

engAGEment

The official newsletter of The Groveland Council on Aging



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TALK TO US

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Sunshine, Friends, & Fun

Dear Friends,

Hello everyone, and happy summer! Summer is the perfect time to get out, see friends, and enjoy the sunshine. I hope this season brings you plenty of opportunities to connect with others and make wonderful memories. And we hope that means you'll come see us at the Groveland Council on Aging!

This summer, our focus is on learning from you. We truly value your feedback, and you'll find a few ways within this newsletter to share your thoughts and suggestions with us. Your input helps us improve and tailor our programs to better meet your needs.

We have a lot of exciting events and activities planned for this summer, and we hope you'll join us! Here are a few programming highlights:

- Van Trip to Woodman's of Essex
- Corn Hole Under the Tent
- Transportation Fair: Learn all about the various transportation options available to you.

We look forward to seeing you at these events and more. Have a wonderful summer, and remember to stay hydrated to keep healthy!

Enjoy your day - Alyssa Lee, Director

VOLUNTEER SPOTLIGHT



Joanna Donnelly

Joanna Donnelly, a cornerstone of the Groveland community, is stepping down from her role as President of the Friends of the Groveland Council on Aging in June 2024. With a remarkable 22 years of dedicated service, Joanna's involvement has spanned multiple roles, including member, Vice President, and most recently, President.

Joanna's journey in Groveland began in 1965 when she moved to town with her husband, Eugene A. Donnelly Jr. Together, they raised three children who were all born and grew up in Groveland. Throughout her career, Joanna held several bookkeeping jobs and was a pioneer in implementing computer systems for business bookkeeping, despite her current preference for less screen time.

In addition to her professional achievements, Joanna ran and operated five businesses, ranging from a variety store to a roast beef shop. Upon retiring, she served as a volunteer driver for Meals on Wheels for 10 years, marking her first connection with the Groveland COA.

Joanna's commitment to the Friends of the Groveland COA has been unwavering. She has remained actively involved because of her love for people and her desire to support the COA's mission of serving older adults in Groveland. One of her notable contributions has been running the popular Game Day for several years. Joanna continues to attend the weekly group, where she enjoys playing Rummikub.

Beyond her administrative and volunteer work, Joanna is also a talented artist. She discovered her passion for painting in 2008 through a watercolor class offered by the COA. Now an avid painter, she also enjoys pencil sketching, with a particular fondness for drawing babies.

Joanna's parting message to the community is heartfelt: "If people have the time to help others, then consider joining the Friends of the Groveland COA." For those who wish to catch up with Joanna, she can often be found at Game Day, held every Wednesday from 12-3 PM in the Town Hall center meeting room.

On behalf of the entire community, we extend our deepest gratitude to Joanna D. for her years of service to the Friends of the Groveland COA and the broader COA community. Thank you, Joanna, for your unwavering dedication and lasting impact.

FRIENDS OF THE GROVELAND COA NEWS

Your Coin Donations to Friends of Groveland COA

The Friends of the Groveland COA need your spare change! Every penny, nickel, and dime collected during our Summer Coin Drive will support the FRIENDS FUND, enhancing the COA's mission to provide essential resources and enriching activities for our older residents, promoting their overall well-being and quality of life.

How You Can Help

Got coins gathering dust in a jar, tin can, piggy bank, or car tray? Donate them to our Summer Coin Drive! Your small change can make a big difference in our community.

Drop-Off Details

Coins can be dropped off at designated areas in Town Hall and other locations from July 1 through August 30. Larger donations, including quarters and bills, are welcome. Questions? Contact Larry MacElhiney at coa01834.lmac@gmail.com



We want to hear from you!

At the Groveland Council on Aging, your voice matters. We are dedicated to providing programs and services that genuinely reflect your needs and preferences. While we strive to design thoughtful programming, we know the best ideas come from you, our community. That's why we're implementing new ways for you to share your thoughts:

1. Suggestion Box: Have a suggestion, comment, or question? You can share it, anonymously or not, by filling out a comment note and placing it in the box outside our COA office doors.
 2. Online Form: Share your feedback online, anonymously or not, through our online form here: <https://forms.gle/pn9VZq9Mk4192A9e9>
 3. Direct Communication: We always welcome direct communication. Feel free to chat with any COA staff member via email, phone, or in-person. Your feedback, ideas, and questions are important to us.
 4. Program Feedback: We will regularly ask for feedback at the end of our programming sessions to ensure we continuously learn and improve.
- Your input helps us better serve you. We genuinely want to hear from you and work together to create the best possible experiences for our community.

FOOD, ENTERTAINMENT, & GAMES!

Games & Fun



- **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!
- **Learn Mahjong in Haverhill - Tuesday, July 16th** Join us for a special trip to the Haverhill Council on Aging, where their group will teach us how to play Mahjong. The COA Van departs at 9:15 AM. This event is free, but RSVP is required.
- **Corn Hole Under the Tent** Come and enjoy some fun in the fresh air! Drop by between 11:00 AM and 1:00 PM to play a game or two of Corn Hole. It's a perfect opportunity to sharpen your skills and meet new friends. All levels of players are welcome, so come and enjoy a game under the tent! Tuesdays on July 2, 16, 30, August 6, and 20.

Food & Entertainment

- **Thursday, July 25th: Summertime Luncheon** Join us for a summertime luncheon from 12:00 - 1:00 PM under the tent! Enjoy a delicious meal of hamburgers, hot dogs, salad, chips, drinks, and dessert, all accompanied by musical entertainment. Check-in begins at 11:45 AM. Tickets are \$5 per person. RSVP is required to reserve your spot.
- **Thursday, August 8th: Roy Orbison Tribute Performance - Fundraiser for Friends of the Groveland COA** Join us for a special fundraiser for the Friends of the Groveland COA! Rick Anthony will perform as Roy Orbison on Thursday, August 8 at 1 PM under the tent. Enjoy ice cream snacks while supporting a great cause. Tickets are \$5.00. RSVP Required
- **Thursday, August 22: Pizza and Magic** Mark your calendars for our August Luncheon from 12:00 - 1:00 PM under the tent! We'll have a fun-filled pizza party and entertainment by a local magician. Check-in begins at 11:45 AM. Tickets are \$5 per person. RSVP required

Van Trips



Trips on the COA Van: Join us for exciting adventures on our COA Van for just \$15 per person! We are excited to announce a new benefit: **Groveland residents have priority registration through Friday, June 28th**. Starting July 1st, we open trip registration to everyone. Reserve your spot by calling (978) 372-1101.

Please note: All trips cost \$15/person. Meal expenses and entrance fees are not included. The van returns to the COA by 3:30 PM. RSVP is required for all trips.

Also be mindful - you must receive a receipt of registration as confirmation and hold on to it! We can email or mail it to you if you don't register in person.

- **Monday, July 15th at 9:30am:** 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.
- **Tuesday, July 30th 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.
- **Tuesday, August 13th at 9:30am:** Our Mystery Ride will take you to a fun destination, promising an enjoyable experience.
- **Tuesday, August 27th at 10:30am:** Join us for a delightful day out with lunch at Woodman's of Essex followed by some time for antiquing.

Movie Mondays @11am (free)



Movies take place in the center meeting room.

- **Monday, July 8th:** "American Fiction," R, Comedy/Drama, Jeffrey Wright & John Ortiz, 1h & 57m, 2023.
- **Monday, July 22nd:** "The Boys in the Boat," PG-13, Sport/War, Callum Turner & Joel Edgerton, 2h & 4m, 2023.
- **Monday, August 5th:** "Arthur the King," PG-13, Adventure/Family, Mark Wahlberg & Bear Grylls, 1h & 47m, 2024.
- **Monday, August 19th:** "Titanic: The Musical," NR, Musical, Martin Allanson & Valda Aviks, 2h & 25m, 2023.

Monthly Art Mélange

Summer Sessions: Share Your Ideas and Enjoy Some Fun!

This summer, we're taking a break from our regular craft sessions to focus on planning for the future. While crafting supplies will be available for your enjoyment, we want to hear your ideas!

What activities and programs would you like to see? One-off projects or series? HGTV-inspired or MFA-style? Your feedback will help us design a schedule that meets your interests and needs.

Join us, have fun with fellow art enthusiasts, and help shape our future programs. We'll have a drop-in art activity for those interested, so you can enjoy some creativity while sharing your input. We're excited to hear your ideas!

Craft & Plan: Tuesday, July 9th at 1pm and / or Thursday, August 15th at 1pm; Please RSVP.

Health & Wellness



- **Ask the Nurse!** Reserve your personalized consultation slot with Anita Wright, our Board of Health Nurse. Anita will be available July 31st and August 28th from 10-11am for 15-minute appointments. 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. All levels & drop-ins are warmly welcomed. *No class 7/9 & 8/13.*
- **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. Payment of \$5 is accepted on the day of class. All levels and drop-ins are welcomed. *No class 7/5 and 7/26*
- **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 1:30-3pm on: July 15th, August 19th Free, RSVP Required
- **Become a Dementia Friend** Join us for a one-hour Dementia Friends Information Session to learn simple yet impactful ways you, as a community member, can support individuals living with dementia. Discover how small actions can make a big difference in their lives. Friday, July 26th at 9:30am, or Tuesday, Aug 13th at 1pm. Free, RSVP Required

Educational & Informational Programs



- **Understanding SNAP** Join us on Tuesday, July 9 at 11 AM for a presentation by Nancy Thomas, Food Resource Advocate at Our Neighbors Table. Learn about SNAP (Supplemental Nutrition Assistance Program), its benefits (including fresh produce!), and how to apply. Free, RSVP is encouraged.
- **Discover Medicare Savings** Learn how to save on your Medicare costs with SHINE and MassHealth on Thursday, July 18 at 10:30 AM. Find out how MSPs can lower your expenses with expanded eligibility. A SHINE counselor will assist with applications. Free, RSVP encouraged. Meets in the Public Safety Meeting Room (Fire Station).
- **Transportation Fair** Explore the transportation options available to older adults in our community to help you maintain your independence, stay active, and stay connected. Meet representatives from Northern Essex Elder Transport, Charlie Card registration, MEVA, and tech support for Uber/Lyft. Groveland Council on Aging staff will be available to answer questions and discuss our Lift Accessible Van, including fees and scheduling. Tuesday, July 23rd at 10:30 AM. RSVP is kindly encouraged to allow us to plan accordingly.
- **The American Revolution** Ever wondered why there's a Lafayette Square in Haverhill or how the Merrimack Valley was involved in the Revolution? Join local history teacher Lee Thomas as he explores these questions through vivid pictures, engaging anecdotes, and lively songs. Light refreshments will be available. Monday, July 29th at 1 PM. Free; RSVP is kindly encouraged to help us plan.
- **Tech Talk & Troubleshooting** Get personalized tech help from Matt McNichols on cell phones, tablets, and laptops. This program is offered in partnership with Langley-Adams Library. Date & Time: Thursdays at 10:30am on July 11, 25, August 8, and 22. Free, RSVP.

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]</p> <p>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.

CONSTITUENT SERVICES & LEGAL SUPPORT

State Representative Adrienne Ramos Office hours, for one-on-one meetings, Fridays at 10am on, July 12th and August 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: Tuesday at 10:30-11:30am on August 20th. **Members of Senator Tarr's staff will be at our Transportation Fair on Tuesday, July 23rd, 10:30-11:30, helping process the Senior Charlie Card applications.

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, July 8th, and August 12th.

TRANSPORTATION

We are excited to offer FREE transportation within Groveland for older adult residents (60+). Use our van for trips to Veasey Park, the library, hair salons, friend visits, medical appointments, and more. COA Van operating hours: Monday-Thursday, 8:30 AM - 3:30 PM. Call us at least 2 business days in advance.

For longer distance rides, you can still book the COA van for a fee. Additionally, we can arrange rides through NEET, or you can book directly with MEVA (call 978-469-6878, option #3). All services are door-to-door.

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 older adults. 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 Salisbury, July 11th and August 29th. Departs Town Hall at 12:30pm. 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:
 - July 18: BBQ Chicken Breast with Bun, Lettuce & Cheese, Mac and Cheese, Potato Chips, Brownie, and Juice.
 - August 15: BBQ Ribs, Pasta Salad, Potato Chips, Brownie, and Lemonade.

Mobile Market Grocery Delivery:

- Fresh groceries bag delivery available on the first Tuesday of the month: July 9, Aug. 6
- 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., July 13 & Sat., Aug 10. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street in Groveland.

SOCIAL / COMMUNITY ENGAGEMENT OPPORTUNITIES:

- **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: August 6th at 11am.
- **Ice Cream for the Friends!** Join us for a special fundraiser for the Friends of the Groveland COA! Rick Anthony will perform as Roy Orbison on Thursday, August 8 at 1 pm, under the tent. Enjoy ice cream snacks while supporting a great cause. Tickets are \$5.00. RSVP Required. [Also listed under Food & Entertainment]

PLANNING AHEAD FOR PROGRAMS AND EVENTS

- **Join and Share: Volunteer for Our New "Community Knowledge Series"** We are excited to announce the launch of our new bi-monthly event series, "Community Knowledge Series." This initiative aims to bring our community together by inviting local members to share their knowledge, expertise, and passions in a collaborative and engaging environment. To enrich these sessions, we may also pair you with a professional or business partner—such as inviting a travel agency to join a session on travel tips. We are currently seeking volunteers to help us cultivate a space for learning, sharing, and connection. If you are interested in participating, please contact us and become a part of this exciting new initiative. We are hoping to schedule our first session in September—please reach out to us by July 31st.
- **Join Our New Book Club: Reflections and Revelations** We are excited to introduce "Reflections and Revelations: A Book Club for the Ages," an innovative program designed to foster community, provide education, and offer emotional support to older adults and those eager to support them. Meeting bi-monthly, our book club will explore critical themes of aging, including ageism, dying, self-care, dementia, and intergenerational relationships.
 - Our first book will be "This Chair Rocks: A Manifesto Against Ageism" by Ashton Applewhite. No need to read the book ahead of time—just bring your copy and come ready for an open and engaging discussion on the topic.
 - We aim to create a space for thoughtful discussion, shared experiences, and personal growth, enhancing the mental and emotional well-being of participants. If you're interested in joining, please contact us to learn more and get involved. We hope to schedule our first session in September.
 - If you want to share your input on the best day or week for our meetings, please reach out by August 9th. If you prefer an online survey, [click here!](#)

DISCOVER GROVELAND'S COMMUNITY TREASURES!

There are so many fantastic community organizations right here in Groveland that offer fun and engaging activities for our residents. Be sure to check out:

[The Langley-Adams Library](#) • [Veasey Park](#) • [Groveland Historical Society / Washington Hall](#) • [Groveland Garden Club](#) • [Sweet Paws Rescue](#)

We're also thrilled to announce that the Council on Aging provides **free** COA Van transportation for Groveland residents for rides within Groveland. Take advantage of this service to get out, explore, and enjoy all that our wonderful town has to offer!

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



Upcoming Event:

Cultural Threads: Weaving Together Groveland's Artistic Legacy

Keep an eye out for details on our upcoming event, "Cultural Threads: Weaving Together Groveland's Artistic Legacy," likely to take place in late fall. This exhibit will take place Washington Hall to highlight the talents of older adults in our community, featuring visual arts, crafts, performing arts, and literary works. The opening day celebration will include live performances, guest speakers, and opportunities for community engagement.

Interested artists who would like to stay informed are encouraged to reach out. We are starting a contact list to ensure you receive all the details once they are settled.



TOWN HALL CONTACTS

MAIN LINE: (978) 556-7200
BOARD OF HEALTH: (978) 556-7210
ELECTRIC DEPARTMENT: (978) 372-1671
TOWN CLERK: (978) 556-7221
TREASURER/TAX COLLECTOR: (978) 556-7202
WATER & SEWER: (978) 556-7225

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