## **Groveland Council on Aging**



## July/August 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** 



Director 978-556-7217

Assistant Director 978-556-7216

Outreach/Food Pantry 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)

Council On Aging
Board of Directors

Meet the 3rd Wednesday of the month @ 9:30 am
July 19th & August 16th

Center Meeting Room Town Hall
Always open to the public!

### The Groveland COA is pleased to announce we have hired a Director and an Outreach Coordinator!

Director Alyssa Lee will begin her work on Wednesday, July 5. Alyssa comes to us "with a wealth of experience in leadership, human resources, and advocacy for the senior population" and her employment background and success confirm this. Alyssa resides in Groveland and looks forward to meeting and working with our seniors and town officials.

Outreach Coordinator Janet Delmare will begin working in the Outreach Office on Tuesday, July 11. Her schedule will be Tuesdays 9:00 - 1:00, Wednesdays 9:00 - 3:00, and Thursdays 9:00 - 3:00. Janet comes to us with much experience in working with seniors, most recently serving as Outreach Coordinator for the Town of Newbury. She is eager to begin her work with the her clients, officials, and supporting agencies.

We hope you will come to the COA Office to meet and give a warm welcome to Alyssa and Janet!

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**

#### Janet Delmare Outreach Coordinator 978-556-7222

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.

All client information is confidential



#### **Senior Food Pantry**

Did you know our food pantry now includes Fresh & Frozen food?

Call to place your order! Your order will arrive on Wednesday afternoon. Pick up in the pantry or call to schedule a delivery.



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

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

Donations accepted— call to hear about our wish list items.

#### **WELCOME!!!**

Janet Delmare

Direct line 978-556-7222

Email: Jdelmare@grovelandma.com

Hours: Tuesday 9:00am-1:00pm

Wednesdays & Thursdays 9:00am-3:00pm



#### **HEALTH MAINTENANCE**

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

#### - Friends of the COA -



On GROVELAND DAY, LOOK FOR OUR BOOTH

in the main area and under the tent!

NOT A MEMBER YET?

You may JOIN on GROVELAND DAY and learn all about the FRIENDS OF THE COA!

Interested in joining right now?

Contact Darcy at <a href="mailto:darcy.lepore@gmail.com">darcy.lepore@gmail.com</a>.

<u>Donations: Friends of COA</u>
PO Box 301 Groveland, MA 01834

JOIN THE FRIENDS

Meetings: Thu., July 13 & Aug. 3 at 3:00 pm

Center Meeting Room-Town Hall

Like, Share and Follow us on Facebook:

"Friends of the Council on Aging -Groveland, MA."

Learn about all of the exciting fundraising ideas and opportunities planned for the new year!

#### - HEALTH, NUTRITION & FITNESS -

#### **WEEKLY WEDNESDAY SHOPPING TRIPS**

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

#### **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 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 Market-Amesbury**

PHONE IN OR ONLINE ORDERS AVAILABLE FOR PICK UP WED - SAT (ANYONE 18+) ONT is BACK open for in person shopping. CALL 978-388-1907 FOR INFO.

#### TRAVELING CHEF MEAL

FREE COURTESY OF AGESPAN AND THE GROVELAND COA.

THE FIRST 45 CALLERS RECEIVE DELIVERY OF A FREE LUNCH!

DELIVERY BETWEEN 12PM-2PM. CALL 978-372-1101 TO ORDER.

JULY 25th - BBQ CHICKEN, MAC & CHEESE, GARDEN SALAD & juice

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

**AUG. 10TH - CLAM CHOWDER, CRAB CAKES & juice** 

JOIN CERTIFIED PERSONAL TRAINER BRIAN COYNE.
TUESDAYS AT 9AM IN THE FIRE UNDER THE TENT. \$5 PER CLASS.

#### **WALKING CLUB**

MEETS AT THE HAVERHILL STADIUM TUESDAYS AT 9 AM. CONTACT PAOLA HUSSEIN AT 978-374-2390 X 3916.

#### **YOGA**

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

#### New!! Ping Pong & Corn Hole

Thursday, July 10th @ 10:00am & Thursday, August 24th @ 10:00 am . Thank you to the Friends for purchasing the new outdoor games! Call to sign up for some 'Friendly Competition' 978-372-1101.

#### - TRANSPORTATION & REGULAR PROGRAMS-

#### 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 ROUNDTRIP. 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. AVAILBILITY 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 AT 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.

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

July 11th— Moving On- starring Jane Fonda & Lily Tomlin R 2022 · Comedy · 1h 25m July 25th— The Eyes of Tammy Faye — Starring Jessica Chastain and Andrew Garfield PG-13 - Drama/Romance 2h 6m

**August 1st – Love Again-** Starring Priyanka Chopra and Sam Heughen - PG-13 2023 • Romance/Comedy - 1h 44m

August 15th - <u>Greyhound</u> – Starring Tom Hanks and Stephen Graham -PG-13 2020-Action/Drama 1h 31m

#### **GAME DAY WEDNESDAYS**

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



#### - TRIPS & TRAVEL -



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

#### Monday, July 17—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, July 27th—Encore Casino

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\*

#### Monday, August 7th - 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, August 24– Perkins Cove**

This trip is designed to be on your own. Enjoy time to walk the Marginal Way, tasty lunch, shopping, or beach time!

DEPARTS: 9AM / RETURN: 3PM. LUNCH ON YOUR OWN. VAN \$15



#### Free in person Legal Consult

With Atty. Elaine Dalton
Free 15 min. legal consult
Monday July 10th & August 14th

Elaine Dalton specializes in elder law, estate planning and probate.

If your issue is outside of these areas, she will do her best to help or give you guidance as to next steps.

10:00am-11:00am

Meet in back conference room

#### **Veteran's Services**

July 31st & August 28th Last Monday of the month 1:30pm-3:30pm

Veterans Agent -Mike Ingham (978) 973-2118 MIngham@grovelandma.com

Veterans' Services Principal Clerk: Contact Betty Burnell (978) 374-2351 ext– 3910 Fax (978) 521-2626 bburnell@cityofhaverhill.com



## July 2023

Mon	Tue	Wed	Thu	Fri
3	4 Happy 4th! Offices closed.	5 9-11 Shopping No UTEC No Pantry delivery 1:00 Game Day	6	7 10:45 Yoga Community Lunch (free) On Sat., July 8 at 11:30 at GCC
10:00-11:00 Legal Monday	9:00 Mobile Market 9:00 3B Fitness Pantry order by 11 11:00 Movie- Moving On	12 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pan- try	13 3:00 Friends of COA Meeting	14 10:45 Yoga
17 Van Trip MFA (Rescheduled)	9:00 3B Fitness Pantry order by 11  10:30 Senior Charlie Cards	19 9:30 COA Board 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pan- try	20 10am Ping Pong & cornhole under the tent	21 10:45 Yoga
24	25 9:00 3B  Pantry order by 11 11:00 Movie-"The Eyes of Tammy Faye" Traveling Chef	26 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pan- try	27 Van Trip Encore Casino	28 10:45 Yoga
Veterans' Services 1:30				

## August 2023

Mon	Tue	Wed	Thu	Fri
	1 NO 3B Fitness	2	3	4
	9:00 Mobile Market Pantry order by 11 11:00 Movie- "Love Again"	9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pantry	3:00 Friends of COA Meeting	10:45 Yoga
7	8	9	10	11
Maureen's Mystery Trip 10:00am	9:00 3B Fitness Place your pantry order by 11	9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30 Pantry	Traveling Chef	10:45 Yoga  Community Lunch (free) on Sat., Aug. 12
14	15	16	17 Older	18
10:00-11:00 Legal Monday	9:00 3B Fitness Pantry order by 11 11:00 Movie- "Greyhound" 10:30 Sen. Tarr's	9:30 COA Board 9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30 Pantry	Americans Day \$8 11:30 Lunch under the tent 12:30 Songs & Stories from the Sound of Music	10:45 Yoga
21	22	23	24	25
	9:00 3B Fitness Pantry order by 11 12:00 Sen. Tarr Office Hours	9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30-3:30 Pan- try	Van Trip 10:00am Perkins Cove 10am Ping Pong & cornhole under the tent	10:45 Yoga
28	29	30	31	
Veterans' Services 1:30	9:00 3B Fitness Pantry order by 11	9-11 Shopping 12:00 UTEC 1:00 Game Day 1:30 Pantry		



# Ruth Harcovitz Ms. Massachusetts USA



With a clear, scintillating voice, soprano Ruth Harcovitz gives joy with her beautiful voice and warm personality everywhere she goes. Known for her hundreds of stellar performances throughout the Commonwealth, she recently returned from a successful singing tour in Florida.

This program supported by the Croveland Cultural Council, a local agency, and the Massachusetts Cultural Council, a state agency.

**Ms. Harcovitz** was featured in her native Massachusetts in outdoor concerts during the summer months.

A New England Conservatory graduate, **Ruth's** credentials include graduate study at the Vienna Academy of Music. Upon her return to the United States, she was engaged by the *Santa Fe Opera, The Opera Company Of Boston*, and *Opera New England*. She has appeared as soloist with choral societies and orchestras and is the recipient of hundreds of local cultural council grants.

**Ruth's** charm, magnetism, and artistry overflow as she fills the hall in song.

She is bound to please you!



## Senior CharlieCard Day! Tue;day, July 18th @ 10:30 a.m. in the Town Hall center meeting room.

Must bring your Massachusetts RMV Photo ID, or Massachusetts RMV Photo Drivers' License, or U.S. Passport.

Sponsored by Senator Bruce Tarrr's office & MassDot.

Sign up required with the COA office 978-372-1101.



People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years.



- Cash value for roughly 50% reduced one-way fares
  - \$10 7-Day LinkPasses
  - \$30 monthly LinkPasses

Your card can also be used to purchase reduced monthly passes for Commuter Rail, Ferry, and Express Bus.



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#### **COA STAFF**

Director- Alyssa Lee
Assistant Director, Nisha Burke
Outreach Coordinator- Janet Delmare
Van Driver, Frank Sapienti,
Sub Van Driver- Maureen Lee-Locke

#### **COA Board of Directors**

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