

engAGEment

The official newsletter of The Groveland Council on Aging



IN THIS ISSUE

**SNOW SHOVELING
PROGRAM**

VETERANS DAY

**ANNUAL HOLIDAY
PARTY!**

TALK TO US

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Together in Gratitude

Dear Friends,

As we embrace this season of reflection, I'm filled with gratitude for our Groveland community. Your support—whether through kind words, volunteering, and of course showing up to participate—fuels our mission at the Council on Aging. In turn, we strive to give back by fostering meaningful connections and delivering essential services that help us all thrive together. This mutual exchange is something we all rely on, and I'm reminded daily how fortunate we are to have such a caring community.

In this spirit of gratitude, I'm excited to share some upcoming events! Join us for the Gratitude & Giving Party, a celebration of thanks, or come along on our Holiday Pops Trip, returning this year by popular demand. We're also launching a Community Snow Helpers Program, connecting volunteers with older adults for snow shoveling this winter. There's much more in store to close out the year, and we look forward to enjoying it with you.

We're so thankful to walk this journey alongside you—our community truly thrives because of the support and care we share.

With gratitude,

Alyssa Lee, Director, Groveland Council on Aging

November 2024 Calendar Raffle

The Friends of the Groveland COA Calendar Raffle is back! Win cash, gift cards, or services every day in November. Each prize is worth at least \$50. Tickets are \$10, and you can win multiple times!

How to Enter:

- Pick up an entry form at the COA office, Langley-Adams Library, or around Groveland.
- Submit with your \$10 payment (cash, check, or Venmo: @FriendsofGrovelandCOA).
- Drop it off at the COA office lockbox.

Winners will be notified by phone or email. Thank you to our generous donors!

Summer Coin Drive – THANK YOU, GROVELAND!

Thanks to your contributions, we raised \$375 for the Friend Fund to support our neighbors through the Council on Aging.

- 2,000+ pennies
- 1,200+ dimes
- 800+ nickels
- 500+ quarters
- \$50+ in bills

Next Friends Meeting

Join us on Thursday, November 7 at 2 PM in Town Hall's center meeting room. All are welcome! We encourage individuals of all ages from Groveland and neighboring communities. Meetings typically take place on the first Thursday of the month.

About the Friends of the Groveland COA

The Friends of the Groveland Council on Aging is a non-profit organization dedicated to raising essential funds to support the COA's mission. Together, we help create an inclusive and supportive environment for all older adults in our community.

Stay connected with us:

- Facebook: <https://tinyurl.com/friendsofgrovelandcoa>
- Email: 01834fogcoa@gmail.com

NEED A RIDE TO VOTE? IT'S FREE!



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

- Tuesday, November 5, 2024 – Presidential and General Election

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

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 or call the Clerk's office directly at (978) 556-7221.



This Veterans Day, we want to extend our heartfelt thanks to all the men and women who have served in the armed forces. Your bravery, dedication, and sacrifice have helped secure the freedoms we enjoy today. We deeply appreciate your service and all you've done for our community and country.

Groveland's Veterans Day Service will be held on Monday, November 11 at 10:30 AM inside the Fire Station at 181 Main Street. If you need transportation, the COA can help arrange a **free NEET ride** to this service or any other Veterans Day celebrations you may be attending. Please note that advance notice is required, so give us a call if you need assistance with transportation.

We're also proud to share the **Veterans History Project (VHP)**, a meaningful initiative by the Library of Congress. Veterans from all branches and ranks, whether or not they saw combat, are invited to share their stories. Volunteers can also help collect and preserve veterans' photographs, letters, and other materials for future generations. If you'd like to participate in this project, either as a volunteer or a veteran, we'd be happy to help coordinate the effort—just reach out to us. Of course, people are also welcome to participate on their own.

For more details, visit: <https://www.loc.gov/programs/veterans-history-project/how-to-participate/>.

<h2 style="text-align: center;">Community Action, Inc.</h2> <p style="text-align: center;">Low Income Home Energy Assistance Program</p> <p>Would you like to know how you could get a 31% discount on your monthly National Grid bills and/or home heating oil at deep discounts? Homeowners can also receive assistance with heating system repairs, replacements and free home energy audits.</p> <p style="text-align: center;">Visit our website to learn more: www.communityactioninc.org or call 978-373-1971 ext. 218</p> 	<h3>DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?</h3>  <p>Engaging, ad-supported print and digital newsletters to reach your community.</p>  <p>Scan to contact us!</p> <p style="text-align: center;">VisitIpicommunities.com</p>
<h3>WE'RE HIRING!</h3> <p>AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> • Paid training • Some travel • Work-life balance • Full-Time with benefits • Serve your community  <p style="text-align: center;">Contact us at careers@4lpi.com or www.4lpi.com/careers</p>	<h3>IF YOU LIVE ALONE</h3> <p>MDMedAlert!™</p> <p>At HOME and AWAY!</p> <p>STARTING AT \$19⁹⁵ /mo.</p> <p>✓ Ambulance ✓ Police ✓ Family ✓ GPS & Fall Alert</p> <p>"STAY SAFE in the HOME YOU LOVE!"</p>  <p> 800.809.3570 * md-medalert.com</p> 

Day Trips - COA Van



Trips on the COA Van: Join us for fun-filled adventures on the COA Van! **Groveland residents have priority registration through October 31,** with registration for all trips open to everyone on November 1. To reserve your spot, call the COA at (978) 372-1101.

Please note: All trip transportation cost \$15/person. Meal expenses and entrance fees are not included unless stated otherwise. 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.

- **Tuesday, November 14 at 9:30 AM: Mystery Trip!** Get ready for a surprise adventure! Light walking is involved, and lunch will be at a local spot with moderate prices (\$15-\$35). It's a day of exploration and fun!
- **Monday, November 18 at 9:00 AM: Museum of Science** Explore exhibits at the Museum of Science, in Boston, MA! Check www.mos.org or call the office for current exhibits. Museum admission is \$27 for older adults (purchased directly at the museum). Discounts may be available via library passes or the Card to Culture and Museums for All programs. Lunch options: Riverview Café or bring your own lunch. Museum is located at 1 Science Pk, Boston.
- **Tuesday, December 3 at 11:00 AM: Holiday Luncheon by the Sea** Join us for a festive afternoon at the Sea Festival of Trees! Enjoy a holiday luncheon catered by Seaglass, followed by a stroll through over 100 beautifully themed Christmas trees and a Giant Holiday Sand Sculpture. The venue is fully accessible. Located at 4 Ocean Front North, Salisbury, MA.
 - Tickets: \$25 = without transportation or \$40 = with COA van ride.
 - Payment due at sign-up by November 21.
- **Wednesday, December 11 at 1:30 PM: Boston Holiday Pops Concert** Enjoy the festive sounds of the Boston Holiday Pops! The concert starts at 3:00 PM and lasts about 2 hours. Afterward, we'll stop for dinner on the way home. Symphony Hall is located at 301 Mass. Ave, Boston, MA.
 - Tickets: \$66 (includes concert and transportation).
 - Payment due by December 2.
 - Curb-to-curb service is available for Groveland residents (home pick-up/drop-off).
- **Tuesday, December 17 at 9:30 AM: Calef's Country Store & The Christmas Dove** Join us for a day of holiday shopping at Calef's Country Store and The Christmas Dove. We'll also stop for lunch along the way. Destinations are in Barrington, NH.



Shopping Trips - COA Van

- **Grocery Shopping:**
 - **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
 - **Dates/Times:** Nov. 6, 20; Dec. 4, 18, 31. Departs Town Hall at 9am; home-pick-ups starting ~8:45am
 - **Westgate Plaza** in Haverhill (400 Lowell Ave). Free. RSVP Required.
 - **Dates/Times:** Nov 13, 27; Dec. 11, 23. Departs Town Hall at 9am; home-pick-ups starting ~8:45am
 - **Our Neighbors' Table Market in Amesbury** Join us for a free trip to Our Neighbors' Table Market at 194 Main Street, Amesbury. Shop for fresh, healthy food—fruits, vegetables, milk, eggs, fish, chicken, and more—at no cost. Need a ride? Call the office to schedule a van trip.
- **Shopping Trips to Plaistow, NH, and More!** We offer trips to popular stores like Kohl's, Walmart, Savers, Petco, and Dollar Tree for \$5 per person. If you have a specific stop in mind, let us know! We try to group requests when possible. Call the office to schedule your trip.

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! No Games December 25 or January 1.
- **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: Thursdays, Nov. 7, 21, Dec. 5, 19 at 11:15 am. Free, RSVP encouraged.

Bi-Monthly Art Mélange



- **Papermaking - Perfect for Tags and Ornaments: Recycled Paper Workshop** Join us for a fun, eco-friendly workshop where we'll make custom holiday shapes using recycled paper! Accessible to all skill levels, this open activity allows participants to create paper from clean, discarded materials like grocery lists, junk mail, and tissue paper. Using cookie cutters, you'll shape the pulp into fun designs perfect for tags and ornaments. The paper will be taken home to dry. Led by Mindy from Mindy Paper Cookies (<https://www.mindypaper.com/>). **Date & Time: Monday, December 2nd at 11am. Fee: \$10***, RSVP Required, space is limited. *We don't want this to be a barrier—just let us know if assistance is needed, no questions asked.

DISCOUNT

Water Bill Discount for those 65+

Discount on Water Bill

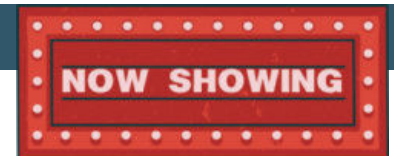
- Residents aged 65 and older who own and occupy their home are eligible for a 10% discount on the water minimum charge. To qualify, applicants must be 65 or older before the start of the fiscal year. To apply, complete the application form and return it to the Water and Sewer Department at 183 Main Street, Groveland, MA 01834, along with proof of age (such as a photo ID, driver's license, birth certificate, or Medicare card).
- Application can be found online and printed here: <https://grovelandwaterandsewer.com/wp-content/uploads/sites/4/2021/08/Application-for-Senior-Citizen-Discount.pdf> (The COA can assist with printing if you visit the office.)
- For questions, please contact the Water and Sewer Department:
 - **Address:** 23 School, St., Groveland MA 01834 |
 - **Phone:** (978) 556-7200
 - **Hours:** Monday – Friday | 8:00 AM – 3:30 PM

Health & Wellness - Reoccurring Programs

- **Ask the Nurse!** Reserve your personalized consultation slot with Anita Wright, our Board of Health Nurse. Anita will be available November 27 and December 18th 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 in Public Safety Meeting Room (fire station). All levels & drop-ins are warmly welcomed.
- **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 (no class November 28th)
- **Memory Cafe, monthly on Mondays at 1:30pm:** Join us at our Memory Café, a warm and welcoming space for individuals living with dementia and their care partners to socialize, share experiences, and enjoy activities together. On **Monday, November 18**, AgeSpan will host, with guest Jenn Houle leading a fun, interactive presentation on native plants, and a hands-on craft activity. The December session will take place on **Monday, December 16**, from 1:30 to 3:00 PM. RSVP is required.
- **Yoga on Fridays at 10:45am:** Join Mary Van Abs for Yoga sessions inside Town Hall Lawn, in the Center Meeting Room. Payment of \$5 is accepted on the day of class. All levels and drop-ins are welcomed. No class November 29th.

MOVIES, ENTERTAINMENT, AND LUNCH!

Movie Mondays @11am (free)



Movies take place in the center meeting room.

- **Monday, November 4:** "Summer Camp", rated PG-13, Comedy, starring Diane Keaton & Kathy Bates, runtime 1 hour, 36 minutes, 2024.
- **Monday, November 25:** "Twisters", rated PG-13, Action, Adventure, Thriller, starring Glen Powell & Daisy Edgar-Jones, runtime 2 hours, 3 minutes, 2024.
- **Monday, December 9:** "Christmas Island", rated TV-G, Romantic Comedy, starring Rachel Skarsten & Andrew W. Walker, runtime 1 hour, 24 minutes, 2023
- **Monday, December 30:** "It Ends with Us", rated PG-13, Drama, Romance, starring Blake Lively & Justin Baldoni, runtime 2 hours, 11 minutes, 2024.

Festive Gatherings

- **Sunday, November 17 at 1:00 PM: Gratitude & Giving Party!** Join us for an afternoon of connection, gratitude, and giving back. Reflect on what we're thankful for while creating thank-you notes and small gift bags to share with friends, neighbors, or community members. This multi-generational event is open to all ages. Enjoy light bites as we gather in the spirit of appreciation and kindness. Let's celebrate the power of gratitude! \$5 contribution appreciated. RSVP required.
- **Thursday, December 12 at 12:00 PM: Annual Holiday Party!** Celebrate the season with us at our festive holiday party! Enjoy lunch, dessert, live entertainment by the talented musicians from Pentucket High School, and a chance to win great raffle prizes. Tickets are just \$5, and RSVP is required. This event is made possible in part by the sponsorship of the Friends of the Groveland COA.

November 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
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! <p>Both meetings take place in the Center Meeting Room, Town Hall.</p>				1 Yoga @10:45am
				Saturday, Nov. 2: Non-perishable Food Drive 8am-2pm Groveland Police Station
				Sunday, Nov. 3: Change your clocks  back 1-hour!
4 Movie @ 11am: "Summer Camp" Free	5  VOTE Presidential and General Election 7am - 8pm 3B Fitness @9am Mobile Market	6 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12-3pm, Free	7 Meditation / Mindfulness @10am, RSVP Tech Q&A @ 10:30am, Free, RSVP Learn Mahjong @11:15am, Free History Program @ 1:30 PM, Free, RSVP	8 Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am
11 COA Office Closed Veterans Day Service @ 10:30am Fire Station	12 3B Fitness @9am Community Knowledge Series: w/ Marianne Naffah @1pm, Free, RSVP	13 Shopping at Westgate @ 9am, RSVP, Free Games @12-3pm, Free	14 Van Trip @ 9:30am: Mystery Ride, RSVP Meditation / Mindfulness @10am, RSVP	15 Yoga @10:45am Tax Work-Off Applications Due Sunday, Nov. 17: Gratitude & Giving Party @1pm, RSVP, Free
18 Van Trip @9am: Museum of Science, RSVP Atty Elaine Dalton @10am, RSVP, Free Memory Café, @ 1:30pm, RSVP, Free Veterans' Services @1:00 - 3:30pm	19 3B Fitness @9am Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am Adapting and Transitioning (w/AARP) @11am, Free, RSVP	20 Shopping at Rivers Edge Plaza @9am, RSVP, Free Games @12-3pm, Free	21 Traveling Chef Meditation / Mindfulness @10am, RSVP Learn Mahjong @11:15am, Free Tech Q&A @ 10:30am, Free, RSVP	22 Yoga @10:45
25 Movie @ 11am: "Twisters" Free	26 3B Fitness @9am Electrical Safety @ 10:30 AM, Free, RSVP	27 Shopping at Westgate @ 9am, RSVP, Free Ask the Nurse @10am, RSVP Games @12-3pm, Free	28 COA Office Closed 	29 COA Office Closed

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/>

December 2024 at the Groveland COA

MON	TUE	WED	THUR	FRI
2 Papermaking@ 11am, RSVP	3 Mobile Market 3B Fitness @9am Van Trip @ 11am: Festival of Trees, RSVP Conversations that Matter@4pm, Free, RSVP	4 Shopping at Rivers Edge Plaza @9am, RSVP, Free Game Day @12pm, Free	5 Meditation / Mindfulness 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Learn Mahjong @11:15am, Free Shifting Gears @11:30 AM, Free, RSVP	6 Yoga @10:45am
9 Atty Elaine Dalton @10am, RSVP, Free Movie @ 11am: "Christmas Island" Free	10 3B Fitness @9am	11 Shopping at Westgate @ 9am, RSVP, Free Game Day @12pm, Free Van Trip @ 1:30pm: Holiday Pops, RSVP	12 Meditation / Mindfulness 10am, RSVP Holiday Luncheon @ 12pm, RSVP	13 Rep Ramos Office Hour @10am, RSVP, Free Yoga @10:45am
16 Community Knowledge Series w/ Don Di Felice @ 10:30am, Free, RSVP Memory Café@1:30 PM Veterans' Services @1:00 - 3:30pm	17 3B Fitness @9am Van Trip @ 9:30am: Calefs & Christmas Dove, RSVP Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30am	18 Shopping at Rivers Edge Plaza @9am, RSVP, Free Ask the Nurse @10am, RSVP Game Day @12pm, Free	19 Traveling Chef Meditation / Mindfulness 10am, RSVP Tech Q&A with Matt @ 10:30am, Free Learn Mahjong @11:15am, Free	20 Yoga @10:45am
23 Shopping at Westgate @ 9am, RSVP, Free	24 3B Fitness @9am COA Office Closes at 12pm	25 COA Office Closed ❄️ MERRY ❄️ CHRISTMAS	26 COA Office Closed Meditation / Mindfulness at 10am, RSVP (Fire Station)	27 COA Office Closed Yoga @10:45am
30 Movie @ 11am: "It Ends with Us " Free	31 3B Fitness @9am Shopping at Rivers Edge Plaza @9am, RSVP, Free	1 COA Office Closed 🌟 HAPPY 🌟 NEW YEAR		

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, Nov. 8 and Dec. 13. 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 Office Hours: Tuesday at 10:30-11:30am on Nov. 19 and Dec. 17. 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. 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 Nov. 18 and Dec. 9.

TRANSPORTATION OPTIONS - FREE RIDES WITHIN GROVELAND

We're thrilled to offer complimentary rides around Groveland for residents aged 60 and over! Whether you're headed to Veasey Park, the library, Town Hall, a hair salon, or a medical appointment, our COA van has you covered—including visits with friends!

- COA Van Operating Hours: Monday–Thursday, 8:30 AM to 3:00 PM
- Booking: Call at least 2 business days in advance to reserve your ride.

Need to go farther? No problem! You can still book the COA van for a small fee for longer trips, or we can help arrange rides through NEET. Another option is to contact MEVA at 978-469-6878, option #3. All transportation options offer door-to-door service.

STAY CONNECTED TO YOUR COMMUNITY!

Did you know you can watch most Town and Board meetings live online? It's easier than ever to stay informed! Simply visit <https://grovelandma.com/cable-department/> to catch the meetings as they happen, or view recorded versions later on the Town's YouTube channel at <https://www.youtube.com/user/GrovelandTV/videos> or on local cable channel 8.

Looking for more? Tune into Channel 22 for recorded programs from the library, Council on Aging, and other community events, including the new Groveland Community News program at www.gcn.net.

EXCITING COMMUNITY EVENTS: DON'T MISS OUT!

- **Snowflake Fair:** Join us for a traditional church fair on Friday, November 8th from 4:00–8:00 PM and Saturday, November 9th from 9:00 AM–3:00 PM! Enjoy delicious food, crafts, local vendors, a Cookie Walk, Country Store tables, jewelry, prize drawings, and more! Event at Groveland Congregational Church.
- **Makers' Market:** Join the Pentucket Arts Foundation at Veasey Park on December 7th, 2024 for the 5th Annual Makers' Market! Explore 35+ local vendors, enjoy live music, and homemade treats. More info: <https://www.pentucketarts.org/upcoming-events>
- **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.
- **New Community Calendar:** Stay up to date with local events by checking out the Groveland Community News calendar! Find it here: <https://gcnnews.net/>

FREE programming. Please RSVP to help us plan for you!

We're excited to offer these free upcoming events, and your RSVP helps us ensure we have enough materials, refreshments, and space for everyone. It also lets our presenters know how many people to expect so they can prepare accordingly. If we do not receive any RSVPs, we may cancel the event. However, we understand that plans can change or you may decide to join at the last minute—walk-ins are always welcome if space allows!

- **Tech Talk & Troubleshooting Thursdays at 10:30 AM on November 7 & 21, December 5 & 19.** Get personalized tech help from Matt McNichols on cell phones, tablets, and laptops. This program is offered in partnership with Langley-Adams Library.
- **Indigenous People and the Early Americans Tuesday, November 7 at 1:30 PM.** Using images and artifacts, Lee Thomas presents a look at the indigenous people who settled the Americas and their interactions with the Europeans who claimed the continents. This presentation explores the rich yet tragic history, acknowledging the darker sides of our past.
- **Community Knowledge Series: A Conversation with Marianne Naffah Tuesday, November 12 at 1:00 PM.** Join us for the next installment of our Community Knowledge Series as Groveland's own Marianne Naffah shares her invaluable insights, covering topics from selecting great consignment items to her experience working after retirement. This engaging session offers practical advice and a chance to connect with fellow community members.
- **Adapting and Transitioning as We Age Tuesday, Nov. 19 at 11:00 AM.** Join us for a presentation on how we can best navigate constant change so that we can continue to enjoy our lives and our loved ones. We will discuss the importance of developing a personal management system to help you feel more secure and comfortable, giving you more time and energy to handle the rapid changes in your life. Presented by Theresa Chaklos, AARP MA volunteer since 2020.
- **Holiday & Winter Electrical Safety Tips Tuesday, November 26 at 10:30 AM.** Learn how to stay safe around electricity during the holidays and winter months. This informative session will cover key safety practices and offer free safety booklets to attendees. Enjoy mini pies and door prizes. Sponsored by the Groveland Electric Department and Ray Gouley.
- **Conversations that Matter: Cultivating Self-Care and Kindness Tuesday, December 3 at 4:00 PM.** Join us for a thoughtful discussion inspired by Pema Chödrön's *When Things Fall Apart*. We'll explore how to practice self-care and loving-kindness during life's challenging moments, reflecting on Chödrön's teachings of resilience and compassion. Whether you've read the book or not, come share and reflect in a supportive space.
- **Shifting Gears Workshop Thursday, December 5 at 11:30 AM.** In recognition of Older Driver Safety Awareness Week, we are hosting the Shifting Gears workshop presented by the Massachusetts Registry of Motor Vehicles. This free session will cover important topics for older drivers, including the Disability Placard application process, age-related changes that impact driving, rules of the road, REAL ID, and resources for safe driving.
- **Community Knowledge Series: Technology with Don Di Felice Monday, Dec. 16 at 10:30 AM.** We're excited to continue our Community Knowledge Series with a special event featuring Don Di Felice. He will share his expertise in technology, specializing in Mac devices, but with general knowledge about many tech tools.

Groveland COA Food Pantry: fresh, frozen & pantry stable food available.

- Open drop-in hours: Wednesdays from 1:30 - 3:30 PM (closed Dec. 25 and Jan. 1).
 - The pantry is also available during regular COA office hours (Monday-Thursday, 8 AM - 4 PM; Friday, 8 AM - 12 PM). We recommend calling ahead to ensure someone is available to assist you when you stop by.
- Delivery is available for homebound older adults. Call the COA by 11 AM on Tuesdays to schedule for Wednesday afternoon. No deliveries on Dec. 25 or Jan. 1—please contact the COA to ensure you have what you need.

Grocery Shopping Trip w/COA Van

- **Rivers Edge Plaza in Haverhill (219 Lincoln Ave).** Free. RSVP Required.
 - Dates/Times: Nov. 6, 20; Dec. 4, 18, 31. Departs Town Hall at 9am; home-pick-ups starting ~8:45am.
- **Westgate Plaza in Haverhill (400 Lowell Ave).** Free. RSVP Required.
 - Dates/Times: Nov 13, 27; Dec. 11, 23. Departs Town Hall at 9am; home-pick-ups starting ~8:45am.
- **Our Neighbors' Table Market in Amesbury** Join us for a free trip to Our Neighbors' Table Market at 194 Main Street, Amesbury. Shop for fresh, healthy food—fruits, vegetables, milk, eggs, fish, chicken, and more—at no cost. Need a ride? Call the office to schedule a van trip.

Traveling Chef Meal (Free courtesy of Agespan):

- Thursday, November 21: Menu: Shepherd's Pie, Capri Veggies, Apple Pie, Juice.
- Thursday, December 19: Menu: Turkey, Stuffing, Veggie, Roll, Juice.
- RSVP required for these meals. Limited quantity (45 meals available). Free. Delivery is available to Groveland residents. Open to adults 60+ and adults living with disabilities. Let us know if you'll pick up your meal or need delivery.

Mobile Market Grocery Delivery A collaboration between The Greater Boston Food Bank (GBFB), AgeSpan, and various community organizations, the Mobile Market provides free groceries to Groveland adults 60+ and adults living with disabilities.

- **Dates:** Tuesday, November 5 and Tuesday, December 3.

Please call the COA at 978-556-7222 if you would like delivery.

Meals on Wheels (Meals are \$2 per meal, billed directly to the individual):

- For homebound adults 60+, including those recovering from illness or surgery.
- If you or someone you know needs short-term or ongoing assistance with meal delivery, call the COA at 978-372-1101 to enroll.

Free Community Lunch at Groveland Congregational Church Sat., Nov. 16 & Sat., Dec. 15. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street.

Understanding Food Insecurity in Our Community 

Food insecurity means not always knowing where your next meal will come from or how you'll afford it. It's not just about hunger—it's about balancing food costs with essentials like rent or medicine. Whether short-term or ongoing, it can affect anyone.

- If you or someone you know is facing food insecurity, there are resources available. No one should worry about their next meal—please contact the Groveland Council on Aging for support or call Project Bread's state-wide Food Source Hotline at 1-800-645-8333 (TTY: 1-800-377-1292).
- Looking to donate to the Groveland COA pantry? Visit our Amazon wish list here: <https://a.co/abG0cZ2>

November is National Caregiving Month, a time to recognize and honor the millions of individuals who selflessly provide care to their loved ones. This month highlights the essential role care-partners play in supporting older adults, spouses, children, and grandchildren. For many in our community, caregiving is a profound commitment that often involves balancing their own needs while ensuring their loved ones receive the support they need.

As we celebrate National Caregiving Month, we emphasize that self-care is critical for everyone, especially caregivers and partners. It's essential to take time for oneself to recharge and maintain overall well-being. We warmly invite you to join our Conversations that Matter session, where we'll discuss self-care strategies and share experiences.

Details for Conversations that Matter:

- Date: Tuesday, December 3
- Time: 4:00 PM
- Conversations guided on Pema Chödrön's book, *When Things Fall Apart*. Join us as we come together to support one another and explore the importance of self-care in our lives.

NATIONAL FAMILY CAREGIVERS MONTH
#CaregivingAroundtheClock

OLDER DRIVER AWARENESS WEEK: DECEMBER 2-6

Older Driver Awareness Week is observed from December 2-6, 2024, making it an ideal time to focus on safe driving practices. Consider this a good opportunity to learn how to adapt your vehicle to meet your unique needs. Simple modifications, such as adjustable seats or steering wheel covers, can significantly enhance your comfort and safety while driving.

We encourage you to explore available resources to learn more about these adaptations including the National Highway Traffic Safety Administration's website at <https://www.nhtsa.gov/road-safety/older-drivers>. Additionally, be sure to attend our "Shifting Gears" program on December 5 at 11:30 AM for further insights.

YOU ASKED, WE ANSWERED: QUICK TIPS FOR MANAGING JUNK MAIL

It's that time of year when our mailboxes—both USPS and email—fill up with junk! We've received requests to share some tips on how to reduce this influx of unwanted mail. Here you go:

- Get off Commercial US Email Lists (Free): Register at <https://www.ims-dm.com/cgi/optoutemps.php> to remove your name from commercial email lists.
- Do Not Contact for Caretaker's Registration: Caregivers can register at <https://www.ims-dm.com/cgi/dncc.php> to limit mail for those they assist.
- Opt-Out of Prescreened Offers: Visit <https://www.optoutprescreen.com/> to opt out of receiving prescreened offers for credit and insurance for five years or permanently.
- Choose Your Mail with DMAchoice: Visit <https://www.dmachoice.org/> to select which catalogs, magazine offers, and other mail you want to receive. Note that there's a \$4 processing fee, and registration lasts for 10 years.
- Prevent Mail for Deceased Individuals (\$1 Fee): Register for the <https://www.ims-dm.com/cgi/ddnc.php> to stop mail directed to deceased individuals.

For more tips and tricks on managing junk mail, visit the FTC's website: <https://consumer.ftc.gov/articles/how-stop-junk-mail>.



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Community Snow Helpers: Groveland's Snow Shoveling Match Program



Need a little help keeping your property shoveled this winter? The Community Snow Helpers program connects individuals aged 14 and older with older adults (60+) and homeowners with disabilities in Groveland for snow shoveling assistance. This matching program pairs individuals who need help with those willing to provide it, ensuring our community members can safely navigate the winter months.

For Older Adults Seeking Shoveling Help:

If you need assistance keeping your property clear of snow, apply for help through the Community Snow Helpers program at the Groveland COA! After each snowfall, you can contact your assigned helper to request services, including:

- Sidewalk & Steps: \$20
- Driveway (1 Spot): \$20 (Note: This is for space for one car to get in and out next to the road, not for long driveways.)
- If the cost is a concern, please note this on your application.

Important Information for Residents Requesting Help:

- You must be a resident of Groveland and aged 60 or older and/or an adult living with a disability.
- Homeowners contact their assigned helper after each snowfall to arrange for shoveling services directly.
- Homeowners will pay helpers directly.
- Snow removal from vehicles remains the homeowner's responsibility.
- Helpers will only use shovels —no snow blowers allowed.

To sign up for snow shoveling help:

- Submit an Application Form and a CORI form to the Groveland Council on Aging at 183 Main Street. Bring a government-issued photo ID, or contact us for assistance if you are homebound. Applications will be available by Nov. 4.

For Helpers (Shovelers):

Are you looking to earn some extra cash this winter? Join the Community Snow Helpers as a shoveler! You'll receive payment for each house you clear after a snowfall. Participants must be 14 years of age or older. If you're interested in providing community service without payment, please indicate that on your application.

Important Information for Helpers:

- All participants must complete a 2024 Application Form, applications will be available by Nov. 4 at the COA office & online.
- Participants aged 18 or older must also submit a CORI form.
- Helpers will attend a brief in-person informational session with the COA Director before being matched.
- Bring your own shovel.
- After each significant snowfall, you will be assigned to one or more homes based on your availability and the needs of the residents requesting assistance.



Applications will be available by Nov. 4. The COA office is located at 183 Main street, or visit us online at <https://grovelandma.com/council-on-aging/>

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

Event Update



Cultural Threads: Weaving Together Our Artistic Legacy. This showcase will feature the creative talents of older adults in Groveland and surrounding communities, celebrating diverse art forms, including visual arts, crafts, performing arts, and literary works.

This event has been rescheduled to take place during the week of April 24, 2025, which also happens to be Global Intergenerational Week!

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. For details, contact Alyssa Lee, Groveland COA Director, at 978-556-7217 or 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
WATER & SEWER: (978) 556-7225

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