

# engAGEment

The official newsletter of The Groveland Council on Aging



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## WELCOME NOTE

Hello!! Inside these pages, you'll discover the latest addition to our team, our friendly new van driver, Joe. We're also excited to unveil details about our upcoming trip to the Boston Pops, where the magic of music awaits. Plus, don't miss out on our informative Medicare educational events and an introduction to Mindfulness to help us find peace in the midst of our busy lives.

Also, as we embrace this season of extending thanks, I want to take this moment to express my deep gratitude for the opportunity to serve as your Director of the Groveland Council on Aging. I feel this journey is a reciprocal one, where I receive an incredible amount of kindness from those we interact with at the COA, and I truly hope that you, too, experience the warmth and companionship this community brings. Let's continue this journey together, enriching each other's lives with the beauty of our shared experiences. Have a wonderful holiday season - Alyssa Lee

## TALK TO US

### **Alyssa Lee**

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### **Nisha Burke**

Assistant Director

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### **Joe Walsh**

Mon/Tue Van Driver

### **Frank Sapianti**

Wed/Thur Van Driver



Joe Walsh

Hello, I'm Joe Walsh, and I'm proud to be the new Van Driver at the COA, serving you on Mondays and Tuesdays. With 35 years of dedicated service at the US Postal Service, I've recently embarked on a new journey: serving and connecting with the wonderful Groveland community.

### *From the Director:*

We're thrilled to introduce Joe Walsh as a valuable addition to our team. With a wealth of experience and a friendly, approachable demeanor, Joe is not just a reliable driver but also a great conversationalist. His knowledge spans a wide range of topics, so don't hesitate to strike up a conversation during your rides. Joe's presence adds a personal touch to our services, making your journey with us not just about reaching your destination safely and on time, but also enjoying the ride. Keep an eye out for Joe and say hello during your Monday and Tuesday rides!

VOLUNTEER OPPORTUNITIES!  
CONTACT NISHA AT  
NBURKE@GROVELANDMA.COM

## Share, Support, Connect:

We believe that the best way to spread the word about the Groveland Council on Aging is through you, our loyal readers. You already know the incredible services we offer, from transportation to nutritional support, social gatherings, and more. Now, it's your turn to be our ambassadors.

### **Use Our Services / Bring a Friend:**

As you utilize our services, consider bringing a friend or neighbor along. Share your experiences and introduce others to the benefits of being a part of our COA community. It's as simple as extending an invitation or offering a friendly hand.

### **Share a Newsletter:**

But that's not all! You can also be a part of our mission by sharing this newsletter with a friend, neighbor, or family member who might find it helpful. The more, the merrier.

**Volunteer:** We're always looking for volunteers to do any number of things to connect with our community. Something we've seen a **need for is a fix-it person or two** or someone to help with small tasks! If this sounds like you - please reach out!!

## Van Trips



**Trips on the COA Van:** Join us on our COA Van trips for just \$15 per person! Reserve your spot by calling (978) 372-1101. Please note that lunch expenses are to be covered individually.

- **Monday, November 6th at 9:30am:** a trip to the Commonwealth Museum, located in Boston, which traces the Massachusetts experience through the colonial, revolutionary, federal, and nineteenth century reform periods. The sub-theme, "Tracing our Roots," tells the story of four representative Massachusetts families of Native American, English, African-American and Irish heritage. Cost: \$15 + Lunch. RSVP Required
- **Monday, December 4th at 10am:** Holiday shopping at Walmart & Kohl's in Plaistow, NH! COA van departs at 10am, just \$5 for transportation.
- **Thursday, December 7th at 1pm:** Boston Pops Holiday Spectacular, show starts at 3pm at Boston Symphony Hall. Cost: \$74.00 per person Includes ticket and transportation. Bring a snack, may stop on the way home for a meal. RSVP Required; Groveland residents have priority registration through Monday, November 6th.
- **Monday, December 11th at 9:30am:** A trip to the The Christmas Dove and lunch stop at Calef's Country Store in Barrington, NH. Cost: \$15 + Lunch RSVP Required

## Movie Mondays @11am



**Yes - we heard you and Movie Monday's are back!**

- **Monday, November 13th:** "Barbie," PG-13, Comedy/Fantasy, Margot Robbie & Ryan Gosling, 1h 54m, 2023 *Dress in Pink!*
- **Monday, November 20th:** "Jules," PG-13, Science Fiction Comedy, Ben Kingsley & Jane Curtin, 1h 30m, 2023
- **Monday, November 27th:** "AIR," R, Drama/Sport, Matt Damon & Ben Affleck, 1h 52m, 2023
- **Monday, December 4th:** "Mission Impossible: Dead Reckoning Part One," PG-13, Action/Thriller, Tom Cruise & Hayley Atwell, 2h 43m, 2023
- **Monday, December 18th:** "Write Before Christmas," Romance/Comedy, Torrey Devitto & Chad Michael Murray, 1h 24m, 2019

## A Monthly Mélange



**Feedback from our survey says you want crafts!**

Classes are free, RSVP Required as Space is Limited

- **Monday, November 20th at 2pm:** Join us for a delightful and interactive class, and leave with a Thanksgiving faux pumpkin centerpiece that reflects your style and the warm, welcoming spirit of the season.
- **Thursday, December 7th at 1pm:** Experience the magic of the holiday season in our 'Origami Christmas Tree' class led by Instructor Alicia Downey. Create, fold, and bring home a unique Christmas tree!

## Health & Wellness

NEW:

**Thursday, November 9th at 11am: Join us for a "Meditation for a Healthy Happy You" sampler class**, where you'll explore a variety of meditation techniques that will provide you with a taste of the peace and serenity meditation can bring to your life. Instructor: Deborah Fay D'Onofrio. Free, RSVP Required.

NEW:

**Tuesdays at 9am: Hike Meadow Pond Reservation:** Join Larry MacElhiney for a hike through Meadow Pond Reservation in Groveland (park at Veasey). The hike will be through varied terrain at a moderate pace; length ranging between two to four miles, will be decided on the day based on participants' preferences, ensuring an enjoyable experience for everyone. Hikers are encouraged to bring water and to wear appropriate clothing and footwear for the weather conditions. Why hike in late autumn? There are fewer bugs, better visibility, and cooler temperatures. This is a free activity open to all. Hike dates are on Tuesdays, Nov 28, Dec 5, Dec 12, Dec 19 at 9am Pre-registration Required.

- **Tuesdays at 9am: 3B Fitness: Bones, Brains & Balance** Join certified personal trainer Brian Coyne, weekly, on Tuesdays at 9am. Payment for class accepted day of. \$5 per class. (check calendar for schedule)
- **Fridays at 10:45am: Yoga** with Mary Van Abs in the Center Meeting room in Town Hall. \$5/class, you can pay the teacher, day-of. All levels welcome. (check calendar for schedule)



## Informational Programs

- **Thursday, November 2nd at 12pm: Medicare 101** Are you, a friend, or a loved one turning 65 or already 65? Are you considering retirement and feeling overwhelmed by the complexities of Medicare? Worry not, because you're not alone. The SHINE Program is here to help you navigate this vital healthcare decision. Join us for a free "Introduction to Medicare" informational lunch and learn session. RSVP Encouraged
- **Tuesday, November 28th at 10:30am: Senior Medicare Patrol** Kristen Haley, Outreach & Education Coordinator for Agespan will be giving a presentation on Senior Medicare Patrol. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Free, RSVP Encouraged
- **Wednesday, December 6th at 10:30am: Groveland Fire Department Holiday Safety Tips.** Join us for an informative presentation by the Groveland Fire Department as they share invaluable advice on how to ensure a fire-safe and joyful holiday. Free. RSVP is encouraged to ensure we have enough seats and refreshments for everyone.

## Weekly Games



- **Wednesdays at 1pm: Gameday** Join our Weekly Game Day for a fun and friendly gathering. Whether you're coming solo to make new friends or bringing a friend to challenge them to games, you're in for a great time. Our members love Rummikub, and we have the boards ready for exciting battles. Feel free to bring your own game to share if you'd like! It's a fantastic way to enjoy some good company and indulge in your favorite games. Coffee & tea provided!

## Holiday Meal & Entertainment



- **Thursday, November 16th at 12:00pm:** Experience the warmth of the season at our Thanksgiving Luncheon! Join us for a gathering filled with a catered lunch, entertainment, desserts, and raffles. Cost: \$5.00 per person. RSVP is required.
- **Thursday, December 14th at 11:30am:** 'Tis the season to come together at our annual holiday party and luncheon. Indulge in a catered lunch, desserts, and try your luck in our raffles while enjoying a holiday sing-a-long featuring vocalist Alexandra Henderson and pianist Jamie Lorusso! Cost: \$5.00 per person. RSVP is required.

## Community Events from our Friends and Partners

- **Saturday, November 4th, 11-2pm:** Nichols Village residents will be offering hand-made items, jewelry, and a jumble table for great finds. Open to the public, we would especially welcome all of our Groveland neighbors and their friends and families.
- **Second Wednesday of Each Month at 6pm:** Dementia Support Group at the Groveland Congregational Church. Please, feel free to bring along a family member or a friend. This group is open to anyone in the greater Groveland community. If you have any questions please call Pastor Donna at 781-222-4028 or contact Jen in the office 978-372-3463.
- **Friday, November 10th at 10:30am:** Veterans Day Service at 10:30am at Groveland's Central Fire Station.
- **November 10th and 11th:** Snowflake Fair is on Friday, Nov. 10th from 4-8pm and Saturday the 11th from 9-3. Food, baked goods, jams, jellies, over 30 crafters, prize drawings, etc.! Groveland Congregational Church at 4 King Street in Groveland.
- **Ongoing: View local gem,** Veasey Park's calendar of events here: <https://www.veaseypark.org/calendar>

# November 2023 at the Groveland COA

MON	TUE	WED	THUR	FRI
 <p><b>Friends of COA November Raffle</b> <b>Fundraiser! Send your entry now</b> <b>and win great prizes!</b> <a href="https://tinyurl.com/5d95ts9y">https://tinyurl.com/5d95ts9y</a></p>		<p><b>1</b> Game Day @1pm, Free</p>	<p><b>2</b> Medicare 101 @12pm, RSVP, Free</p>	<p><b>3</b> Yoga @10:45am</p>
<p><b>6</b> Van Trip @ 9:30am, Commonwealth Museum in Boston; RSVP</p>	<p><b>7</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free 3B Fitness @9am</p>	<p><b>8</b> Game Day @1pm, Free</p>	<p><b>9</b> Mindfulness Sample Class @11am, Free, RSVP</p>	<p><b>10</b> <b>COA Office Closed</b> Veterans Day Service at 10:30am, Central Fire Station</p>
<p><b>13</b> 1:1 Atty Elaine Dalton - RSVP 15 min, 10-11am, Free Movie @11am: "Barbie," Free</p>	<p><b>14</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am</p>	<p><b>15</b> Game Day @1pm, Free</p>	<p><b>16</b> Thanksgiving Meal &amp; Entertainment @12pm, RSVP</p>	<p><b>17</b> Yoga @10:45am, class held outside today!</p>
<p><b>20</b> Movie @11am: "Jules," Free Thanksgiving Centerpiece @2pm</p>	<p><b>21</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free 3B Fitness @9am Community Coffee with Rep Ramos - 10:30am, RSVP, Free</p>	<p><b>22</b> Game Day @1pm, Free</p>	<p><b>23</b> <i>HAPPY thanksgiving</i> <b>COA Office Closed</b></p>	<p><b>24</b> <b>COA Office Closed</b></p>
<p><b>27</b> Movie @11am: "Air," Free Veterans' Services @1:30pm</p>	<p><b>28</b> 3B Fitness @9am Shopping at Rivers Edge Plaza @9am, RSVP, Free Hike at 9am, Free, RSVP Senior Medicare Patrol at 10:30am, RSVP, Free</p>	<p><b>29</b> Game Day @1pm, Free</p>	<p><b>30</b></p>	

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](https://myactivecenter.com/#centers/USA.MA.Groveland.Groveland-Senior-Center)

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

# December 2023 at the Groveland COA

MON	TUE	WED	THUR	FRI
<b>Join us for:</b> <ul style="list-style-type: none"> <li>• Council on Aging, Board of Director Meetings 3rd Wednesday of the month at 9:30am. Open to the Public.</li> <li>• Friends of Council on Aging meets 1st Thursday of the month at 3pm New members are welcome and appreciated!</li> </ul> Both meetings take place in the Center Meeting Room, Town Hall.				<b>1</b> Yoga @10:45am
<b>4</b> Movie @11am: "Mission Impossible: Dead Reckoning Part 1," Free Walmart/Kohl's Shopping @10am; RSVP	<b>5</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free 3B Fitness @9am Hike at 9am, Free, RSVP	<b>6</b> Game Day @1pm, Free Holiday Fire Safety for Seniors @10:30am, Free	<b>7</b> Origami Christmas Tree Workshop @1pm, Free, RSVP Van Trip: Boston Pops Holiday Show @1:00pm, RSVP	<b>8</b> Yoga @10:45am Rep Ramos Office Hour @10am, RSVP, Free
<b>11</b> Van Trip: Calef's & Christmas Dove, @9:30am, RSVP Atty Elaine Dalton 10am, RSVP, Free	<b>12</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free 3B Fitness @9am Hike at 9am, Free, RSVP	<b>13</b> Game Day @1pm, Free	<b>14</b> Holiday Lunch & Sing-A-Long @11:30am, RSVP	<b>15</b> Yoga @10:45am
<b>18</b> Movie @11am: "Write Before Christmas," Free	<b>19</b> 3B Fitness @9am Shopping at Rivers Edge Plaza @9am, RSVP, Free Hike at 9am, Free, RSVP Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am	<b>20</b> Game Day @1pm, Free	<b>21</b>	<b>22</b> Yoga @10:45am
<b>25</b> 	<b>26</b>	<b>27</b>	<b>28</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free	<b>29</b> Yoga @10:45am
<b>COA Office Closed</b>		<b>COA Office Closed</b>		
<b>Limited office hours this week. Please call and leave a message if you need assistance</b>				

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

## CONSTITUENT SERVICES & LEGAL SUPPORT

**State Representative Adrienne Ramos:** Community Coffee hour on Tuesday, November 21st at 10:30am. Office hour, for one-on-one meetings, Friday, December 8th at 10am. Please RSVP

**Senator Tarr's Constituent Services** with Mary Ann Nay, District Director Office of State Senator Bruce E. Tarr, Senate Minority Leader (617) 722-1600 Maryann.Nay@masenate.gov Office Hours: Tuesday, November 14th and Tuesday, December 19th at 10:30-11:30am

**Veterans Services with Mike Ingham** Contact Mike 978-973-2118 mingham@grovelandma.com. Monthly office hours take place in the COA Outreach Office on Monday, November 27th from 1-3:30pm

**Legal Monday with Elaine Dalton-** Free 15 min legal consult. Please call the COA office to reserve your spot. Monday, Nov 13 & Dec. 11th at 10-11am.

## TRANSPORTATION

Groveland COA is happy to coordinate transportation services for you. Please note that a one-time registration is required and you can do so by calling our office at 978-372-1101. We ask for at least 2-days notice.

Enjoy our COA Van for \$8 (local) or \$15 (out-of-town roundtrip). We also coordinate rides through NEET (donation-based) and CareRide (\$8 each way via Agespan). Additionally, MEVA is a free transportation service, however you need to book yourself, by calling their office at 978-469-6878.

## FOOD & NUTRITION RESOURCES - FREE SERVICES

**Groveland COA Food Pantry: Fresh, frozen & pantry stable food available.**

- Wednesdays Hours: Open drop-in 1:30 - 3:30pm.
  - Our Pantry operates under normal COA office hours on other days as well, but we recommend calling the COA office to schedule an appointment and ensure we are available to assist you.
- Delivery is available for homebound seniors. Please call the COA office to schedule a delivery by 11am on Tuesdays for a Wednesday delivery.

**Grocery Shopping Trip w/COA Van** on Tuesdays at 9am. RSVP Required.

**Traveling Chef Meal** (Free courtesy of Agespan and Groveland COA):

- First 45 callers receive free lunch delivery. Call the COA at 978-372-1101.
- Upcoming meals:
  - Nov. 30th: Tomato Soup, Grilled Cheese, Garden Salad, Pumpkin Square, and Juice.
  - Dec. 19th: Roast Beef, Mashed Potato, Butternut Squash, Gingerbread and Juice.

**Mobile Market Grocery Delivery:**

- Fresh groceries bag available on the first Tuesday of the month.
- Arrange assistance by calling COA office at 978-372-1101.

**Meals on Wheels** (\$2/meal, billed directly to the individual):

- For homebound elders, call COA at 978-372-1101 for assistance.

**Free Community Lunch at Groveland Congregational Church** November 18th and December 16th. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street in Groveland



### **Mobility / Medical Equipment Resources:**

Ensuring access to mobility and medical equipment is a vital aspect of supporting the well-being and independence of our community's older adults. We understand the importance of having the right resources readily available, whether it's for a temporary recovery or long-term assistance. That's why we've compiled a list of valuable resources that provide free or low-cost medical equipment and assistive technology. By sharing this information, we aim to make it easier for our community members to find the equipment they require, ensuring their comfort, mobility, and overall quality of life.



1. **Groveland Council on Aging:** We have a limited supply of free medical equipment available on a first-come, first-served basis. Contact our office at (978) 372-1101 to check if we have what you need in stock.
2. **REquipment:** Find gently used, durable home medical equipment and assistive technology for free or at very low cost. They offer online inventory viewing on their website <https://dmereuse.org> or call them at (508) 713-9690.
3. **H.E.L.P (Hospital Equipment Loan Program):** H.E.L.P lends home-use health/hospital equipment at no cost to those in need. Visit their website <https://smd-help.org> or call 781-322-1052.
4. **Retail Stores:**
  - **Mobility and More:** Located in Newburyport, they can be reached at 978-463-3640 or [info@MobilityandMore.com](mailto:info@MobilityandMore.com)
  - **Natalie Company and Safety Care:** Located in Woburn, they can be reached at 781-933-7205

**Note:** It's also possible that Medicare may cover some of the costs. We recommend speaking with the companies to understand how they work with insurance.

We value the collective knowledge and experience within our community. If you have additional places or ideas you'd like to share, or if you know of any resources that could benefit others, please don't hesitate to reach out to us. Your input is greatly appreciated, and together, we can continue to enhance the support and assistance we provide.

## ANNOUNCEMENT:

### **Unlock Tax Relief Opportunities with COA Assistance!**

Discover financial relief options with the Groveland Council on Aging. Contact us to learn about the Circuit Breaker Tax Relief and the Tax Work-Off Program. These programs offer tax benefits and community service opportunities for older adults. Get in touch to explore how these programs can work for you.

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THEIR INVALUABLE SUPPORT  
HAS BEEN INSTRUMENTAL IN  
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COMMUNITY!

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