

Groveland Council on Aging

May/June 2023

Newsletter



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.

New Staff Contact Numbers

Department Line- 372-1101

Assistant Director Direct Line- 978-556-7216

Outreach/Food Pantry Direct Line- 978-556-7222

Van Cell M & T - 978-872-0486 (only for use on day of ride)

Van Cell W & Th 978-476-7558 (only for use on day of ride)



The COA Board regrets to announce that Shawn Cass has resigned from his position as COA Director. Due to confidentiality, we are unable to discuss details of his leaving. However, we would like to inform you that he did not leave due to any dissatisfaction with the COA Department or the work he achieved with Seniors, nor was there dissatisfaction on the part of the COA Department with his work and abilities. We are grateful for his contributions.

Would you? Could you HELP as a VOLUNTEER?

Join the Friends of the COA and be an active member?

Set up and break down for events? Check in people at events?

****Work in the Food Pantry? **Deliver Food Orders?**

****CORI required with forms in the Treasurer/Collector's Office**

Town Hall - 183 Main St., Groveland, MA 01834—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

Outreach Services

Interim Coordinator Maureen Lee-Locke

978-556-7222

**Did you know our food pantry now includes
Fresh & Frozen food? Call to place your order!**

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.

Senior Food Pantry Wednesdays - Drop in 1:30 pm-3:30 pm

Senior Food Pantry Thursdays - Drop in 9:30 am-2:30 pm

Call Maureen to place your weekly grocery order by 11 am on Tuesday.

Outreach services include,
but are not limited to:

Home visits, housing applications, rent review,
SNAP, homecare services, medical equipment
loan program, social services, faxing
applications.



Maureen Lee-Locke will serve as our interim Outreach
Coordinator and is available Monday and Tuesday. Call the COA for
assistance or to make an appointment. 978-556-7222
Maureen is also the Monday-Tuesday van driver, please be
patient, as she will return your call asap.



- 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/ 978-556-7222

OUR NEIGHBOR'S TABLE– Amesbury

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 978-372-1101

**MAY 18th - TURKEY WITH GRAVY,
CARROTS, DESSERT & Beverage**

**JUNE 15TH - CHICKEN KABOB,
RICE PILAF, DESSERT & Beverage**



- PROGRAMS/ EVENTS -

CALL THE COA AT 978.372.1101 FOR MORE INFO!

MOVIE MORNINGS AT 11AM TUESDAYS:

May 9th- 80 for Brady- starring
Jane Fonda & Rita Moreno
PG-13 2023 Comedy/Drama 1h
38m

May 30th- Maybe I Do – Starring
Diane Keaton and Emma Roberts
PG-13 2023 Comedy/Drama 1h
35m

June 13th – Champions- Starring
Woody Harrelson and Kaitlin Olson
PG-13 2023 • Comedy • 2h 3m

June 20th - The Whale – Branden
Fraser, Sadie Sink R 2022 Drama/
Narrative 1h 57m

GAME DAY WEDNESDAYS

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

ICE CREAM SOCIAL

Thursday, June 22nd @ 1:00 p.m. under
the tent! Ice cream, entertainment,
raffles!

\$4.00 per person. Sign up required
978-372-1101



YOGA

WITH MARY VAN ABS ON FRIDAYS
AT 10:45AM IN THE CENTER MEET-
ING 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

- TRIPS & TRAVEL -

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

WEEKLY WEDNESDAY 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.



Monday, May 8th - Mystery Ride

You never know where the van might go! We are bringing back the Mystery Rides for the summer! This trip will be designed to be on your own.

DEPART AT 10:00AM. RETURN: 3:30PM. VAN \$15 /LUNCH ON YOUR OWN.

Thursday, May 25th—Encore Casino

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



Monday, June 12—MFA

Museum of Fine Arts. MFA.ORG for full list of exhibits.

DEPARTS: 9AM / RETURN: 3PM. LUNCH ON YOUR OWN.

Admission \$27 (check w/local libraries for passes) VAN \$15



Thursday, June 28— Perkins Cove

This trip is designed to be on your own, enjoy time to walk the Marginal Way, Lunch, Shopping or beach time!

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.

- TRANSPORTATION -

ONE-TIME REGISTRATION REQUIRED!

978-372-1101 or 978-556-7216

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 (ADA accessible Van 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 MEVA **978-469-6878** LEAST 24 HOURS IN ADVANCE TO BOOK. There is now a FIXED BUS ROUTE MAIN STREET, TOWN HALL AND RIVER PINES (this is also free!) COA office 978-372-1101 or 978-556-7216



CARERIDE

Senior Lyft or Uber ride, provided by Agespan. Rides local, Peabody, Burlington and Boston. Rides are \$8.00 one way/ \$16.00 round trip. Contact the office 978-372-1101 or Agespan directly 978-683-7747

- WAYS TO GET INVOLVED! -



Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit
www.driveforneet.org/volunteer to learn more.



Northern Essex Elder Transport, Inc.

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

JoAnna Donnelley—President

Valerie Osborne—Vice President

John Osborne—Treasurer

Lisa Collins—Secretary

Next meeting Thurs., May 4

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., May 17th

Wed., June 21th

**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! -

HEALTH MAINTENANCE

Beginning May 1st, the Board of Health can dispose of needles for residents. Anita Wright
AEWright@grovelandma.com or by calling 978-556-7212

Sen. Bruce Tarr's Office Hours

with Mary Ann Nay
May 16th and June 20th
12PM-1PM
In the back meeting room

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

Free Legal Consult

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

Rep. Adrienne Ramos Office Hours

Fridays
May 19th & June 16th
10AM-11:30AM

Veteran's Services Mike Ingham (978) 973-2118

*Last Monday of the month
June 26th
1:30PM-3:30PM
Outreach Office*

Veterans' Services Principal Clerk:

Betty Burnell
(978) 374-2351 ext- 3910
Fax (978) 521-2626
bburnell@cityofhaverhill.com

AMERICAN LEGION

(NATHAN WEBSTER POST 248)
VEASEY PARK
USUALLY 2ND WEDNESDAY 7:00PM
FOR MORE INFO RE. NEXT MEETING

HAIRDRESSER

AVAILABLE FOR IN-HOME "HAIR CARE"
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)

Groveland COA Presents Ruth Harcovitz

Songs From The Sound of Music

Older American's Day Celebration

Tuesday May 23rd



**Performance by Ruth Harcovitz
and her pianist will begin at
12:30 p.m. in the center
meeting room.**

**The performance is funded by
the Mass Cultural Council
Grant sign up is required**

**Lunch is at 11:00 a.m. in the center
meeting room**

**\$8.00 per person / Sign up Required
catered lunch**

**Please call the COA
with any questions**

978-372-1101

JOIN THE FRIENDS

The Friends of the Groveland Council on Aging are seeking new MEMBERS!



Help fundraise for Programs, events, trips, supplies and more for seniors.

You do not have to be a Groveland resident or a senior to join the group.

Meetings are once a month September-June. Join us to Discuss and plan for new fundraising projects.

Membership (Jan-Dec) \$10.00 per person / Donations of any amount accepted year round

Make Checks payable to: Friends of Groveland COA.

Mailing address: PO Box 301, Groveland, Ma. 01834.

Contact JoAnna Donnelly (President) with questions 978-374-6225

Name(s): _____

Tel: _____

Address: _____ Email: _____

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other insurances

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.

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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

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

May 2023

Mon	Tue	Wed	Thu	Fri
1 Groveland Town Elections 7 am-8 pm	2 9:00 3B Fitness Place your pantry order by 11 9:00 Mobile Market	3 9-11 Shopping 12:00 UTEC 1:00 Game Day Pantry is open 1:30-3:30	4 3-4 Friends of COA Center Mtg Room 9:30-2:30 Pantry Open	5 10:45 Yoga
8 Van Trip Mystery Ride 10:00 am	9 9:00 3B Fitness Pantry order by 11 11:00 Movie- "80 for Brady"	10 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	11 9:30-2:30 Pantry	12 10:45 Yoga Sat, 5/13 (11:30 GCC) Community Lunch (free)
15	16 9:00 3B Fitness Pantry order by 11 12:00 Sen. Tarr Office Hours	17 9:30 COA Board 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	18 11:00 Traveling Chef 9:30-2:30 Pantry	19 10:45 Yoga 10:00 Rep. Ramos Office Hours
22	23 9:00 3B Fitness Pantry order by 11 Older Americans Day	24 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	25 Van trip Encore 9:00am 9:30-2:30 Pantry	26 10:45 Yoga
29 Closed Memorial Day	30 9:00 3B Fitness Pantry order by 11 11:00 Movie- "Maybe I Do"	31 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry		

June 2023

Mon	Tue	Wed	Thu	Fri
			1 9:30-2:30 Pantry Open	2 10:45 Yoga
5	6 Place your pantry order by 11 9:00 3B Fitness 9:00 Mobile Market	7 9-11 Shopping 12:00 UTEC 1:00 Game Day Pantry is open 1:30-3:30	8 9:30-2:30 Pantry	9 10:45 Yoga Sat, 6/9 (11:30 GCC) Community Lunch (free)
12 Van Trip MFA 9:00 a.m.	13 9:00 3B Fitness Pantry order by 11 11:00 Movie- "Champions"	14 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	15 11:00 Traveling Chef- 9:30-2:30 Pantry	16 10:45 Yoga 10:00 Rep. Ramos Office Hrs
19 Closed Juneteenth	20 9:00 3B Fitness Pantry order by 11 11:00 Movie- "The Whale" 12:00 Sen. Tarr Of- fice Hours	21 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	22 1:00 Ice Cream Social (Under tent) 9:30-2:30 Pantry	23 10:45 Yoga
26 1:30 Veterans' Services Office Hrs.	27 9:00 3B Fitness Pantry order by 11	28 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	29 Van trip Perkins Cove 9:30 a.m. 9:30-2:30 pantry	30 10:45 Yoga