  
ABOVE AND BEYOND!**

**WATCH YOUR MAILBOX FOR A SPECIAL INVITE TO CELEBRATE!**

---

### A SPECIAL THANK YOU GOES OUT TO...

THE GROVELAND CONGREGATIONAL CHURCH  
THE FRIENDS OF THE GROVELAND COUNCIL ON AGING



LAUREL PUCHALKSKI  
SIOBHAN MAHONEY  
NANCY EDWARDS  
VINCENTE LEO DIFRAIA  
TOM & DEB ROTONDO  
CHERYL MESSENGER  
KRISTIE EATON  
MARY HENDRY  
BARBARA SANBORN

LARRY MACELHINEY  
MARTHA HOWARD  
CHARLIE HERMAN  
CARROLL GUSTAFSON  
CHRISTINE REAGAN  
AMY SZAREK  
JULIE FABRI  
DEB STEPHENSON  
SARAH MCGRATH  
MARIE WALLER

# **A Message for Seniors from the Groveland Police Department**



Good Afternoon,

The Groveland Police Department and surrounding towns are becoming inundated with scams. The two common scams are the “grandparent scam” and companies requesting gift cards for payment. No company will ever request gift cards! This is a red flag. The grandparent scam claims to be your “grandchild” and has been arrested. They will request thousands of dollars in cash to be picked up at your home or even meet at a location. Many times, they are Uber delivery drivers and unaware of the scam in progress. Sometimes they pose as an attorney or bail bondsman. No one will ever call you directly with these requests, they are scams. As a reminder, never give out any personal information over the phone or internet.

**LEARN MORE ON MARCH 23RD  
JOIN DET. DANIELLE BURRILL  
AT 10:30AM IN THE CENTER MEETING ROOM.  
LIGHT REFRESHMENTS WILL BE SERVED**

# - WAYS TO GET INVOLVED! -

## ***Be a Lucky Charm Volunteer to Drive***

Older adults in your community need help with transportation.

You decide when and where to drive.

*Mileage reimbursement provided.*



Northern Essex Elder Transport, Inc.



Call NEET at 978-388-7474 or visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer) to learn more.

## **COA Tote Bags!!**

*Donate to the COA and receive a free tote bag!*

\$12.00 donation (1 tote)

\$20.00 donation (2 totes)

Available in the COA office.

## ***Friends of COA officers Update:***

JoAnna Donnelley—President

Valerie Osborne—Vice President

John Osborne—Treasurer

Lisa Collins—Secretary

**Next meeting Thurs., March 2nd & April 6th**

**3:00-4:00 pm**

**Center Meeting Room-Town Hall**

**Donations accepted any time!**

**Mail to “Friends of Groveland COA”**

**P.O Box 301**

**Groveland MA 01834**

*or contact JoAnna Donnelly*

*At 978-374-6225*

## ***Council On Aging Board of Directors Meeting***

**at 9:30 am**

**Wed., March 15th**

**Wed., April 19th**

**Center Meeting Room - Town  
Hall**

***Always open to the public!***



**HELP CUT DOWN ON PAPER!  
RECEIVE THE NEWSLETTER BY EMAIL**



Join our newsletter email list and be the first 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.

# - RESOURCES AND MORE! -

## **Legal Mondays**

With Atty. Elaine Dalton  
*2nd Monday of the month*  
*For a 15 min. phone appt.*  
*call Atty. Dalton's office*  
*directly at (978) 373-1120*

## **AMERICAN LEGION**

(NATHAN WEBSTER POST 248)

VEASEY PARK

**USUALLY 2<sup>ND</sup> WEDNESDAY 7:00PM**

FOR MORE INFO RE. NEXT MEETING

**CALL DAVE TUTTLE**

**978-360-8107**

## **Sen. Bruce Tarr's Office Hours**

with Mary Ann Nay  
Tuesdays  
March 21st and April 18th  
12PM-1PM  
In the back meeting room

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

## **Rep. Adrienne Ramos Office Hours**

Fridays  
March 17th & April 21st  
10AM-11:30AM  
In the back meeting room

## **Veteran's Services**

**Mike Ingham**  
**(978) 973-2118**

### **Office Hours**

**Last Monday of the month**

**March 27th & April 24th**

**1:30PM-3:30PM**

**In the Veteran's Services  
Outreach Office**

## **HAIRDRESSER**

AVAILABLE FOR IN-HOME "HAIR CARE"

FOR WOMEN AND MEN.

FLEXIBLE SCHEDULE DAY/EVENING HOURS.

WOMEN WASH/CUT \$25

COLOR / STYLE \$30

MEN'S CUT \$30

## **Ecosmith Recycling to Support COA**

Please check out the recycle bin in the parking lot behind the police station  
*(just before, and to the right of the entrance to River Pines)*

The purpose of the textile recycling bin is to collect clothing, towels, blankets, stuffed animals,  
curtains, shoes, purses and rags.

All textiles are acceptable – even if the clothes are ripped or stained!

**Important:** Please use a plastic bag to deposit textiles to be sure the materials are dry. Wet  
materials will create mold and mildew and the load will be discarded.

**(Note: Ecosmith DOES NOT accept furniture, books, TVs electronics, or paper)**



HELPING CUSTOMERS SINCE 1988



13 Elm Park, Groveland  
978-914-7095  
MartelRealEstate.com

- ♦ We work with buyers, sellers and landlords
- ♦ Agents licensed in MA, NH and ME

Call us to find out what your home could be worth!



Wingatehealthcare.com

Where Healthcare and Hospitality Meet  
190 North Ave, Haverhill  
(978) 372 7700



## Senior News Publications

Tel: 603 - 601 - 8047

info@snpnewsletters.com | www.snpnewsletters.com



We connect local businesses with their residents.  
**Advertise Today**



Senior News Publications



H.I. Farmer & Sons  
106 Summer St.

**Farmer**  
FUNERAL HOMES  
& CREMATION SERVICES



H.I. Farmer & Sons - Bradford  
210 South Main St.

(978) 371 - 9311

farmerfuneralhomes.com

Be Independent for Life  
**Nichols Village**  
AN ACTIVE ADULT COMMUNITY

One Nichols Way  
Groveland, MA 01834  
Nichols-Village.com

**CALL 978-372-3930**

Kevin B.  
**Comeau**  
FUNERAL HOME

486 Main St., Haverhill, MA

(978) 521-4845

Independently Owned & Operated

www.comeaufuneral.com

Big enough to serve you, small enough to know you.



CAN YOU AFFORD NOT TO ADVERTISE?



Connect with your local community here.

**REQUEST A QUOTE**



SCAN THE CODE



## COMMUNITY ACTION, INC

Low Income Home Energy Assistance Program

- Save 30% Discount on your monthly home heating
- Receive Assistance with heating system repairs and replacements
- Free home energy audits

(978) 373 - 1971 X218 | COMMUNITYACTIONINC.ORG

**Imago**  
REHAB



SCAN ME

Contact Imago Rehab today for telehealth OT after stroke: better hand recovery, from home!

Are you struggling with upper limb impairment after a stroke? Imago Rehab offers accessible, effective Occupational Therapy from the comforts of home

**T: 617-671-0789**

**E: therapy@imagorehab.com**

**www.imagorehab.com**

- ✓ Stroke-specialized therapists
- ✓ No travel time
- ✓ Real-life items and tasks
- ✓ Personalized Home Program
- ✓ Accessible care



Imago accepts Medicare, Blue Cross Blue Shield and other insurances



**Senior News  
Publications**

**Tel: 603 - 601 - 8047**

**info@snpnewsletters.com | www.snpnewsletters.com**



**AD** *Space for*  
**SALE**

**We bring  
Community  
To You**

**We connect local businesses  
with their residents.  
*Advertise Today***



**Senior News  
Publications**



**AD** *Space for*  
**SALE**

**SENIOR NEWS PUBLICATIONS**

**603-601-8047**

**INFO@SNPNEWSLETTERS.COM  
WWW.SNPNEWSLETTERS.COM**

Thank you all for  
supporting this senior  
newsletter. Please show  
local support to the  
advertisers as they have  
contributed toward the  
publication of this  
newsletter.

*Thank you*  
**From Senior News!**



*Thank!  
You!*



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

**READERS—***Please* help  
us save money and keep  
our Mailing List up-to-  
date! IF YOU WOULD  
**PREFER NOT TO RECEIVE**  
the newsletter, kindly  
give the COA office a call.

Pre-Sort Standard  
U.S. Postage PAID  
Haverhill MA 01830  
**Permit 300**

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

**RETURN SERVICE REQUESTED**

**Starting January 2023 *out-of-town* folks wanting a printed/mailed newsletter cost will be \$12.00 a year.**

**Please make checks out to “Groveland Council On Aging.”**

**Groveland residents will continue to receive theirs free of charge.**

Newsletters are always available FREE in the following locations:

Council On Aging offices, Town Hall Lobby, Langley-Adams Library,  
River Pines Community Room, Ultimate Perk, Water Dept., Electric Dept.

**COA STAFF**

Director, Shawn Cass  
Assistant Director, Nisha Burke  
Van Driver, Frank Sapienti,  
Van Driver & Interim Outreach Coord., Maureen Lee-Locke

**COA BOARD MEMBERS**

**Laurel Puchalski** | Board Chair  
**Irene Thomas** | Secretary  
**Marie Waller** | Treasurer

**Lawrence MacElhiney** | Member  
**Linda Brown** | Member  
**Barbara Sanborn** | Member  
**Deb Stephenson** | Member