

# engAGEment

The official newsletter of The Groveland Council on Aging



## IN THIS ISSUE

**TRIVIA LUNCHEON**

**SPOTLIGHT ON FRANK**

**MEMORY CAFE**

**FULL-DAY  
engAGEment  
CELEBRATION**

## TALK TO US

### **Alyssa Lee**

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### **Nisha Burke**

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### **Carrie Scott**

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### **Joe Walsh**

Mon/Tue Van Driver

### **Frank Sapienti**

Wed/Thur Van Driver

## It's EngAGEment Time!

Dear Friends,

As we step into the warmth of the summer sun, I am filled with excitement at the thought of sharing this vibrant season with all of you!

Mark your calendars and join us for our upcoming EngAGEment Celebration and Symposium on Saturday, June 29th, starting at 10:45 am at the Pentucket Regional Middle-High School. This special event is dedicated to empowering older adults (60+), their care-partners, and anyone eager to learn! Our program promises to be inspiring, featuring a captivating keynote address by renowned author Katharine Esty, Ph.D., as she delves into the secrets of unexpected happiness in aging. Plus, enjoy a complementary light lunch as we come together to celebrate and learn. Details can be found on the enclosed flyer.

But that's not all! Throughout May and June, we invite you to join us for coffee and conversation with Carrie Scott, our Outreach Manager. Plus, get ready to groove with some line dancing and indulge in ice cream with our friends from the Groveland Police! Turn the pages for all the exciting details - there's so much more to share!

Let's make this summer one to remember, filled with connection, learning, and joy. I can't wait to see you all there!

Warmest Regards - Alyssa Lee, Director

## TEAM SPOTLIGHT



Frank Sapianti

It's an honor to highlight Frank Sapianti in our staff spotlight section, as he has been an invaluable member of the COA team for nearly five years now! Frank joined us following his retirement from the USPS, where he dedicated an impressive 32 years of service. His journey to the Groveland COA began while he was working part-time at a local bank, where he discovered the opportunity to become a van driver.

What Frank finds most fulfilling about his role is the opportunity to meet and connect with a diverse range of people. Drawing parallels between his past experience as a letter carrier and his current position, he recognizes the importance of being a lifeline to the outside world, particularly for older adults. In both roles, he serves as a vital link, fostering connections and providing essential services.

Outside of work, Frank is a passionate sports enthusiast, avidly following all of Boston's professional sports teams. His love for sports extends to his favorite pastime, golf, which he has enjoyed for over 40 years at various courses in the area. He savors the opportunity to travel, having embarked on several memorable golf trips to destinations like Myrtle Beach. Additionally, Frank enjoys attending professional golf tournaments and exploring local casinos.

Frank's dedication to serving the community and his vibrant personality make him a valued member of the COA team. We're fortunate to have him on board, enriching the lives of those he encounters through his warmth, dedication, and shared interests.

### ***SCHEDULE A RIDE TODAY!***

Connect with Nisha Burke, our Assistant Director, to learn more about transportation options!

**Phone:** (978) 556-7216    **Email:** [nburke@grovelandma.com](mailto:nburke@grovelandma.com)

## UNVEILING OUR NEW LOGO!



We are thrilled to share our new logo, a symbol of our Council on Aging's evolution and dedication to our community since our establishment in 1973.

Crafted with care, our logo embodies the essence of our mission: caring for community, connecting people, and delivering essentials. It represents our commitment to serving the diverse needs of our residents and fostering a sense of belonging and support for all.



## Monthly Memory Café: A New Pilot Program!

Join us for our inaugural Monthly Memory Café, a unique gathering designed to provide support, companionship, and engagement for both care-partners and individuals experiencing dementia.

What is a Memory Café? It's a welcoming space where individuals living with dementia and their care-partners can socialize, share experiences, and enjoy activities together.

At our Memory Café, expect stimulating conversations, engaging activities, and a chance to forge new friendships. Whether reminiscing over favorite songs or exploring art projects, our aim is to create a supportive community where everyone feels valued.

This pilot program aims to gauge interest and gather feedback to shape future sessions. Attendance of both a care-partner **and** individual experiencing dementia is required, fostering a meaningful and joyful experience for all. Come to one session or all three!

**Cost:** Free **Dates:** Mondays on May 13, June 10 & June 24 **Time:** 2-3:30pm **Location:** Groveland Town Hall

## 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 & Entertainment

- **Tuesday, May 21st at 11:30am: Trivia Luncheon** Join us for a Trivia Luncheon celebrating "Older Americans Month." Established in 1963, Older Americans Month (OAM) is celebrated every May, led by the Administration for Community Living (ACL). This year's theme, "Powered by Connection," highlights the impact of meaningful connections on the well-being of older adults. Test your knowledge, enjoy a light lunch and appreciate the wealth of wisdom and experience in the room. Cost: Free. RSVP is required as space is limited. **Sponsored by the Friends of the Groveland COA!!**

### Community Events from our Friends and Partners

- **Mystery Book Con** at Langley-Adams Library teams up with Kensington Publishing Corp for a FREE event on Saturday, May 18th featuring cozy, crime fiction, and thriller authors, with book sales by Jabberwocky Bookshop. Please register by 5/13/24 at: [bit.ly/KensiConEast2024](https://bit.ly/KensiConEast2024) to receive a swag bag! (or call the library at 978-372-1732).
- Join the Groveland Historical Society for an **Antique Appraisal Roadshow** featuring Dan Meader, offering approximate valuations and discussions for your items at Washington Hall, Groveland, MA, on June 13th from 6-9pm. Entrance fee is \$5.00 and appraisals are \$5 per item, maximum of 3 items.
- Veasey Park has an exciting lineup of events and classes. On June 21 and 22, catch "**Rubbish To Runway**," a unique showcase of creative fashion. Additionally, there are weekly opportunities to get active and involved, including swing and ballroom dance classes on Mondays, woodcarving on Tuesdays, and ASL club meetings on Wednesdays. Plus, don't miss out on veterans' meetings, chair yoga, and workout groups throughout the week. For more details, visit <https://www.veaseypark.org/community-events>.

## 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 May 1, 2024.

- **Tuesday, May 14th at 9am:** a trip to the Encore Casino in Everett, MA. Cost: \$15 for transportation.
- **Thursday, May 23th 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.
- **Monday, June 10th at 10am:** Join us for a day trip to the Isabella Stewart Gardner Museum in Boston, MA. Explore the stunning collection housed in a historic Venetian-style palace. Admire art, lush gardens, and rare treasures. . Cost: \$15 for transportation, \$18 for museum admission + meal.
- **Thursday, June 27th at 9:30am:** Join us for a van trip to Perkins Cove in Ogunquit, ME. Enjoy a self-guided day of lunch, shopping, and scenic walks along the Marginal Way coastal path. Cost: \$15 for transportation + meal.

## Movie Mondays @11am (free)



Movies take place in the center meeting room.

- **Monday, May 13th:** "The Iron Claw," R, Sport/Thriller, Zac Efron & Jeremy Allen White, 2h & 13m, 2023.
- **Monday, May 20th:** "Ordinary Angels," PG, Drama, Shilary Swank and Alan Ritchson, 1h & 59m, 2024.
- **Monday, June 3rd:** "I'll See You in My Dreams," PG-13, Comedy/Romance, Sam Elliot and Blythe Danner, 1h & 36m, 2015.
- **Monday, June 17th:** "Respect," PG-13, Musical/Drama, Jennifer Hudson and Audra McDonald, 2h & 25m, 2021.

## A Monthly Mélange

Classes are free, all materials provided. RSVP required as space is limited.

- **Thursday, May 9th at 1pm:** Things with Wings basic felting class for all skill levels. Learn how easy it is to create a three dimensional butterfly or moth using basic 2D and 3D felting techniques. There are endless possibilities once you have learned the technique!  
Instructor: Tif Farmakis-Day Cost: Free, all materials provided. RSVP
- **Tuesday, June 18th at 1pm:** Poetry Painting Collage. Spread your creative wings with words, paint and collage! You will make a hangable wall banner that blends a poem you will write with paint and collage. A beautiful one-of-a-kind creation, just like you. No art or poetry experience needed. Instructor: Deborah Fay D'Onofrio  
Cost: Free, all materials provided. RSVP



## 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 May 29th and June 26th. 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 the 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 outdoors, under the tent, or if inclement weather, at the Fire Station meeting room. All levels and drop-ins are warmly welcomed.
  - **Line Dancing** with Susan Tribble - \$5 per class on Wednesdays at 11am, in the center meeting room. 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 outdoors on the Town Hall Lawn, or if inclement weather, 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. Don't miss out on this opportunity to nurture your mind, body, and spirit!
- NEW** **Memory Cafe:** A supportive gathering for individuals with dementia and their care-partners to socialize, share experiences, and enjoy activities. Themes like exploring favorite songs foster connections through discussions and interactive sessions. Mondays 2-3:30pm on: May 13th, June 10th and 24th  
Free, RSVP Required

## Educational & Informational Programs



- **Women of Bradford Academy** In a presentation by the Buttonwoods Museum, we'll learn about the Bradford College, originally known as Bradford Academy, a legacy of the Bradford/Haverhill community that helped pave the way for the future as one of the first institutions to actively support women's education in the United States. This program will take place in the Town Hall Center meeting room on Thursday, May 23rd at 1pm. Free. RSVP kindly suggested; light refreshments.
- **Discover Enhanced Communication** Join Chris Murphy, Outreach Coordinator for MassEDP (Massachusetts Equipment Distribution Program), for a presentation on 911 services and the specialized telephones tailored for individuals living with permanent disabilities. This program could greatly benefit you or members of your family. Free. Light refreshments will be served. Please RSVP so we can plan accordingly. Date & Time: Tuesday, June 4th at 1pm.
- **History of the Fish in the Merrimack River** with John Macone of the Merrimack River Watershed Council. Light refreshments will be served. Date & Time: Tuesday, June 11th at 1pm. Free. Please RSVP so we can plan 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 May 2nd, 16th, June 6th, and 20th. Free, kindly RSVP.

# May 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
		<b>1</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>2</b>  Meditation / Mindfulness at 10am, RSVP  Tech Q&A with Matt @ 10:30am, Free	<b>3</b>  Yoga @10:45am
<b>6 VOTE</b> Local Elections Happening Today. If you need a ride to Groveland Town Hall, please call the COA!	<b>7</b> 3B Fitness @9am	<b>8</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>9</b> Meditation / Mindfulness at 10am, RSVP  Goats-to-Go @10:15am. Free  Felting Class @1pm, RSVP, Free	<b>10</b>  Yoga @10:45am  Rep Ramos Office Hour @10am, RSVP, Free
<b>13</b> Atty Elaine Dalton 10am, RSVP, Free  Movie @11am: "The Iron Claw," Free  Memory Cafe @2pm: RSVP, Free	<b>14</b> 3B Fitness @9am  Van Trip @ 9am: Encore, RSVP  Coffee with Carrie @11am, Free	<b>15</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>16</b> Meditation / Mindfulness at 10am, RSVP  Tech Q&A with Matt @ 10:30am, Free  Van to ONT, @10:30am, Free, RSVP	<b>17</b>  Yoga @10:45am
<b>20</b>  Movie @11am: "Ordinary Angels," Free  Veterans' Services @1:30pm	<b>21</b> 3B Fitness @9am Senator Tarr's Constituent Services. w/ MaryAnn Nay @10:30am  Trivia Luncheon @11:30am, Free, RSVP	<b>22</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>23</b> Van Trip @ 9am: Mystery Ride, RSVP  Meditation / Mindfulness at 10am, RSVP  Women of Bradford Academy @ 1pm	<b>24</b>  Yoga @10:45am
<b>27 Memorial Day</b>  <b>COA Office Closed</b>	<b>28</b> 3B Fitness @9am	<b>29</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Ask the Nurse @10am, RSVP  Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>30</b>  Meditation / Mindfulness at 10am, RSVP	<b>31</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/>

# June 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
<p><b>Join us for:</b></p> <ul style="list-style-type: none"> <li>• Council on Aging, Board of Directors meets on the 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.</li> </ul> <p>New members are welcome and appreciated! Both meetings take place in the Center Meeting Room, Town Hall.</p>				
<p><b>3</b></p> <p>Movie @11am: "I'll See You in My Dreams," Free</p>	<p><b>4</b></p> <p>3B Fitness @9am Mass EDP @1pm, Free</p>	<p><b>5</b></p> <p>Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free</p>	<p><b>6</b></p> <p>Meditation / Mindfulness at 10am, RSVP Tech Q&amp;A with Matt @ 10:30am, Free</p>	<p><b>7</b></p> <p>Yoga @10:45am</p>
<p><b>10</b></p> <p>Van Trip: Gardner Museum @10am, RSVP Atty Elaine Dalton 10am, RSVP, Free Memory Cafe @2pm: RSVP, Free</p>	<p><b>11</b></p> <p>3B Fitness @9am Fish of the Merrimack @1pm</p>	<p><b>12</b></p> <p>Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free</p>	<p><b>13</b></p> <p>Meditation / Mindfulness at 10am, RSVP</p>	<p><b>14</b></p> <p>Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am</p>
<p><b>17</b></p> <p>Movie @11am: "Respect," Free</p>	<p><b>18</b></p> <p>3B Fitness @9am Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am Coffee with Carrie @11am, Free Poetry Painting Collage @1pm, RSVP, Free</p>	<p><b>19 Juneteenth</b></p> <p><b>COA Office Closed</b></p>	<p><b>20</b></p> <p>Meditation / Mindfulness at 10am, RSVP Tech Q&amp;A with Matt @ 10:30am, Free Van to ONT, @10:30am, Free, RSVP</p>	<p><b>21</b></p> <p>Yoga @10:45am</p>
<p><b>24</b></p> <p>Veterans' Services @1:30pm Memory Cafe @2pm: RSVP, Free</p>	<p><b>25</b></p> <p>3B Fitness @9am</p>	<p><b>26</b></p> <p>Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Game Day @12pm, Free</p>	<p><b>27</b></p> <p>Van Trip: Perkins Cove @9:30am, RSVP Meditation / Mindfulness at 10am, RSVP</p>	<p><b>28</b></p> <p>Yoga @10:45am</p>
<p><b>SATURDAY 29th:</b> EngAGEMENT Celebration 10:45am @Pentucket High!</p>				

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, May 10th and June 14th. 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 May 21st, and June 18th.

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

**Legal Monday with Elaine Dalton** Free 15 min legal consult. Please call the COA office to reserve your spot. Mondays 10-11am on, May 13th, and June 10th.

## 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.**

- Open drop-in hours on Wednesdays from 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 Wednesday at 9am. RSVP Required.
- [Our Neighbors Table Market](#) (ONT) in Amesbury, May 16th and June 20th departs Town Hall at 11 Town H. 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:
  - May 9: Carving Station: Roast Beef, Gravy, and Au jus Stuffing, Butternut Squash, Carrots, Chocolate Mousse, Snowflake Roll, and Juice.
  - June 13: Chicken Parm-Pasta: Penne, Marinara Sauce, Caesar Salad w/Parm Cheese, Tiramisu, Garlic Bread and, Juice.

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

- Fresh groceries bag delivery available on the first Tuesday of the month: May 7, June 4
- 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., May 11 & Sat., June 8. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street in Groveland.



## SOCIAL NETWORKING/COMMUNITY ENGAGEMENT SESSIONS:

- **Coffee with Carrie** Join us for a casual coffee session with Carrie Scott, our Outreach and Food Pantry Manager. Enjoy light refreshments while getting to know Carrie and connecting with others in our community. See you there! Free. Please RSVP so we can plan accordingly. Date & Time: Tuesdays: May 14th or June 18th at 11am
- **Goats-to-Go** The Langley-Adams Library and The Groveland COA are inviting all ages to join us for our 2nd Annual Goats To Libraries Spring Tour Program with Goats to Go (Georgetown). Come meet, pet, and ask questions about the goats. This special event will be held behind the library, under the COA tent, in the parking lot from 10:15 -11a.m. on Thursday, May 9th.
- **Ice Cream Social** Come join us under the COA tent for an Ice Cream Social hosted by the Groveland Police, exclusively for our COA community! This event offers a chance to meet and interact with your local first responders while indulging in tasty ice cream treats. Stay tuned for the exact date in June, to be announced soon.

### Limited Availability: Free Tablets - First Come, First-Served!



Unlock the digital world with a complimentary tablet loaded with essential apps like news, Facebook, Google, Weather, and Libby. Thanks to our "Senior Technology" grant and support from the "Age Friendly Collaborative" grant with the Wadleigh Foundation, we're excited to offer these tablets to those who haven't received one before. Schedule your appointment with Matt McNichol during Tech Talk to set up your free T-Mobile tablet, complete with unlimited service/data for the time being, continuing to function on Wi-Fi networks. Contact the COA today to learn more.

## MOTORCOACH TRIPS WITH RITE WAY TRAVEL

Groveland COA is partnered with Rite Way Travel, offering an array of exciting Motorcoach trips for our community. Highlights are below, contact them for trip details!

- **Fosters Lobsterbake in York, ME**
  - July 18th, 2024
  - \$135.00 per person
- **Lake George & Saratoga Springs**
  - August 27th-28th, 2024
  - \$549.00 per person double; \$699.00 per person single
- **Break for Moose/Sunday River Resort: Special Foliage Date!**
  - October 3-5, 2024
  - \$739.00 per person double; \$929.00 per person single
- **New Hampshire Turkey Train**
  - October 13th, 2024
  - \$129.00 per person



### 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 fewer than 15, the pick up location is at the Rite Way Travel Agency: 211 Merrimack Street Methuen, MA.

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Event hosted by:



Katharine Esty, PhD  
Author of "Eightysomethings"

# The EngAGEment Celebration and Symposium

Join us at the EngAGEment Celebration and Symposium, an inspiring gathering dedicated to empowering older adults (60+), their care-partners, and anyone eager to learn!

Here's what you can expect:

- **Captivating Keynote Address:** Delve into the secrets of unexpected happiness in aging with renowned author Katharine Esty, PhD.
- **Interactive Workshops:** Gain practical tips and insights to enhance your well-being and embrace the joys of aging.
- **Community Connections:** Forge meaningful relationships, connect with local resources, and explore volunteer opportunities over a light lunch.

Lunch

Resource Fair

Interactive  
Workshops

**Free Event**  
**Saturday, June 29th**  
**10:45 AM - 2:30 PM**  
**Pentucket Regional High School**  
**24 Main St, West Newbury, MA**

Event Title Sponsor:

*Nichols Village*

AN ACTIVE ADULT COMMUNITY

RSVP  
Encouraged

[grovelandma.com/council-on-aging/](http://grovelandma.com/council-on-aging/)

Event hosted by:



# The EngAGEment Celebration and Symposium

## AGENDA

**10:15 AM - 10:45 AM: Registration and Welcome Refreshments**

**10:45 AM - 11:00 AM: Opening Remarks and Welcome Address**

**11:00 AM - 11:30 AM: Keynote Address with Katharine Esty, PhD**

Join us for a captivating keynote address by Katharine Esty, PhD, author of "Eightysomethings," as she shares insights on finding unexpected happiness in aging.

**11:30 AM - 12:15 PM: Panel Discussion, facilitated with Dr. Esty**

Engage with local eighty-somethings as they share their wisdom and experiences, facilitated by Katharine Esty, PhD, providing valuable perspectives on embracing the joys of aging.

**12:15 PM - 1:00 PM: Lunch Break, Networking, and Resource Fair**

Join us for a light lunch gathering where you can connect with fellow community members. Explore a diverse array of resources, services, and volunteer opportunities available in our community at the resource fair. AgeSpan, Bethany Communities, Nichols Village, Our Neighbors' Table, Veasey Park, Wingate Residences, and more will be in attendance, offering valuable insights and connections.

**1:00 PM - 1:45 PM: Interactive Workshop Sessions**

Explore workshops covering various topics such as insights on community living, caregiver support, and an exercise demo. Each is aimed at addressing your unique needs and promoting active, healthy living. The resource fair will also be open.

**1:45 PM - 2:00 PM: Closing Remarks**

**Attendees can visit the resource fair booths until 2:30pm**

RSVP to secure your spot for the full day and ensure access to our program! While walk-ins are welcome, please note that space in workshops and availability of lunch may be limited. Your RSVP helps us manage space, and if confirmed, you'll receive a ticket for a complimentary lunch. Additionally, your ticket serves as your entry for door prizes at the conclusion of the event. Don't miss out—commit to joining us for the entire day!

RSVP  
Encouraged

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