

# January 2024

## at the Groveland COA

MON	TUE	WED	THUR	FRI
<b>1</b> <i>New Year's Day</i> <b>COA Office Closed</b>	<b>2</b> 3B Fitness @9am	<b>3</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, Free	<b>4</b> Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt at 10:30am, Free	<b>5</b> Yoga @10:45am
<b>8</b> Atty Elaine Dalton 10am, RSVP, Free Movie @11am: "Oppenheimer," Free	<b>9</b> 3B Fitness @9am Cooking for One (or Two) @1pm; RSVP, Free	<b>10</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, featuring <b>Cribbage</b> , Free	<b>11</b> Tech Q&A with Matt @ 10:30am, Free Music and Lunch @ 12:15pm; RSVP	<b>12</b> Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am <b>SATURDAY 13th:</b> Drum Circle @2pm, RSVP, Free
<b>15</b> <i>Martin Luther King Jr. Day</i> <b>COA Office Closed</b>	<b>16</b> Van Trip: Encore Casino @9am, RSVP 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am	<b>17</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, Free	<b>18</b> Meditation / Mindfulness at 10am, RSVP Gilded Age Presentation @1pm, RSVP, Free	<b>19</b> Yoga @10:45am
<b>22</b> Movie @11am: "The Miracle Club," Free	<b>23</b> 3B Fitness @9am	<b>24</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, featuring <b>Mahjong</b> , Free	<b>25</b> Dementia Friends Training at 1:30pm, Free	<b>26</b> Yoga @10:45am
<b>29</b> Van Trip: Mystery Ride @9am, RSVP Veterans' Services @1:30pm	<b>30</b> 3B Fitness @9am Ping Pong & Corn Hole at 1pm!	<b>31</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, Free		

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/>

# February 2024

## 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! (no meeting in January)</li> </ul> Both meetings take place in the Center Meeting Room, Town Hall.			<b>1</b> Meditation / Mindfulness at 10am, RSVP  Tech Q&A with Matt @ 10:30am, Free	<b>2</b> Yoga @10:45am
<b>5</b> Movie @11am: "A Haunting in Venice" Free  Floral Harmony @ 1pm, RSVP, Free	<b>6</b> 3B Fitness @9am	<b>7</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Games @12pm, featuring <b>Chess</b> , Free	<b>8</b> Meditation / Mindfulness at 10am, RSVP  Van Trip @ 10:40am: Poet's Inn Lunch Outing, RSVP	<b>9</b> Yoga @10:45am  Rep Ramos Office Hour @10am, RSVP, Free
<b>12</b> Atty Elaine Dalton 10am, RSVP, Free  Movie @11am: "What Happens Later" Free	<b>13</b> 3B Fitness @9am  Ping Pong & Corn Hole at 1pm, free	<b>14</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Game Day @12pm, Free	<b>15</b> Tech Q&A with Matt @ 10:30am, Free  Dementia Friends Training at 6:00pm, Free	<b>16</b> Yoga @10:45am
<b>19</b> <i>Presidents' Day</i> <b>COA Office Closed</b>	<b>20</b> 3B Fitness @9am  Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am	<b>21</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Games @12pm, featuring <b>Rummy</b> , Free	<b>22</b> Retro Hits Luncheon @ 11:30am; RSVP	<b>23</b> Yoga @10:45am
<b>26</b> Van Trip @ 9am: Peabody Essex Museum; RSVP  Veterans' Services @1:30pm	<b>27</b> 3B Fitness @9am	<b>28</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  [No Game Day]	<b>29</b>	

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