

# November 2024 at the Groveland COA

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

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/>

# December 2024 at the Groveland COA

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