

engAGEment

The official newsletter of The Groveland Council on Aging



IN THIS ISSUE

OUTREACH DEFINED

MUSIC & LUNCH

WELCOME CARRIE!

EVENT CALENDAR

TAXES -FINDING HELP

TALK TO US

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Happy New Year!

Welcome to a new chapter—the wonder of a brand-new year! As we stand on the threshold of this fresh beginning, let's embrace the boundless possibilities and opportunities that lie ahead. May our hearts be filled with compassion, kindness, and a renewed dedication to each other's well-being.

Speaking of new beginnings, within these pages, you'll discover exciting introductions including meeting our newest team member, who brings a wealth of experience and warmth to our community. Additionally, delve into our latest program called 'Dementia Friends,' designed to foster understanding and support for those affected by dementia. And don't miss out on our upcoming nutrition classes—a fantastic opportunity to nourish not just the body but also the soul.

Here's to a year brimming with possibilities, where each day offers us a chance to learn, grow, and spread warmth in each other's lives. Thank you for being an integral part of our vibrant community—we're eager to journey through this year alongside each and every one of you.

Warmest Regards - Alyssa Lee, Director



Carrie Scott

Hello Everyone,
My name is Carrie Scott. I have lived in Haverhill all of my life and still reside there. I've worked in education for over twenty years previously. I have obtained my Associate's degree in Healthcare specialization and now hold a Bachelor's in Human Services, which has led me to the COA. I am excited to advance my skillset in this area and make meaningful relationships with the clients.
A little more about me: I am a mother; I have a daughter who is almost 16 and a teacup morkie named Ruby, whom we cherish. I love the beach; it is one of my favorite places to visit! Looking forward to meeting everyone on this journey!

From the Director:

It is such a pleasure to have Carrie on our team! She joins us with a wealth of experience in fostering thriving communities and personalized support. Her background in creating inclusive environments equips her with versatile skills that will be an incredible asset to our community. Her recent role at Consentino Middle School in Haverhill, MA, highlights her dedication to personalized care and collaborative solutions, emphasizing the importance of understanding and meeting individual needs. As Carrie steps into her role, she'll be focusing on crafting engaging and supportive outreach programs, ensuring that older adults in our community, feel valued and supported. Join us in welcoming Carrie, and stay tuned for her innovative contributions aimed at meeting our community members exactly where they are.

Outreach at the COA - What is that?

Outreach Manager at the Council on Aging, Carrie Scott, serves as your dedicated guide to a range of vital support services tailored for our older adult community in Groveland. From healthcare options and meal assistance to housing resources and fuel/heating support, she's here to assist you. Whether you need guidance on accessing healthcare benefits or medical equipment, exploring housing options, finding aid for daily living, or seeking assistance with community programs, our Outreach Manager is your reliable source. She'll walk you through available resources, address your queries, and ensure you're connected with the most suitable services that match your individual needs. Count on Carrie as your dependable partner, committed to helping you access essential resources that enhance your well-being within our community.

Carrie is happy to adapt to your preferred communication method to ensure you receive the personalized support you need.

CONNECT WITH CARRIE SCOTT

Office Hours: Tue: 9-2pm, Wed: 9:30-3:30pm, Thur: 9-2pm

Phone: (978) 556-7222

Email: cscott@grovelandma.com

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.

- **Tuesday, January 16th at 9:am:** a trip to the Encore Casino, located in Everett, MA. Cost: \$15 + Lunch. RSVP Required.
- **Monday, January 29th at 9am:** Join us for a day of surprises and exploration with our Mystery Ride! This adventure will take you to a fun destination, promising an enjoyable experience. Cost: \$15 + Lunch. RSVP Required.
- **Thursday, February 8th at 10:40am:** Poet's Inn Lunch Outing at Whittier Tech located in Haverhill, MA. Come along for good company & a delicious meal at this charming destination. Cost: \$8 + Lunch. RSVP Required.
- **Monday, February 26th at 9:00am:** Join us for an enriching trip to the Peabody Essex Museum in Salem, MA! Explore captivating exhibits and immerse yourself in art and culture. The van ride cost is \$15 (payable to Town of Groveland, COA) with a museum entry fee of \$13 (pay at the museum); local libraries often have free passes - please do check with them! Lunch arrangements will be on your own. RSVP is required.

Movie Mondays @11am (free)



- **Monday, January 8th:** "Oppenheimer," R, Thriller/Bio-pic, Cillian Murphy, Emily Blunt, Matt Damon, 3 hours, 2023.
- **Monday, January 22nd:** "The Miracle Club," PG-13, Comedy/Drama, Maggie Smith, Laura Linney, Kathy Bates, 1h 31m, 2023.
- **Monday, February 5th:** "A Haunting in Venice," PG-13, Mystery/Crime, Kenneth Branagh, Michelle Yeoh, Jamie Dornan, 1h 43m, 2023.
- **Monday, February 12th:** "What Happens Later," R, Romance/Comedy, David Duchovny, Meg Ryan, 1h 45m, 2023.

A Monthly Mélange

Classes are free, RSVP required as space is limited.

- **Saturday, January 13th at 2pm:** The OmDrum Circle, led by instructor Mitch 'Pasha' Cohen, offers a one-hour instructional drum circle experience. Using the drum as a powerful tool for meditation and self-healing, participants delve into an inclusive 'judgment free' zone. Featuring African and Western styles of hand drumming, this session welcomes individuals of all ages and experience levels. For older adults, drumming has shown numerous benefits including improved cognitive function, stress reduction, enhanced motor skills, and a sense of community and connection. Drums are provided; Cost: Free, RSVP Required.
- **Monday, February 5th at 1pm: Floral Harmony** In this session, facilitated by Nunan Florist & Greenhouses, we'll learn the essentials for choosing the right plants for your home and tips to ensure they thrive. Cost: Free, RSVP Required.



Health & Wellness

- **Tuesdays at 9am: 3B Fitness: Bones, Brains & Balance:** Join certified personal trainer Brian Coyne, weekly, on Tuesdays at 9am. Payment accepted day of class. \$5/class. Meets in Fire Station Meeting Room.
- **Tuesdays at 1pm on Jan. 30th and Feb. 13th: Indoor Ping Pong and Corn Hole:** Head to the Center Meeting Room inside Town Hall for a lively session filled with fun and friendly competition. It's a fantastic way to stay active during the winter months. *Free!*
- **Thursdays: Meditation & Mindfulness Class:** Join us for a guided mindfulness meditation session. Relax, unwind, and learn techniques to cultivate mindfulness. Suitable for beginners and those seeking a peaceful break from daily stress. Instructor: Deborah Fay D'Onofrio. \$5/class, RSVP Required as a minimum of 6 participants is needed. Thursdays at 10am on Jan 4th, 18th, Feb. 1st and, 8th in Center Meeting Room, Town Hall.
- **Fridays at 10:45am: Yoga** with Mary Van Abs in the Center Meeting Room in Town Hall. Payment accepted day of class. \$5/class. All levels welcome.

Educational & Informational Programs



- **Tech Talk & Troubleshooting** Get personalized tech help from Matt McNichols on cell phones, tablets, and laptops. Boost your skills confidently, whether you're a beginner or looking for advanced tips. This program is offered in partnership with Langley-Adams Library. Date & Time: Thursdays at 10:30am on Jan .4th, 11th, Feb. 1st and 15th. Free, kindly RSVP.
- **Cooking for One (or Two)** This session dives into the significance of key nutrients and offers practical tips on meal planning for individuals or couples. Presented by Leigh Hartwell MS, RDN, LDN, Dietitian from AgeSpan Date & Time: Tuesday, Jan. 9th at 1pm. Free, RSVP Required.
- **The Gilded Age** Explore the Gilded Age in this engaging presentation with Lee Thomas. Discover the era's history, culture, and notable figures that shaped this transformative period in American society. Free, RSVP is encouraged to ensure we have enough seats and refreshments for everyone. Date & Time: Thur. Jan. 18th at 1pm.
- **Dementia Friends Information Session.** Join us for a one-hour Dementia Friends Information Session to discover simple yet impactful ways to support individuals living with dementia. Let's learn together and make a meaningful difference in their lives, facilitated by Alyssa Lee, Director of Groveland COA Date & Time: Thur. Jan 25th at 1:30pm, or Thur. Feb. 15th at 6pm. Free, kindly RSVP.
 - Available to speak at your community group too; please call the COA to learn more. These informational trainings are at no cost.
- **Fall Prevention** Learn about home safety measures, exercises, and lifestyle adjustments promoting safety and independence. Date & Time: Feb. 8th at 1pm. Free, kindly RSVP.

Weekly Games



- **Wednesdays: Games, Talk and Fun** Join us weekly on Wednesday 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. It's a fantastic way to enjoy some good company and indulge in your favorite games. Coffee & tea provided!
 - Explore new games with us this winter! Join us on select days to discover and learn games like cribbage and chess. Take a peek at the calendar for more information!
 - **Time Change:** We've changed the time, we'll play from 12-3pm. Stay as long or as short as you like. Also note that there's no game day Feb. 28th.

Lunch & Music...and great conversation



- **Thursday, January 11th at 12:15pm:** Pentucket High School Music Showcase & Luncheon Join us for a showcase featuring the talents of Pentucket High School's concert band, orchestra, choir, and percussion students! Before the concert, enjoy a delightful spread of pizza, sandwiches, and salads. Cost: \$5.00 per person. RSVP is required.
- **Thursday, February 22nd at 11:30am:** Retro Hits Luncheon with Dan Kirouac Indulge in a catered lunch of Chinese cuisine and groove to the tunes of the 50s, 60s, and 70s performed by Dan Kirouac. Cost: \$5.00 per person. RSVP is required.

Community Events from our Friends and Partners

- **January 12th, at 2:30pm:** Nichols Village Resident Charles Burnim, will sing standard popular tunes of the 1950s, 1960s and 1970s in the Nichols Village Auditorium. Charles is a NV favorite where he performs once a month. Greater Groveland area residents and friends are welcome. Event takes place at Nichols Village in Groveland.
- **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.
- **On February 13th at 2pm:** Robin Putnam, Events and Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present information on identity theft and fraud prevention. Depending on weather, this may be in person or Via Zoom depending on weather. Contact Nichols Village for details at (978) 372-3930.
- **Ongoing: View local gems offering an array of activities:**
 - Veasey Park: <https://www.veaseypark.org/calendar>
 - Groveland Historical Society: <https://grovelandhistoricalsociety.org/>

January 2024 at the Groveland COA

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

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

February 2024 at the Groveland COA

| MON | TUE | WED | THUR | FRI |
|---|--|---|---|--|
| Join us for: <ul style="list-style-type: none"> • Council on Aging, Board of Director Meetings 3rd Wednesday of the month at 9:30am. Open to the Public. • Friends of Council on Aging meets 1st Thursday of the month at 3pm New members are welcome and appreciated! (no meeting in January) Both meetings take place in the Center Meeting Room, Town Hall. | | | 1 Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free | 2 Yoga @10:45am |
| 5 Movie @11am: "A Haunting in Venice" Free Floral Harmony @ 1pm, RSVP, Free | 6 3B Fitness @9am | 7 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, featuring Chess , Free | 8 Meditation / Mindfulness at 10am, RSVP Van Trip @ 10:40am: Poet's Inn Lunch Outing, RSVP | 9 Yoga @10:45am Rep Ramos Office Hour @10am, RSVP, Free |
| 12 Atty Elaine Dalton 10am, RSVP, Free Movie @11am: "What Happens Later" Free | 13 3B Fitness @9am Ping Pong & Corn Hole at 1pm, free | 14 Shopping at Rivers Edge Plaza @9am, RSVP, Free Game Day @12pm, Free | 15 Tech Q&A with Matt @ 10:30am, Free Dementia Friends Training at 6:00pm, Free | 16 Yoga @10:45am |
| 19 <i>Presidents' Day</i> COA Office Closed | 20 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am | 21 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12pm, featuring Rummy , Free | 22 Retro Hits Luncheon @ 11:30am; RSVP | 23 Yoga @10:45am |
| 26 Van Trip @ 9am: Peabody Essex Museum; RSVP Veterans' Services @1:30pm | 27 3B Fitness @9am | 28 Shopping at Rivers Edge Plaza @9am, RSVP, Free [No Game Day] | 29 | |

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: Office hours, for one-on-one meetings, Fridays at 10am on, January 12th and February 9th. 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: Tuesdays at 10:30-11:30am on January 16th and Tuesday February 20th.

Veterans Services with Mike Ingham Contact Mike 978-973-2118 mingham@grovelandma.com. Monthly office hours take place in the COA Outreach Office on Mondays at 1-3:30pm on, January 29th and February 26th.

Legal Monday with Elaine Dalton- Free 15 min legal consult. Please call the COA office to reserve your spot. Mondays 10-11am on, January 8th and February 12th.

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 Wednesdays 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:
 - Jan. 25: Clam Chowder, Broccoli Cheddar Garden Salad, Brownie, Bread Bowl, and Juice.
 - Feb. 15th: Pork & Chicken Lo Mein, Asian Veggie Blend, Pineapple Upside Down Cake, Fortune Cookie, and Juice.

Mobile Market Grocery Delivery:

- Fresh groceries bag delivery typically available on the first Tuesday of the month. However, please note that due to the New Year's Holiday, January's delivery will take place on the 9th.
- 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 Saturday, January 13 and Saturday February 11. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street in Groveland.

TAX SEASON - ANNOUNCEMENTS

Free tax assistance and preparation:

Changes to Massachusetts' taxes this year include an increased Senior Circuit Breaker Credit and options to use charitable contributions for tax offsets. Federal credits are available for new furnace installations, heat pumps, and energy-efficient upgrades from 2023. While the AARP Foundation's Tax-Aide program won't be available at Groveland COA this year, free tax assistance is offered nearby. Call now, in January, to book your free tax assistance offered at these locations:

- Georgetown COA: (978) 352-5726, Thursdays from Feb 8th to April 11th
- Newburyport COA: (978) 462-0430, Tuesdays and Wednesdays from Feb 6th to April 10th
- Haverhill Citizen Center: (978) 374-2390, Fridays from Feb 9th to April 12th

The Senior Citizen Property Tax Work-Off Program in Groveland assists older adults in paying property taxes by acknowledging their skills and community value. Eligible participants, aged 60 or above and residing in Groveland, may receive a tax abatement of up to \$1,000 by working at assigned positions. In 2024, 10 positions are available. Please contact the COA to learn more and apply!!

INFOBYTES: A BLEND OF INSIGHTS

Fires Safety

Following a recent session with the Groveland Fire Department, we're excited to share essential fire safety insights. The department extends a vital service—they're available to visit your home, conducting thorough tests and replacing batteries in smoke detectors to bolster your safety. To arrange a visit, kindly contact them directly at (978) 374-1923.

Additionally, for enhanced accessibility, consider ADA smoke detectors featuring options like flashing lights, voice activation, or a combination of both. These detectors are available for purchase at your local hardware store, and local electricians are on hand for installation.

Again, for any inquiries or assistance, don't hesitate to contact the Groveland Fire Department directly at (978) 374-1923.

Discover Day and Overnight Trips!

We, the Groveland COA, will be offering trips in collaboration with Collette Vacations and Rite Way Travel. Please stop in the office mid-January (call or email) for a list of the trips that will be offered in 2024.

Book Corner: *Recommended by Alyssa Lee, Director, Groveland COA*

Book Recommendation: 'Honest Aging' by Rosanne M. Liepzig, MD, PhD

Delving into 'Honest Aging,' I've discovered a treasure trove of insights beneficial for both individuals navigating the aging process and caregivers. Rosanne M. Liepzig, MD, PhD, offers practical guidance that's immediately applicable, covering topics from understanding the aging journey to navigating difficult conversations. One standout section I found useful is the 'Five Steps to Identifying Health Priorities and Goals.' The initial step, 'Determine What Matters Most To You,' sets the tone for a thoughtful and personalized approach to health and well-being. I feel this book serves as a supportive companion, providing tangible insights applicable from the outset, regardless of where you are in your journey.

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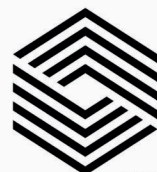
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FRIENDS OF GROVELAND COUNCIL ON AGING

2024 Membership Form

The Friends of Groveland Council on Aging invite you to be a member and or make a donation. We support the Groveland COA programs and services. All Friends members make a positive change in our community.

You can choose to support in any way you feel most comfortable:

- Organize fundraising events, whether through planning or creating new ones.
- Apply your graphic design skills and marketing expertise to bolster our initiatives and further our cause.
- Leverage expertise in online platforms to automate manual systems, streamlining our processes for those comfortable with digital tools.
- Support fundraising events by aiding in tasks like envelope stuffing, writing thank-you notes, soliciting donations from individuals or businesses, and assisting with event room setup. Choose to participate in specific events or commit to helping at every event.
- Exercise your voting rights during meetings if you're a current member in attendance.

Feel free to choose any of these avenues that resonate most with your strengths and interests.

Our monthly meetings are the 1st Thursday of each month @ 3 pm in Groveland Town Hall. However, there is no meeting in January; our next meeting is February 1, 2024. Please join us!

The Friends of Groveland COA are a nonprofit 501(C)(3) organizations and a donation of any amount is tax-deductible to the fullest extent of the law.

Please make check payable to “FRIENDS of Groveland Council on Aging” and **mail** the bottom portion of this page to:

Friends of Groveland Council on Aging
P.O. Box 301
Groveland, MA 01834

2024 Membership / Donation Form:

Name: _____

Address: _____

Phone: _____ Email: _____

Yes, I want to be a Friend to Groveland COA!

Enclosed are Membership Dues: _____
\$10 per person per calendar year (Jan. to Dec.)

Area of Participation Interest: _____

Yes, I'd like to make a donation to the Friends of the Groveland COA!

Enclosed Donation Amount: _____