

# engAGEment

*The official newsletter of The Groveland Council on Aging*

Hello  
Spring!



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**MARIA STEPHANOS**

**A CELTIC CELEBRATION**

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## TALK TO US

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Mon/Tue Van Driver

**Frank Sapienti**

Wed/Thur Van Driver

## Spring in Full Swing!

Dear Friends,

As spring brings new energy to our community, I'm thrilled to share some exciting events ahead.

Join us for a special event with Maria Stephanos, WCVB NewsCenter 5 co-anchor and esteemed local journalist, returning to Groveland for a heartwarming homecoming on Saturday, March 9th at 1pm. In celebration of International Women's Day, we'll gather to share stories, laughter, and community spirit.

We're also delighted to host Boston Fiddler Kate Knudsvig for a Celtic Concert on March 21st, followed by a meal together.

Plus, don't miss our new Ask the Nurse monthly program, offering expert guidance and support.

Explore our newsletter for more details on these events and other programs tailored to enriching your lives and fostering connections within our community.

Thank you for your continued support. I'm looking forward to seeing you at our upcoming events!  
Warm Regards,

Warmest Regards - Alyssa Lee, Director



Nisha Burke

### Q&A with Assistant Director: Nisha Burke:

**Q:** Can you share a bit about your background and what led you to your current role as Assistant Director?

**A:** I have my degree in Business Marketing. I have worked in Municipal government for most of my working life. I was the Assistant Children's Librarian at the Langley-Adams Library, for a few summers I ran children's programming at the Haverhill Library. I began working at the Council on Aging as the Transportation Coordinator; it was a 10-hour a week position. Since then, I have become the Assistant Director.

It has been a wonderful experience working with the community and alongside mentor and friend, Lynne Stanton, since her retirement, there have been many changes within the department, I am eager to continue my work with the Older Adult population.

**Q:** Can you share a memorable experience from your time working at the Groveland Council on Aging?

**A:** The most memorable experience in recent years, was working through the pandemic, providing vital services including meal deliveries, vaccine appointments and combating the intense isolation during lockdown. It is so wonderful to have face-to-face interactions again!

**Q:** Can you provide some tips or advice for older adults who may be seeking support or resources from the Council on Aging?

**A:** If you are seeking support from the Council on Aging, the best thing to do is to come into the office if you are able, or schedule a home visit. Having an in person conversation about all of the services we offer can make the task less intimidating.

**Q:** We've heard a little about your dogs. Can you share with us anything about them? Any chance we'll see them at an outdoor COA event?

**A:** Traveling, going to see live music and photography are some of my favorite things to do in my off time. I lost my dog of 17 years in the pandemic, so my sister and I decided to welcome two new puppies from the same litter to our family. Cocoa and Gus are one-year-old rowdy Jack Russell Terriers; they are great adventure dogs! You can catch us at the beach, kayaking or by the pool during my favorite season SUMMER! I do love the heat! You may see Cocoa at one of our events under the tent.

## **CONNECT WITH NISHA BURKE**

**Office Hours:** Mon.: 8-4pm, Tues. & Wed.: 8-4:30pm, Thurs.: 8-4pm, Fri.: 8-12pm

**Phone:** (978) 556-7216

**Email:** [nburke@grovelandma.com](mailto:nburke@grovelandma.com)





### Coffee and Conversations: Maria Stephanos Shares Her Journey

The Groveland Council on Aging proudly presents "Coffee and Conversations: Maria Stephanos Shares Her Journey," on Saturday, March 9th, at 1:00 PM, located at the Groveland Town Hall.

Join us for an enriching talk by Maria Stephanos, esteemed local journalist and WCVB NewsCenter 5 co-anchor, returning to her hometown of Groveland to share her remarkable journey. In honor of International Women's Day, we celebrate Maria's influential role as a woman in power, tracing her inspiring path from Groveland to her esteemed position.

Priority registration is available for older adult residents of Groveland through February 28th. Registration opens to the wider public on February 29th. RSVP now to reserve your seat: contact us at 978-372-1101 or [COA@grovelandma.com](mailto:COA@grovelandma.com).

**\*\*This event has recently reached capacity. If you'd like to be added to the waitlist, please do contact the COA. We are pleased to say this event will be recorded and we'll share as soon as it's available.**

## FOOD, ENTERTAINMENT, GAMES & COMMUNITY!

### Weekly Games



- **Drop-In Game Day, Wednesdays, 12-3pm.** Whether you're a seasoned pro or a newcomer to the world of tabletop games, come solo or bring a friend – we have games for all tastes. Plus, if you have a game you love, bring it along and teach us something new. Let's play, laugh, and connect! Coffee & tea provided!

### Lunch & Music...and great conversation



- **Thursday, March 21st at 11:30am:** Fiddles & Fare: A Celtic Celebration  
Join us on Thursday, March 21st at 11:30am for hour of traditional Irish music played on the fiddle and guitar! Kate Knudsvig (fiddle) and Eamon Sefton (guitar) will give you a taste of the tunes that can be found in pubs all across Ireland. Lunch will be served at 12:30pm following the concert. Cost: \$5.00 per person. RSVP is required.

### Community Events from our Friends and Partners

- **Les Misérables** A special matinee performance of "Les Misérables" presented by Pentucket Regional Middle High School will take place on Wednesday, March 13th at 3:30 PM. Admission is free of charge, and refreshments will be provided. No RSVP necessary - simply show up and enjoy the show!
- **Veasey Park Indoor Flea Market** March 23rd from 8am - 2pm at 201 Washington St, Groveland. Interested in showcasing your goods? Reserve your table today: 8ft/\$30, 6ft/\$25, 4ft/\$20. Contact Claire Walsh at 978-376-6779 to secure your spot.
- **The Groveland Garden Club's** annual spring sale now offers pre-orders for hanging baskets, porch planters, and native perennials. Orders must be received by April 29 for pickup on May 18th at the Little Red School House in Groveland. Details and order form can be found at [www.grovelandgarden.club](http://www.grovelandgarden.club)
- **Town Wide Yard Sale**, hosted by the Friends of the COA. Details coming soon!

## Van Trips



**Trips on the COA Van:** Join us for exciting adventures on our COA Van for just \$15 per person! Reserve your spot by calling (978) 372-1101. Please note: meal expenses are covered individually. RSVP required for all trips. Reservations open on March 1, 2024.

- **Thursday, March 14th at 9:30am:** a trip to the Currier Museum of Art located Manchester, NH features works by Picasso, Monet, O'Keeffe, Hopper. Cost: \$15 for transportation, \$15 for museum admission + meal.
- **Tuesday, March 26th at 11am:** a trip to the Holy Grail Restaurant and Pub for lunch, located in Epping, NH. Cost: \$15 for transportation + meal.
- **Tuesday, April 9th 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 for transportation + meal.
- **Tuesday, April 23rd at 9am:** Join us for an enriching trip to the The Icon Museum and Study Center in Clinton, MA! The Museum holds a permanent collection of over a thousand Russian, Greek, and Ethiopian icons and Orthodox works of art. Cost: \$15 for transportation, \$10 for museum admission + meal.

## Movie Mondays @11am (free)



- **Monday, March 11th:** "Waitress: The Musical" Not Rated, Musical/Comedy, Sara Bareilles and Drew Gehling, 2h & 24m, 2023.
- **Monday, March 25th:** "The Color Purple," PG-13, Musical/Drama, Sara Starring Fantasia Barrino and Taraji P. Henson, 2h & 21m, 2023.
- **Monday, April 8th:** "Priscilla," R, Drama/Romance/Musical, Jacob Elordi and Caillee Spaeny, 1h & 50m, 2023.
- **Monday, April 22nd:** "The Holdovers," R, Comedy/Dramal, Paul Giamatti and Da'Vine Joy Randolph, 2h & 13m, 2023.

## A Monthly Mélange

Classes are free, RSVP required as space is limited.





- **Tuesday, March 19th at 1pm:** Hello Spring: DIY 3D Door-Hanger Workshop with Wooden Floral Accents: Join us Tuesday, March 19th at 1pm for a DIY workshop to make one 12" Round 3D Hello door-hanger with wood flowers. This workshop is facilitated by at Hammer & Stain - North Shore. Supplies are provided. Cost: Free, RSVP Required.
- **Thursday, April 25th at 1pm:** Seaside Treasures: Wire-Wrapped Sea Glass Pendant Workshop: Join us April Thursday, April 25th at 1pm for a DIY workshop to make a wire-wrapped sea glass pendant. This workshop is facilitated by artist, Kim Dowell. Supplies are provided. Cost: Free, RSVP Required.





## Health & Wellness

-  **Ask the Nurse!** Reserve your personalized consultation slot with Anita Wright, our Board of Health Nurse. Anita will be available from 10-11am for 15-minute appointments on March 27th and April 24th. During your session, she can conduct blood pressure checks, administer your B12 shot (please bring it with you), and offer valuable insights into any health concerns you may have. To secure your spot, RSVP with COA at 978-372-1101.
- **3B Fitness: Bones, Brains & Balance, Tuesdays at 9am:** Trainer Brian Coyne leads a \$5/class session combining balance exercises, strength training, and brain games. Held indoors at the Fire Station meeting room or outdoors, weather permitting. All levels and drop-ins are warmly welcomed.
- **Indoor Ping Pong and Corn Hole:** Join us at the Center Meeting Room inside Town Hall for a spirited indoor session of Ping Pong and Corn Hole. Free to attend! Dates: Tuesdays, March 12th and April 23rd from 1-3pm. RSVPs appreciated!
- **Line Dancing** with Susan Tribble - \$5 per class on Wednesdays at 11am, starting April 3rd; RSVP required as we have a 5 person minimum.
-  **Meditation & Mindfulness Class on Thursdays at 10am:** 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 in Center Meeting Room, Town Hall.
- **Yoga on Fridays at 10:45am:** Join Mary Van Abs for Yoga sessions in the Center Meeting Room at Town Hall. Payment is accepted on the day of class, and it's just \$5 per session. Whether you're a seasoned yogi or a beginner, all levels and drop-ins are warmly welcomed. Weather permitting, classes will be held outdoors. Don't miss out on this opportunity to nurture your mind, body, and spirit!

## Educational & Informational Programs



- **Rolling on the River:** Rolling on the River: Life and Work on the Merrimack presented by the Buttonwoods Museum on Thursday, March 28th at 1pm. Discover the river's historical significance from Native American settlement to modern-day Haverhill. Join us at Groveland Town Hall. RSVP with the COA.
- **A Greener Groveland Lecture:** Join us on Tuesday, April 16th at 1pm for 'A Greener Groveland: A Look at Trees in Town' presentation. Presented by Mike Dempsey, Dianne Plantamura, and Stephanie Bartelt, this insightful discussion explores the importance of trees in our community, perfect timing for Earth Day. Kindly RSVP so that we can set up the room accordingly!
- **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 March 14th, 28th, April 11th, and 25th. Free, kindly RSVP.
- **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: Mon. March 18th at 9:30am, or Sat. April 20th at 9:30am. 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.

# March 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!</li> </ul> Both meetings take place in the Center Meeting Room, Town Hall.				<b>1</b>  [no yoga today]
<b>4</b>	<b>5</b> <b>Vote Today!</b> . Presidential Primary. Call the COA if you need a free ride.  3B Fitness @9am	<b>6</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Games @12-3pm, Free	<b>7</b> Meditation / Mindfulness at 10am, RSVP	<b>8</b> Rep Ramos Office Hour @10am, RSVP, Free  Yoga @10:45am <b>SATURDAY 9th:</b> Maria Stephanos @1pm, RSVP, Free
<b>11</b> Atty Elaine Dalton 10am, RSVP, Free  Movie @11am: "Waitress: The Musical," Free	<b>12</b> 3B Fitness @9am  Ping Pong & Corn Hole @1pm, RSVP, Free	<b>13</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Games @12-3pm, Free	<b>14</b> Van Trip @ 9:30am: Currier Museum; RSVP Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free	<b>15</b>  Yoga @10:45am
<b>18</b>  Dementia Friends Training at 9:30am, Free	<b>19</b> 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am Spring Door-Hanger DIY @1pm, Free	<b>20</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Games @12-3pm, Free	<b>21</b> Meditation / Mindfulness at 10am, RSVP  Fiddles & Fare: A Celtic Celebration @11:30am, RSVP	<b>22</b>  Yoga @10:45am
<b>25</b> Movie @11am: "The Color Purple," Free  Veterans' Services @1:30pm	<b>26</b> 3B Fitness @9am Van Trip @ 11am: Holy Grail Restaurant; RSVP	<b>27</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Games @12-3pm, Free	<b>28</b> Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Rolling on the River Lecture @1pm	<b>29</b>  Yoga @10:45am

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/>



# April 2024

## at the Groveland COA

MON	TUE	WED	THUR	FRI
<b>1</b>	<b>2</b> 3B Fitness @9am	<b>3</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	<b>4</b> Meditation / Mindfulness at 10am, RSVP	<b>5</b> Yoga @10:45am
<b>8</b> Atty Elaine Dalton 10am, RSVP, Free  Movie @11am: "Priscilla," Free	<b>9</b> 3B Fitness @9am  Van Trip: Mystery Ride @10am, RSVP	<b>10</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	<b>11</b> Meditation / Mindfulness at 10am, RSVP  Tech Q&A with Matt @ 10:30am, Free	<b>12</b> Rep Ramos Office Hour @10am, RSVP, Free  Yoga @10:45am
<b>15</b> <i>Patriots' Day</i> <b>COA Office Closed</b>	<b>16</b> 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am  A Greener Groveland Lecture @1pm	<b>17</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	<b>18</b> Meditation / Mindfulness at 10am, RSVP	<b>19</b> Yoga @10:45am  <b>SATURDAY 20th:</b> Dementia Friends Training at 9:30am, Free
<b>22</b>  Movie @11am: "The Holdovers," Free	<b>23</b> 3B Fitness @9am Ping Pong & Corn Hole @1pm, RSVP, Free Van Trip: Icon Museum @9am, RSVP	<b>24</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Games @12-3pm, Free	<b>25</b> Meditation / Mindfulness at 10am, RSVP  Tech Q&A with Matt @ 10:30am, Free  Seaside Treasures @1pm	<b>26</b> Yoga @10:45am
<b>29</b>  Veterans' Services @1:30pm	<b>30</b> 3B Fitness @9am			

Groveland residents can receive free transportation to COA Events, and voting, 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, March 8th and April 12th. 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 March. 19th  
and Tuesday, April 16th.

**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, March 25th and April 29th.

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

## 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). 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**

- To Rivers Edge Plaza, every Wednesdays at 9am. RSVP Required.
-  [Our Neighbors Table Market](#) (ONT) in Amesbury, March 7th and April 4, leaves at 9:30am. RSVP Required. Please note that participants can choose to shop once a week at either ONT or the COA Food pantry.

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

- First 45 callers receive free lunch. Call the COA at 978-372-1101 to reserve your lunch and confirm if you need delivery (in Groveland) or will pick-up at our office.
- Upcoming meals:
  - March 19: Breakfast for Lunch: French Toast Sticks, Bacon, Roasted Potatoes, Fresh Fruit Salad, and Milk.
  - April 25th: Tortilla Soup, Ground Beef Fillings, Salsa, Sour Cream, Cilantro Lime Rice, Charro Beans, Soft Shell, Tres Leche Cake, and Juice.

### **Mobile Market Grocery Delivery:**

- Fresh groceries bag delivery typically 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.

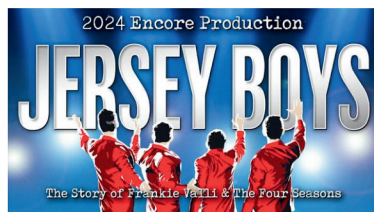
**Free Community Lunch at Groveland Congregational Church** Sat., March 9 & Sat., April 13.  
Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street in Groveland.



## MOTORCOACH TRIPS WITH RITE WAY TRAVEL

Groveland COA is thrilled to announce our partnership with Rite Way Travel, offering an array of exciting Motorcoach trips for our community. Join us for unforgettable adventures, hassle-free travel, and enriching experiences.

- **St. Patrick's Celebration:** Embark on a festive journey this St. Patrick's Day, Wednesday, March 6th, 2024! For just \$129.00 per person, enjoy a delightful round trip Motorcoach excursion, inclusive of a scrumptious lunch and captivating show at Danversport. Indulge in your choice of Corned Beef & Cabbage or Baked Scrod, while being entertained by the sensational talents of Andy Rooney Star of Carnegie Hall. George Casey- Irish Comedian- The King of Blarney Clara Fox- Irish Folk singer and recording artist. Departure time approximately 10:00AM, returning around 5:00PM. Note: Minimum 15 participants required for Groveland pick-up.
- **Nantucket Daffodil Festival:** Experience the charm of the Nantucket Daffodil Festival on Saturday, April 27th, for \$159.00 per person! This exciting trip includes a round trip Motorcoach journey and a Hyline Hi-Speed Ferry ride to Nantucket from Barnstable. Spend the day immersed in the festival's vibrant atmosphere at your leisure. Departing from Rite Way Travel at 6:30AM, with a minimum of 15 participants needed for Groveland pick-up. Departure from Nantucket for the return journey at 5:30PM.
- **Jersey Boys @ North Shore Music Theatre:** Immerse yourself in the magic of theater with 'Jersey Boys' at North Shore Music Theatre on Wednesday, May 8th, 2024. For \$159.00 per person, enjoy a luxurious Motorcoach ride and a delectable luncheon at Danversport before the show. Indulge in Baked Haddock or Chicken Danversport, accompanied by mashed potatoes and fresh vegetables, followed by an ice cream parfait. Settle into reserved lower seating for the 2:00pm matinee performance. Departure from Rite Way Travel at 10:30AM, returning approximately 5:00PM.



### How to Sign-up for Motorcoach Trip:

- 1) **Register** with the Groveland COA office at (978) 372-1101
- 2) **Pay** directly to Rite Way Travel 978-682-3245 or pay online:  
<https://www.ritewaytravelagency.com/index.php>
- 3) **Depart for your Trip:** The Council on Aging requires 15 travelers for a pick up at the Town Hall, if not the pickup location is at the Rite Way Travel Agency: 211 Merrimack Street Methuen, MA.

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**Groveland Council On Aging**  
Town Hall  
183 Main Street  
Groveland MA 01834  
Phone: (978)-372-1101

**SAVE THE DATE**  
GROVELAND COUNCIL ON AGING  
PRESENTS

EngAGEment Celebration & Symposium

**Saturday, June 29th**  
**10:45am – 2:30pm**

Event will be held at the Pentucket Regional High School.

Prepare for an enlightening day dedicated to honoring and empowering the older adults in our community. Featuring speakers, a resource fair, and more, this event is designed to equip attendees with valuable knowledge and resources. Get ready to feel inspired and empowered about aging! Stay tuned for further details.

Sponsorship opportunities are available—please contact the COA for information.

WE EXTEND GRATITUDE TO  
SENIOR NEWS PUBLICATIONS.  
THEIR INVALUABLE SUPPORT  
HAS BEEN INSTRUMENTAL IN  
BRINGING THIS TO THE  
COMMUNITY!

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