

September 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
2 COA Office Closed	3 ✓OTE State Primary Voting from 7am - 8pm 3B Fitness @9am	4 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Games @12-3pm, Free	5 Meditation / Mindfulness @10am, RSVP Tech Q&A @ 10:30am, Free, RSVP Neat Repeats @11am	6 Yoga @10:45am Saturday, Sept. 7: Groveland Day - come visit us on the field at the Pines!
9 Atty Elaine Dalton 10am, RSVP, Free Movie @ 11am: "Being the Ricardos" Free	10 3B Fitness @9am Shopping, Plaistow, NH @ 10:00am, RSVP Coffee w/Carrie @11am Financial Planning @1pm, Please RSVP	11 Line Dancing @11am, RSVP Games @12-3pm, Free	12 Meditation / Mindfulness @10am, RSVP Learn Mahjong @11am, Free	13 Tax Work-Off Info Session @9:30am, Free Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am
16 Van Trip @ 9:30am: MFA, RSVP Memory Cafe @1:30pm: RSVP, Free Veterans' Services @1:00 - 3:30pm	17 3B Fitness @9am Shopping at Rivers Edge Plaza @9am, RSVP, Free Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am Neat Repeats @1pm	18 Line Dancing @11am, RSVP Games @12-3pm, Free	19 Meditation / Mindfulness @10am, RSVP Tech Q&A @ 10:30am, Free, RSVP Learn Mahjong @11am, Free	20 Yoga @10:45am
23 Movie @ 11am: "The Fabulous Four" Free	24 3B Fitness @9am Shopping at Westgate @ 9am, RSVP, Free BBQ@11am; RSVP, Free	25 Line Dancing @11am, RSVP Games @12-3pm, Free Ask the Nurse @10am, RSVP	26 Meditation / Mindfulness @10am, RSVP Van to ONT, @12pm, Free, RSVP Fall Prevention @ 1pm, Free	27 Yoga @10:45
Fall Prevention Awareness Week - Classes are Free if you RSVP!				
30 Van Trip @ 9:30am: Mystery Ride, RSVP	Join us for: <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 2pm. New members are welcome and appreciated! Both meetings take place in the Center Meeting Room, Town Hall.			

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/>

October 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
	1 3B Fitness @9am Book Club @4pm; "This Chair Rocks"	2 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	3 55+ Flu Clinic @ 10-12pm Learn Mahjong @11am, Free	4 Yoga @10:45am
7 Movie @ 11am: "Thelma" Free Tax Work-Off Info Session @1:30pm, Free	8 3B Fitness @9am Sports Talk @10:30am	9 Ageism Awareness Day! Shopping at Westgate @ 9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	10 Meditation / Mindfulness 10am, RSVP Tech Q&A with Matt @ 10:30am, Free 55+ Flu Clinic @ 10-12pm Caregiving Insight w/ Corrine @1pm	11 Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am
14 COA Office Closed	15 3B Fitness @9am Van Trip @ 9:30am: Encore Casino, RSVP Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am Coffee w/Carrie @11am	16 Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	17 Traveling Chef Learn Mahjong @11am, Free	18 Yoga @10:45am
21 Atty Elaine Dalton 10am, RSVP, Free Memory Cafe @1:30pm Veterans' Services @1:00 - 3:30pm	22 3B Fitness @9am Halloween Luncheon @11am	23 Shopping at Westgate @ 9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	24 Mystery Ride @ 9:30am Meditation / Mindfulness at 10am, RSVP (Fire Station) Tech Q&A with Matt @ 10:30am, Free	25 Yoga @10:45am
28 Shopping, Plaistow, NH @ 10:00am, RSVP	29 3B Fitness @9am Halloween/Fall Decor Class @1pm (Fire Station)	30 Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Game Day @12pm, Free	31 Meditation / Mindfulness at 10am, RSVP (Fire Station) Van to ONT, @12:00pm, Free, RSVP	

We believe that everyone should have access to our activities, regardless of cost. If you or someone you know needs financial assistance, please reach out—we'll find a way to make it work. These opportunities are supported by the generous contributions of the Friends of the Groveland COA.

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