

# engAGEment

*The official newsletter of The Groveland Council on Aging*



## IN THIS ISSUE

**HOME HEATING  
ASSISTANCE**

**FLU CLINIC**

**SPORTS TALK WITH  
BILL BURT**

## TALK TO US

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### **Joe Walsh**

Mon/Tue Van Driver

### **Frank Sapienti**

Wed/Thur Van Driver

## Welcoming Autumn Together

Dear Friends,

As the leaves begin to change and we embrace the cooler days of fall, we're reminded of the opportunities for growth and reflection that this season brings. At the Groveland COA, we're committed to supporting our community with a focus on awareness, connection, and well-being.

This newsletter highlights important initiatives like Falls Prevention Awareness Week and Ageism Awareness Day, along with a variety of programs designed to keep you engaged, informed, and active. Together, let's make the most of this season by embracing new opportunities and strengthening our connections with one another.

A couple of important reminders: Don't forget to take advantage of our free rides to the polls for the State Elections on September 3rd—make your voice heard! And as we move into October, the Groveland Board of Health will be offering flu clinics to help you stay healthy during the colder months.

Looking forward to a vibrant and fulfilling autumn with you all!

Take care,  
Alyssa Lee, Director of the Groveland COA

**Visit the Friends of Groveland COA Table at Groveland Day!**

- Join us at Groveland Day on September 7th and stop by the Friends of Groveland COA table to learn about our upcoming fundraising initiatives and how you can support our community.

**Fall Fundraiser: Dutch Mill Bulb Sale**

- Brighten your garden and support a great cause! The Friends' Fall Fundraiser features a Dutch Mill Bulb sale, with 50% of the proceeds directly benefiting the Groveland COA. Don't miss out—place your orders by September 30 and add some spring color to your garden.
  - Order forms can be found in the COA Office.
  - Questions? Contact the Friends at [01834fogcoa@gmail.com](mailto:01834fogcoa@gmail.com)

**November 2024 Calendar Raffle**

- We're gathering donations of gift cards and/or cash for our November 2024 Calendar Raffle. All proceeds will help fund Groveland COA programs and activities. Contributions can be dropped into the Friends mailbox at the COA office by October 31.

**Next Friends Meeting**

- The next Friends of the Groveland COA meeting is on Thursday, September 5th, in the center meeting room at Town Hall. All are welcome to join us and get involved! We invite all ages and individuals from Groveland and surrounding communities to become a Friend and support our mission.

**About the Friends of the Groveland COA**

- The Friends of the Groveland Council on Aging, a dedicated non-profit organization, works closely with the COA to raise essential funds. Our mission is to support the Groveland COA in creating an inclusive and supportive environment for all older adults in our community.

**Stay in touch** with the Friends by connecting on

- **Facebook** at <https://www.facebook.com/profile.php?id=100093552491543>
- or **Email** at [01834fogcoa@gmail.com](mailto:01834fogcoa@gmail.com)

**NEED A RIDE TO VOTE? IT'S FREE!**

The COA van offers free rides to the polls for the elections, including:

- Tuesday, September 3, 2024 – State Primary
- Tuesday, November 5, 2024 – General Election (including the Presidential Election)

In-person voting will be held at Town Hall, 183 Main Street, from 7:00am- 8:00pm on both days.

Please RSVP with the COA office in advance to schedule a ride during our van operating hours of 8:30am- 3:00pm. We can be reached at 978-372-1101.

For more information regarding elections, including details on early voting and mail-in options, visit [grovelandma.com/elections-voting](http://grovelandma.com/elections-voting) or call the Clerk's office directly at (978) 556-7221.





## 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.

Thanks to your feedback, we've introduced regular trips to Westgate Shopping Center, planned a visit to the MFA, and shared expected costs for mystery trip lunches, among other improvements! Keep those ideas coming—we truly appreciate your input!





## Day Trips - COA Van



**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, August 30th.** Starting September 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 typically returns to the COA by 3:30pm. 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, September 16th at 9:30am: Van Trip to the Museum of Fine Arts, Boston** Explore art and culture with highlights like the “Dalí: Disruption and Devotion” and “Beyond Brilliance” exhibits. Admission is \$27, payable directly by participants to the museum. Check with local libraries for possible discounts; the MFA does participate in the EBT Card to Culture program (\$3 tickets). Enjoy exploring the museum and choosing your lunch spot. Plan your visit ahead by viewing exhibits at : <https://www.mfa.org/>.
- **Monday, September 30th at 9:30am: Mystery Trip!** Join us for a fall mystery ride filled with light walking and exploration. Upon arrival at the mystery destination, you'll have the freedom to choose your lunch spot from a variety of local options, with prices typically ranging between \$15 and \$35. Please contact the office with any questions before signing up.
- **Tuesday, October 15th at 9:30am: Encore Casino** Experience a day of excitement at the Encore Casino in Everett, MA. Choose from a variety of lunch options to fit any budget, all on your own schedule.
- **Thursday, October 24th at 9:30am: Mystery Trip!** Embark on a day of adventure with our Mystery Ride! Get ready to explore (light walking) a surprise destination filled with fun and discovery. Lunch will be at a local spot with a moderate entrée price range, between \$15 and \$35.

## Shopping Trips - COA Van

- **Neat Repeats Upscale Women's Consignment Shop** New owner, completely renovated. Join us for a refreshing and engaging shopping experience. Upscale women's clothing gently used, along with designer bags, shoes, scarves, jewelry, and greeting cards. The shop is accessible. There will be light refreshments. This is a special shopping hour for the Groveland COA to get introduced to the shop. You have two ways to get there: you can drive on your own or take the free COA van ride. RSVP is required, regardless of your transportation choice, so we can get a proper headcount. **Fee:** Free. **Dates/Times:** Thur., Sept. 5 at 11am and/or Tues., Sept. 17 at 1pm.
- **Shopping in Plaistow, NH** We'll visit popular stores like Kohl's, Walmart, Savers, Petco, and Dollar Tree. If there's a specific location you'd like to stop at, please call the office ahead of time—we'll do our best to accommodate your request. Don't forget to RSVP to secure your spot on this fun outing! **Fee:** \$5/person. **Dates/Times:** Tue. Sept. 10th at 10am; Mon. Oct 28th at 10am.
- **Grocery Shopping:**
  - **Westgate Plaza** in Haverhill (400 Lowell Ave). Free. RSVP Required.
    - **Dates/Times:** Sept. 11, 24; Oct. 9, 23. Departs Town Hall at 9am; home-pick-ups starting ~8:45am
  - **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
    - **Dates/Times:** Sept. 4, 17; Oct 2, 16, 30; Departs Town Hall at 9am; home-pick-ups starting ~8:45am
  - **Our Neighbors Table Market (ONT)** in Salisbury (114 Bridge Road). Free. RSVP Required.
    - **Dates/Times:** Thursdays: Sept. 26 and Oct 31st Departs Town Hall at 12:30pm; home-pick-ups starting at 12pm.



## Fall Prevention Awareness Week

Older adult falls can be prevented with a few easy steps. Join us the week of Sept. 23-27 in a national effort to increase awareness of falls prevention and empower older adults to take the first step to reduce their falls risk, be independent, and falls free.

Special Offer: The COA will cover any class fees for those who RSVP in advanced. Take action this week and join us in preventing falls!

Groveland COA Events:

- **Tuesday, Sept. 24th:** 3B Fitness: Bones, Brains & Balance with Brian Coyne at 9am. This class combines balance exercises, strength training, and brain games—all crucial for improving stability and preventing falls.
- **Wednesday, Sept. 25th:** Ask the Nurse! with Anita Wright, our Board of Health Nurse, from 10-11am. Get personalized advice on managing fall risks. RSVP to ensure time slot.
- **Wednesday, Sept. 25th:** Line Dancing at 11am with Susan Tribble. Improve your coordination and balance while having fun. Advanced RSVP required for free class.
- **Thursday, Sept. 26th:** Fall Prevention Workshop with Letourneau's Pharmacy & Home Medical Equipment at 1pm. Learn practical steps to make your home safer.
- **Thursday, Sept. 26th:** Meditation & Mindfulness with Deborah Fay D'Onofrio at 10am. Enhance your mental focus and body awareness, both important for preventing falls.
- **Friday, Sept. 27th:** Yoga with Mary Van Abs at 10:45am. Improve flexibility, balance, and strength—all key to preventing falls.

The National Council on Aging has created a suite of handouts that provide easy tips for older adults to check your fall risk, make modifications to your home, start a conversation with family and friends about falls, and more. Visit their website here:

<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>



Falls Prevention  
Is A Team Effort

## Health & Wellness - Spotlight

### September:

Join us for a program focused on preventing falls and staying safe. Presented by Letourneau's Pharmacy and Home Medical Equipment, this session will cover the leading causes of falls, strategies to improve home safety, lifestyle habits to prevent falls, and mobility aids that can reduce the risk of falling. The presentation is interactive, with plenty of opportunities for questions throughout the hour. Thursday, September 26th at 1pm. Free. RSVP kindly encouraged.

### October:

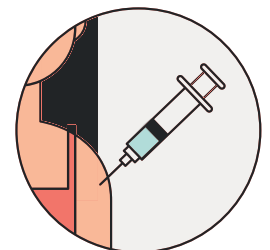
### Flu Clinic for Groveland Residents and Surrounding Community Members 55+

#### Date & Time:

- October 3rd from 10am to 12pm
- October 10th from 10am to 12pm

#### Questions?

Call the Board of Health at 978-556-7210.



**Location:** Fire Station Public Safety Room

#### How to Sign Up:

Online at: <https://www.riteaid.com/pharmacy/clinical-experience>

**Enter the Organization Code:** btgmbv

Note: Online registration is required; the COA staff is happy to assist.

#### What to Bring:

Your insurance cards. Please wear a short-sleeve shirt, as the nurse will need access to your upper arm to administer the vaccine.

## Health & Wellness - Reoccurring Programs

- **Ask the Nurse!** Reserve your personalized consultation slot with Anita Wright, our Board of Health Nurse. Anita will be available September 25 and October 30 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 or if inclement weather, in Public Safety Meeting Room (fire station). All levels & 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 needed. Thur. at 10am in Center Meeting Room. (no class Oct. 3 & 17)
- **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.
- **Memory Cafe:** Come to a welcoming and supportive space where individuals living with dementia and their care partners can connect, share stories, and enjoy meaningful activities together. Our next gatherings will be on Mondays 1:30-3pm on: September 16, October 21 Free, RSVP Required Please note: The October 21st Café will be off-site. We'll be taking the COA van to [Smolak Farms](#) in North Andover.



## MOVIES, ENTERTAINMENT, AND LUNCH!

### Movie Mondays @11am (free)

NOW SHOWING

Movies take place in the center meeting room.

- **Monday, Sept. 9:** "Being the Ricardos," R, Romance/Comedy, Nicole Kidman & Javier Bardem, 2h 5m, 2021.
- **Monday, Sept. 23:** "The Fabulous Four," R, Comedy, Susan Sarandon & Megan Mullally, 1h 38m, 2024.
- **Monday, Oct. 7:** "Thelma," PG-13, Action/Comedy, June Squibb, Richard Roundtree & Parker Posey, 1h 37m, 2024.

### Food & Entertainment

- **Tuesday, September 24: BBQ Luncheon** Join us for a delicious BBQ luncheon, featuring ribs, salad, a drink, and dessert—generously sponsored by AgeSpan. This month's luncheon will replace the usual Traveling Chef event. Enjoy live entertainment by guitarist Chris Carter as you dine.  
Time: 11am Cost: \$5 per person RSVP required
- **Tuesday, October 22: Halloween & Trivia Luncheon** Join us for a spooky and delightful Halloween luncheon, featuring a lively trivia game! The event will take place in the Public Safety meeting room. Space is limited, so make sure to RSVP. Costumes are optional, but a good time is guaranteed—come ready for an afternoon of fun, food, and festive competition!  
Time: 11am Cost: \$5 per person RSVP required

# September 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
<b>2</b> <b>COA Office Closed</b>	<b>3</b> ✓OTE State Primary Voting from 7am - 8pm  3B Fitness @9am	<b>4</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free  Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>5</b> Meditation / Mindfulness @10am, RSVP  Tech Q&A @ 10:30am, Free, RSVP  Neat Repeats @11am	<b>6</b> Yoga @10:45am  <b>Saturday, Sept. 7:</b> Groveland Day - come visit us on the field at the Pines!
<b>9</b> Atty Elaine Dalton 10am, RSVP, Free  Movie @ 11am: "Being the Ricardos" Free	<b>10</b> 3B Fitness @9am Shopping, Plaistow, NH @ 10:00am, RSVP  Coffee w/Carrie @11am  Financial Planning @1pm, Please RSVP	<b>11</b>   Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>12</b> Meditation / Mindfulness @10am, RSVP  Learn Mahjong @11am, Free	<b>13</b> Tax Work-Off Info Session @9:30am, Free  Rep Ramos Office Hour @10am, RSVP, Free  Yoga @10:45am
<b>16</b> Van Trip @ 9:30am: MFA, RSVP  Memory Cafe @1:30pm: RSVP, Free  Veterans' Services @1:00 - 3:30pm	<b>17</b> 3B Fitness @9am Shopping at Rivers Edge Plaza @9am, RSVP, Free  Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am  Neat Repeats @1pm	<b>18</b> Line Dancing @11am, RSVP  Games @12-3pm, Free	<b>19</b> Meditation / Mindfulness @10am, RSVP  Tech Q&A @ 10:30am, Free, RSVP  Learn Mahjong @11am, Free	<b>20</b>   Yoga @10:45am
<b>23</b> Movie @ 11am: "The Fabulous Four" Free	<b>24</b> 3B Fitness @9am Shopping at Westgate @ 9am, RSVP, Free  BBQ@11am; RSVP, Free	<b>25</b> Line Dancing @11am, RSVP  Games @12-3pm, Free  Ask the Nurse @10am, RSVP	<b>26</b> Meditation / Mindfulness @10am, RSVP  Van to ONT, @12pm, Free, RSVP  Fall Prevention @ 1pm, Free	<b>27</b>   Yoga @10:45
<b>Fall Prevention Awareness Week - Classes are Free if you RSVP!</b>				
<b>30</b> Van Trip @ 9:30am: Mystery Ride, RSVP	<b>Join us for:</b> <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 2pm. New members are welcome and appreciated!</li> </ul> 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](https://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
	<b>1</b> 3B Fitness @9am  Book Club @4pm; "This Chair Rocks"	<b>2</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	<b>3</b> 55+ Flu Clinic @ 10-12pm  Learn Mahjong @11am, Free	<b>4</b> Yoga @10:45am
<b>7</b> Movie @ 11am: "Thelma" Free  Tax Work-Off Info Session @1:30pm, Free	<b>8</b> 3B Fitness @9am Sports Talk @10:30am	<b>9</b> <b>Ageism Awareness Day!</b> Shopping at Westgate @ 9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	<b>10</b> Meditation / Mindfulness 10am, RSVP Tech Q&A with Matt @ 10:30am, Free 55+ Flu Clinic @ 10-12pm Caregiving Insight w/ Corrine @1pm	<b>11</b> Rep Ramos Office Hour @10am, RSVP, Free  Yoga @10:45am
<b>14</b> <b>COA Office Closed</b>	<b>15</b> 3B Fitness @9am Van Trip @ 9:30am: Encore Casino, RSVP Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am  Coffee w/Carrie @11am	<b>16</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	<b>17</b> Traveling Chef  Learn Mahjong @11am, Free	<b>18</b> Yoga @10:45am
<b>21</b> Atty Elaine Dalton 10am, RSVP, Free  Memory Cafe @1:30pm  Veterans' Services @1:00 - 3:30pm	<b>22</b> 3B Fitness @9am  Halloween Luncheon @11am	<b>23</b> Shopping at Westgate @ 9am, RSVP, Free Line Dancing @11am, RSVP Game Day @12pm, Free	<b>24</b> Mystery Ride @ 9:30am Meditation / Mindfulness at 10am, RSVP (Fire Station) Tech Q&A with Matt @ 10:30am, Free	<b>25</b> Yoga @10:45am
<b>28</b> Shopping, Plaistow, NH @ 10:00am, RSVP	<b>29</b> 3B Fitness @9am  Halloween/Fall Decor Class @1pm (Fire Station)	<b>30</b> Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Line Dancing @11am, RSVP Game Day @12pm, Free	<b>31</b> 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.**

**State Representative Adrienne Ramos** Office hours, for one-on-one meetings, Fridays at 10am on, Sept. 13 and Oct. 11. We kindly encourage you to 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](mailto:Maryann.Nay@masenate.gov) Office Hours: Tuesday at 10:30-11:30am on Sept. 17 and Oct. 15. We kindly encourage you to RSVP with the COA office.

**Veterans Services with Mike Ingham** Contact Mike at 978-973-2118 or [mingham@grovelandma.com](mailto:mingham@grovelandma.com). Monthly office hours take place in the COA Outreach Office, typically on the third Monday of the month, 1:00 - 3:30pm

**Legal Monday with Attorney Elaine Dalton** Free 15-minute legal consult. Please call the COA office to reserve your spot. Mondays 10-11am on Sept. 9 and Oct. 21.

### TRANSPORTATION OPTIONS - FREE RIDES WITHIN GROVELAND

We are excited to offer FREE transportation within Groveland for older adult residents (60+). Use our van for trips to Veasey Park, the library, Town Hall, hair salons, friend visits, medical appointments, and more. COA Van operating hours: Monday-Thursday, 8:30am - 3:00pm. 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.

### STAY CONNECTED WITH TOWN/BOARD MEETINGS

Did you know that you can watch most Town and Board Meetings live online as they happen? Yes! You can do so here: <https://grovelandma.com/cable-department/>, or view recorded versions on the Town's YouTube channel: <https://www.youtube.com/user/GrovelandTV/videos>.

Additionally, meetings are broadcast on Groveland local cable channels:

- Channel 8
- Channel 22

Stay informed and engaged with your community!

### EXCITING COMMUNITY EVENTS: DON'T MISS OUT!

- **Groveland Day**, September 7, 10am-4pm at the Pines Rec Area. Fun for the whole family, rides, craft fair, food, games, raffles, music, road race, cornhole tournament. Be sure to stop by the COA table and say hello!
- **Pumpkinfest**, October 16 @ 4:30pm with a rain date of October 17 @ 4:30pm on the Town Hall Lawn.
- **MA NH Seacoast North LGBTQ Senior Social** Join us for a safe, affirming, and supportive social gathering for LGBTQ seniors. Enjoy resource sharing, engaging programming, conversation, and laughter. Open to all, no residency requirement.
  - **When:** 3rd Wednesday of each month, 11am - 12pm (Noon) **Where:** Virtual on Zoom **Cost:** Free **Facilitator:** Ro **Registration:** Call Ro at 978-697-8880 (Names of participants will not be shared with the COAs) or Georgetown Council on Aging at 978-352-5732.
- **Langley-Adams Library Events**
  - Mon. Sept. 23 6:30-7:30 p.m. Come & meet Crime Fiction authors B.J. Magnani & Matt Cost!
  - Mon. Oct. 28 6:30-8 Horror Movies So Bad, They're Frightening!
  - See the full event schedule and details here: <https://langleyadamslib.org/calendar-of-events/>

- **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, our services, and connecting with others in our community. See you there! Free. Please RSVP so we can plan accordingly. **Date & Time:** Tuesdays: Sept. 10 and Oct. 15 at 11am
- **Sports Talk with Bill Burt** Join us on October 8th at 10:30am for an engaging Sports Talk with Bill Burt from the Eagle Tribune. Bill will share stories from his experience covering some of the biggest sporting events in our area, including the Red Sox, Patriots, Celtics, Bruins, and beyond! Bring your questions and enjoy light refreshments. The event will be held in the center meeting room. RSVP is encouraged so we can plan accordingly.

## Community Knowledge Series

We're excited to launch our "Community Knowledge Series" with the first event on:

- **September 10th at 1pm.** Join us as community member Charles Herman shares top tips on budgeting to improve your daily life. Additionally, Finance Advisor Kathryn Eason from Edward Jones will present her insights on financial planning. Please RSVP so we can plan accordingly for "Financial Planning."
- **October 10th at 1pm.** Join us as community member Corrine Kirmelewicz shares her invaluable experience as a caregiver. Learn from her life experiences, ask your questions, and discover how her insights can support your journey. Please RSVP so we can plan accordingly for "Caregiving Insight w/ Corrine."

Interested in presenting to the community? We'd love to hear from you!

## 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!
- **Mahjong** Curious about Mahjong or looking to improve your skills? Join community member, Anne Fredericks for a fun and engaging class designed for all levels. Whether you're new to this tile-based game or have some experience, this is the perfect opportunity to learn the basics or refine your strategy with the guidance of a patient and knowledgeable instructor. No prior experience is needed—just come ready to have fun!
  - Dates/Time: Sept. 12, 19; Oct. 3, and 17 at 11am. Free, RSVP kindly encouraged.

## Bi-Monthly Art Mélange

- **Halloween/Fall Craft & Décor Workshop** where participants create festive decorations with guidance from a guest artist. The class focuses on making spooky Halloween or cozy fall-themed items, with all materials provided. The workshop fee is \$10, but participants are encouraged to reach out to the COA if the cost is a concern, as we are happy to work with individuals to ensure everyone can participate. Tuesday, October 29 at 1pm inside the Public Safety Meeting Room (Fire Station).



**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 afternoon delivery.

**Grocery Shopping Trip w/COA Van**

- **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
  - Dates/Times: Sept. 4, 17; Oct 2, 16, 30; Departs Town Hall at 9am; home-pick-ups starting ~8:45am
- **Westgate Plaza** in Haverhill (400 Lowell Ave). Free. RSVP Required.
  - Dates/Times: Sept. 11, 24; Oct. 9, 23. Departs Town Hall at 9am; home-pick-ups starting ~8:45am
- [Our Neighbors Table Market](#) (ONT) in Salisbury (114 Bridge Road). Free. RSVP Required.
  - Dates/Times: Thursdays: Sept. 26 and Oct 31st Departs Town Hall at 12:30pm; home-pick-ups starting at 12pm.

**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 home delivery (in Groveland) or will pick up at our office.
- Upcoming meal:
  - Thursday, October 17: Sausages with Sauerkraut, German Potato Salad, Drink, and Dessert.

**Mobile Market Grocery Delivery**, sponsored by AgeSpan

- Fresh grocery delivery available on the first Tuesday of the month: Sept. 3, Oct. 1
- Arrange assistance by calling the 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., Sept 14 & Sat., Oct 12. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street in Groveland.

**HOME HEATING AND ENERGY ASSISTANCE - COA OUTREACH SERVICES**

The Massachusetts Home Energy Assistance Program (LIHEAP) helps low-income households with heating costs, and applications open online on October 1.

Households must reapply each year to continue receiving benefits. You can apply online here: <https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance> and or seek assistance from Carrie Scott, our Outreach and Food Pantry Manager. The program provides a set amount to help with winter heating bills, with potential utility discounts based on income and household size.

**Questions?** Contact Carrie Scott, Outreach & Food Pantry Manager, (978) 556-7222 [CScott@grovelandma.com](mailto:CScott@grovelandma.com)

- **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 September 5, 19, October 10 and 24. Free, RSVP.
- **Property Tax Work-Off Program for Older Adults - Info Session**
  - Dates/Times:
    - Wednesday, September 13 at 9:30am, or
    - Monday, October 7 at 1:30pm
  - Join us to learn about the Property Tax Work-Off Program for older adults 60+, including eligibility, the application process, and important deadlines. There will be time for a Q&A session to address all your questions. If you can't attend, Alyssa Lee, Director of the COA, is available for one-on-one chats in person, over the phone, or by email. Note that attending an info session is not required to apply. Applications, along with a fact sheet, will be available both online and in-person starting September 13. The deadline to submit your application is Friday, November 15.

## BOOK CLUB: REFLECTIONS AND REVELATIONS

### 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.

- **First Meeting:** Tuesday, October 1 at 4pm.
- **Book:** This Chair Rocks: A Manifesto Against Ageism by Ashton Applewhite.
- **No Need to Read Ahead:** Just bring your copy and join the discussion.
- **Open to All Ages:** Everyone is welcome to participate and contribute to the conversation.

This first book selection is especially timely, as it ties into our recognition of Ageism Awareness Day on October 9th. Be part of the change and join us in this important conversation. Let's work together to challenge ageism and build a more inclusive community!

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.

Please RSVP so we can plan accordingly.





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## Ageism Awareness Day: October 9, 2024

Ageism affects us all, and recognizing it is the first step towards change. The Groveland COA invites you to join us in raising awareness and combating ageism:

- **Book Club Read:** Our first book, "This Chair Rocks: A Manifesto Against Ageism" by Ashton Applewhite, will be discussed at our first meeting. You don't need to read the book ahead of time—just come ready for conversation and listening.
- **Movie Screening:** On Monday, Oct. 7, join us for "Thelma," a loving portrait and thrilling tale of aging.
- **Share Your Story:** Aging is a unique journey for each of us. Share your story—how has ageism impacted you? Let's start the conversation. If you're online, use the hashtags: #AgeismAwarenessDay and #TalkAboutAgeism so others can find you!

Additional Resources to Read and Share:

- Changing the Narrative: <https://changingthenarrativeco.org>
- Reframing Aging Initiative: <https://www.reframingaging.org>
- Old School Anti-Ageism Clearinghouse: <https://oldschool.info>
- Frameworks Institute on Aging: <https://www.frameworksinstitute.org>
- This Chair Rocks by Ashton Applewhite: <https://thischairrocks.com/blog/>

*Remember:* Each of us is aging; it's time we all embraced it with the respect it deserves. Aging is a lifelong, multidimensional, and infinitely varied process, happening to us all—all the time.

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

### Save the Date:

Cultural Threads: Weaving Together Groveland's Artistic Legacy



Join us on Sunday, November 17, 2024, at 2 PM at Washington Hall for the opening day of "Cultural Threads." Celebrate the creativity of our older adults with live performances, guest speakers, and refreshments. Free admission and COA Van rides available.

**Call for Artists:** We invite older adults to submit their creative works of all mediums. You're also welcome and encouraged to collaborate with a family member, neighbor, or friend for an intergenerational project. Apply by October 4th. For details, contact Alyssa Lee, Groveland COA Director, at 978-556-7217 or [alee@grovelandma.com](mailto:alee@grovelandma.com).



### 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  
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