

July 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
1	2 3B Fitness @9am Corn Hole @11am	3 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	4 Independence Day COA Office Closed	5
8 Atty Elaine Dalton 10am, RSVP, Free Movie @11am: "American Fiction" Free	9 Understanding SNAP @11am, Free, RSVP Craft & Plan @1pm, Free	10 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	11 Meditation / Mindfulness at 10am, RSVP Tech Q&A @ 10:30am, Free, RSVP Van to ONT, @12:30pm, Free, RSVP	12 Yoga @10:45am Rep Ramos Office Hour @10am, RSVP, Free
15 Memory Cafe @1:30pm: RSVP, Free Van Trip @ 9:30am: Mystery, RSVP	16 3B Fitness @9am Corn Hole @11am Learn Mahjong @ 9:15 AM van ride; Free, RSVP	17 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	18 Traveling Chef Meditation / Mindfulness at 10am, RSVP Discover Medicare Savings @10:30am, Free	19 Yoga @10:45am
22 Movie @11am: "The Boys in the Boat," Free	23 3B Fitness @9am Transportation Fair @10:30am, Free	24 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	25 Meditation / Mindfulness at 10am, RSVP Tech Q&A @ 10:30am, Free, RSVP Summertime Luncheon @ 12:00 PM RSVP	26 Dementia Friends @9:30am
29 The American Revolution @ 1:00 PM, Free, RSVP Veterans' Services @1:30pm	30 3B Fitness @9am Van Trip @ 9:30am: Perkins Cove, RSVP Corn Hole @11am	31 Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Games @12-3pm, 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/>

August 2024 at the Groveland COA

MON		TUE		WED		THUR		FRI	
<p>Join us for: 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. New members are welcome and appreciated! [No Friends meeting in July] Both meetings take place in the Center Meeting Room, Town Hall.</p>						1		2	
						Meditation / Mindfulness at 10am, RSVP		Yoga @10:45am	
5		6		7		8		9	
Movie @11am: "Arthur the King," Free		3B Fitness @9am Corn Hole @11am Coffee with Carrie @11am, Free		Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free		Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Roy Orbison Tribute & Ice Cream @ 1 PM		Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am	
12		13		14		15		16	
Atty Elaine Dalton 10am, RSVP, Free		Van Trip @ 9:30am: Mystery, RSVP Dementia Friends @1pm		Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free		Traveling Chef Meditation / Mindfulness at 10am, RSVP Craft & Plan @1pm, Free		Yoga @10:45am	
19		20		21		22		23	
Movie @11am: "Titanic: The Musical," Free Memory Cafe @1:30pm: RSVP, Free		3B Fitness @9am Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am Corn Hole @11am		Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free		Meditation / Mindfulness at 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Pizza and Magic @ 12PM RSVP		Yoga @10:45am	
26		27		28		29		30	
Veterans' Services @1:30pm		3B Fitness @9am Van Trip @ 10:30am: Lunch at Woodmans, RSVP		Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Game Day @12pm, Free		Meditation / Mindfulness at 10am, RSVP Van to ONT, @12:30pm, Free, RSVP		Yoga @10:45am	

Groveland residents can receive FREE transportation within Groveland including COA events. Call the office at (978) 372-1101 to confirm availability.