

May 2024

at the Groveland COA

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

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