

engAGEment

The official newsletter of The Groveland Council on Aging



IN THIS ISSUE

**LEARNING ABOUT
DEMENTIA, 4-PART SERIES**

COFFEE W/SENATOR TARR

**BASKETBALL HALL OF
FAME!**

TALK TO US

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Happy New Year

Hello friends,

A new year brings new opportunities to connect, learn, and share moments together. As always, we're grateful for the strength of our community and the role you play in making the COA a welcoming and supportive space for all.

We're thrilled to share some highlights from our upcoming programming. Celebrate the Chinese New Year with a festive luncheon featuring a beautiful musical performance, gain valuable insights at our Low Vision Workshop, or take a trip with us to the Basketball Hall of Fame in Springfield. Plus, don't miss our Paper Mache Workshop, generously sponsored by the Friends of the COA—it's a wonderful chance to get creative and have fun with friends.

There's so much happening at the COA this winter, and we look forward to greeting you at one of these programs. Thank you for being part of this amazing community.

Warmly,

Alyssa Lee, Director, Groveland Council on Aging

Thank You to Everyone Who Supported the Friends of the COA Raffle!

Thank you, thank you, thank you to everyone who participated in this year's raffle—you purchased more tickets than ever before! The funds raised directly support the programs and events offered by the Groveland Council on Aging, helping us continue to serve and engage our community.

A special thank you to the businesses and individuals who generously donated such fantastic prizes. Your support makes all the difference.

Alice M	Jessica M	Lillian B
Amy A	JoAnna D	Linda B
Ann F	John G	Liz B
Ann S	Judith G	Liz B
Anne M	Judith G	Pam D
Barbara C	Judy R	Rae L
Christine S	Karen S	Stacy I
Diane D	Kristi D	Sue H
Erika M	Lee T	Sue N
Irene T	Liam L	Sue W

Congratulations to all the winners listed here, and thank you again for being part of this wonderful effort!

Next Friends Meeting

Join us on Thursday, January 2 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

SAVE THE DATES! EXCITING EVENTS COMING SOON

Mark your calendars for these upcoming events, and stay tuned for more details from the Groveland COA:

- **Women's Day Program**
 - Saturday, March 8th, 2025
 - Celebrate women's achievements and stories with an inspiring program dedicated to honoring their contributions and impact.
- **Cultural Threads**
 - Week of April 21st, 2025
 - Dive into a celebration of art, culture, and creativity that showcases the unique threads connecting our community.
- **Annual EngAGEment Celebration and Symposium**
 - Saturday, May 17th, 2025
 - Join us for our second annual event featuring workshops, guest speakers, and opportunities to connect with the community.

Visit the COA [website](#) or follow us on [Facebook](#) to stay updated as details are announced!

AARP Foundation Tax-Aide provides free tax assistance, focusing on taxpayers over 50 with low to moderate income. You don't need to be an AARP member to use this service! Their IRS-certified volunteers can prepare your taxes or guide you through the process of doing them yourself. Stay stress-free this tax season with their expert help!

Appointments are required—call in January to reserve your spot:

- **Georgetown COA:** (978) 352-5726 | Thursdays, Feb. 6 – April 9
- **Newburyport COA:** (978) 462-0430 | Tuesdays & Wednesdays, Feb. 4 – April 8
- **Haverhill Citizen Center:** (978) 374-2390 | Thursdays & Fridays, Feb. 6 – April 9
- **Topsfield Library:** (978) 887-1523 | Thursdays, Feb. 6 – April 9

Spaces fill quickly, so don't wait to book your appointment!

Want to learn more about the AARP Tax Assistance Program? Check out their website here: https://www.aarp.org/money/taxes/aarp_taxaide

Looking for tax relief?

Don't miss our Property Tax Relief Options for Homeowners session on Wednesday, February 12 at 10:30 AM. Learn about available exemptions and the application process with guest speakers Julie Yebba, Assessing Manager, and Rebecca Oldham, Town Administrator. Free. Please RSVP Center Meeting Room. Town Hall.

Community Action, Inc.

Low Income Home Energy Assistance Program

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.

Visit our website to learn more:
www.communityactioninc.org
 or call **978-373-1971 ext. 218**



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Day Trips - COA Van



Your next great outing starts with the COA Van! Enjoy a relaxing way to explore new destinations—kick back, relax, and leave the traffic and parking worries behind. Connect with friends and make new ones as you embark on fun-filled adventures.

Groveland residents can register for January and February trips during priority registration, which runs through December 31. Registration opens to all on January 2.

Transportation is \$15 per person, with meals and entrance fees not included unless noted. The van typically returns to the COA by 3:00 PM.

To RSVP, call (978) 372-1101 or email COA@grovelandma.com. Let the fun times begin!



- **Monday, January 6, time TBA: *Wicked!*** Enjoy a fun outing to watch *Wicked* at the movie theater, followed by lunch. Movie tickets and lunch are self-pay. Keep an eye on our website and Facebook page for updates—we'll post the departure time from Town Hall and the movie time as soon as the theater publishes their schedule.
- **Tuesday, January 14 at 8:30 AM: Basketball Hall of Fame.** Join us for a trip to the Naismith Memorial Basketball Hall of Fame in Springfield, MA. Admission is \$23 for ages 65+, and lunch is self-pay. Departing from Town Hall at 8:30 AM. Visit www.hoophall.com to plan your day, including exhibits to explore and dining options onsite at the museum complex.
- **Monday, February 3 at 11:00 AM: Lunch at Kowloon Restaurant & Winfrey's Candy Shop!** Enjoy a delicious meal at the iconic Kowloon restaurant in Saugus, followed by a sweet stop at Winfrey's Candy Shop in Wenham. Departing from Town Hall at 11:00 AM and returning by 3:00 PM. Visit www.kowloonrestaurant.com to preview the menu and plan your meal.
- **Thursday, February 13 at 8:45 AM: Titanic Artifact Exhibit & Lunch!** Explore the fascinating Titanic Artifact Exhibit at Park Plaza in Boston, showcasing items recovered from the legendary ship. After the exhibit, enjoy lunch at Legal Seafood. Visit <https://titanicboston.us/> to learn more about the exhibit and <https://www.legalseafoods.com/locations/boston-harborside/> to preview the menu.



Shopping Trips - COA Van

- **Grocery Shopping:**
 - **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
 - **Dates/Times:** Jan. 8, 22; Feb. 5, 19. Departs Town Hall at 9 AM; home-pick-ups starting ~8:45am
 - **Westgate Plaza** in Haverhill (400 Lowell Ave). Free. RSVP Required.
 - **Dates/Times:** Jan 15, 29; Feb. 12, 26. Departs Town Hall at 9 AM; 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. Van departs at 12 PM on Thur. Jan. 23 & Feb. 27.
- **Shopping Trip to Plaistow, NH!** Join us for a hassle-free shopping trip to Plaistow, NH with stops at stores like Kohl's, Walmart, Savers, Petco, and Dollar Tree for \$5 per person. The van departs Town Hall at 10:00 AM and returns by 2:30 PM on Tue., Jan. 28, and Mon., Feb. 24. RSVP at least four business days in advance to secure your spot.

Games & Fun



- **Drop-In Game Day, Wednesdays, 12-3pm** Looking for a friendly space to spend your afternoon? Drop by for games, conversation, and good company. Whether you're a seasoned player, want to learn a new game, or just enjoy being around people, there's something for everyone. Coffee and tea are on us—no pressure to play, just come as you are! Free to join. No RSVP required.
- **Mahjong: January 9 & 23, and February 13 & 27 at 11:15 AM.** Looking to play Mahjong? Come join us for a casual and enjoyable experience! Whether you're new to this tile-based game or have some skills already, this is the perfect opportunity to play, learn from others, and have fun. No prior experience is required—just bring your interest and enthusiasm. Free to join, RSVP encouraged.

Art Mélange

- **Paper Mache Workshop:** Paper mache is an easy, low-cost craft activity that uses recyclable materials, water, & paste/glue to create decorative items like masks & piñatas. Roll up your sleeves & join the Friends of Groveland COA for a 2-part workshop.
 - **Date & Time:**
 - Session 1: Monday, January 13, 1:00-4:00 PM. Build and coat your mask.
 - Session 2: Monday, January 27, 1:00-4:00 PM. Paint and embellish.
 Free, RSVP Required. Takes place in Public Safety Meeting Room (fire station).
- **Warm Up This Winter with Friends and Cookie Decorating!** Looking for a fun and social way to brighten your winter? Join us for Basic Cookie Decorating with Royal Icing and enjoy a cozy morning filled with creativity, connection, and sweet treats! Led by Mindy from Mindy Paper Cookies (<https://www.mindy.paper.com/>). This class is perfect for friends to gather or to meet new ones while learning simple cookie decorating techniques. Sip on hot cocoa, tea, or coffee while you create. Each participant will receive a starter kit with 1 large cookie + 2 small cookies + 2 colors of royal icing + sprinkles and a box to take everything home in.
 - **Date & Time: Thursday, February 6 at 11 AM. 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.

SCAM WATCH - PROPERTY DEEDS

Free Property Watch Service

The Southern Essex District Registry of Deeds, led by Register Dorothy Hersey, offers a free Property Watch Service to help protect property owners from fraudulent document recordings. Property fraud, one of the fastest-growing white-collar crimes, occurs when false documents are filed to claim ownership of someone else's property.

With Property Watch, you'll receive an email alert if documents such as deeds, mortgages, or foreclosure notices are recorded with your name and address. This service is free, secure, and allows you to view and print documents the same day they are recorded.

Sign up online at <https://www.salemdeeds.com/AlertWebSite/> or contact Customer Service at 978-542-1704 for assistance. Protect your most valuable asset today!

Health & Wellness - Reoccurring Programs

- **Ask the Nurse!** Reserve your personalized consultation slot with Anita Wright, our Board of Health Nurse. Anita will be available January 29 and February 26th from 10-11 am 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 9 am:** Stay active with trainer Brian Coyne in this \$5/class featuring balance, strength, and brain games. Classes are in the Center Meeting Room at Town Hall, except Jan. 28 at the Fire Station. All levels welcome.
- **Meditation & Mindfulness Class on Thursdays at 10 am:** Take a moment to pause and rejuvenate with our guided mindfulness meditation sessions. Learn practical techniques to relax, center yourself, and bring more mindfulness into your daily life. Instructor: Deborah Fay D'Onofrio. \$5/class, RSVP Required as a minimum of 6 to run class.
- **Yoga on Fridays at 10:45 am:** Unwind with Mary Van Abs during yoga sessions held in the Center Meeting Room at Town Hall. \$5 per class, payable on-site. Suitable for all levels, and drop-ins are warmly welcomed!

MOVIES, ENTERTAINMENT, AND LUNCH!

Movie Mondays @11 am (free)



Movies take place in the center meeting room.

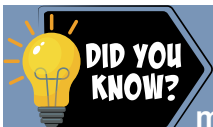
- **Monday, January 13:** "Rustin," rated PG-13, Documentary/Drama, starring Colman Domingo & Gus Halper, runtime 1 hour, 47 minutes, 2023. A powerful biographical drama about Bayard Rustin, the unsung hero behind the historic 1963 March on Washington.
- **Monday, January 27:** "Are You There God? It's Me, Margaret," rated PG-13, Comedy/Drama, starring Abby Ryder Fortson, Rachel McAdams, and Kathy Bates, runtime 1 hour, 46 minutes, 2023. A charming coming-of-age story about 11-year-old Margaret exploring family, friendship, and faith.
- **Monday, February 10:** "Origin," rated PG-13, Biographical Drama, starring Aunjanue Ellis-Taylor, Jon Bernthal, and Niecy Nash-Betts, runtime 2 hours, 21 minutes, 2024. This film follows author Isabel Wilkerson as she researches and writes her book "Caste: The Origins of Our Discontents," exploring unspoken social hierarchies across the U.S., Germany, and India.
- **Monday, February 24:** "Here," rated PG-13, Fantasy/Drama, starring Tom Hanks & Robin Wright, runtime 1 hour, 44 minutes, 2024. A visually stunning tale exploring time, memory, and connection, set within the same room across generations.

More than a Meal!

- **Thursday, January 30 at 11:00 AM: Chinese New Year Luncheon** Celebrate "The Year of the Wood Snake" with a delicious meal from Tea Garden and live music by the GBCCA Chinese Music Ensemble. Join us for food, fun, and festivities! Fee: \$5. RSVP required.
- **Tuesday, February 11 at 10:30 AM: Cooking Demo & Meal** In honor of Heart Health Month, join us for a special event featuring Leigh Hartwell from AgeSpan. Starting at 10:30 AM, Leigh will give a cooking demo and answer your heart health and nutrition questions. Lunch, provided by AgeSpan, will follow at 11:30 AM, featuring a tasty meal designed with heart health in mind. Feed your body and mind while connecting with others! Fee: \$5. RSVP required.

January 2025 at the Groveland COA

MON	TUE	WED	THUR	FRI
		1 COA Office Closed 	2 Meditation / Mindfulness @10 AM, RSVP	3 Yoga @10:45 AM 
6 Van Trip @ time TBA, Wicked at the Movies, RSVP	7 Mobile Market 3B Fitness @9 AM Through the Wilds @ 10:30 AM	8 Shopping at Rivers Edge Plaza @9 AM, RSVP, Free Games @12-3 PM, Free Tech Support / Q&A @ 1 PM Library	9 Meditation / Mindfulness @10 AM, RSVP Mahjong @11:15 AM, Free	10 Yoga @10:45 AM <hr/> Sat. Jan. 11: GCC Community Lunch @11:30-1 PM
13 Atty Elaine Dalton @10AM, RSVP, Free Movie @ 11 AM, "Rustin," Free Paper Mache @1pm Memory Café, @ 1:30PM, RSVP, Free	14 Van Trip @ 8:30 AM, Basketball Hall of Fame, RSVP 3B Fitness @9 AM Decluttering & Downsizing @11 AM, Free RSVP	15 Shopping at Westgate @ 9AM, RSVP, Free Games @12-3pm, Free	16 Traveling Chef Meditation / Mindfulness @10AM, RSVP MassHealth Intro @ 1 PM, Free, RSVP	17 Yoga @10:45 AM
20 COA Office Closed	21 3B Fitness @9AM Senator Tarr's C. Serv. w/ MaryAnn Nay @10:30 AM Low Vision @11AM Free, RSVP Martin Luther King Jr. Presentation @ 1PM, Free, RSVP	22 Shopping at Rivers Edge Plaza @9 AM, RSVP, Free Games @12-3pm, Free Tech Support / Q&A @ 1 PM Library	23 Meditation / Mindfulness @10 AM, RSVP Mahjong @11:15 AM, Free ONT Amesbury's Market @ 12 PM, Free, RSVP	24 Yoga @10:45 AM
27 Movie @ 11 AM, "Are You There God? It's Me, Margaret," Free Paper Mache @1pm	28 3B Fitness @9am Shopping Trip @ 10AM to Plaistow Normal vs. Not Normal Cognitive Change @ 12 PM, Free, RSVP	29 Shopping at Westgate @ 9 AM, RSVP, Free Ask the Nurse @10am, RSVP Games @12-3pm, Free	30 Meditation / Mindfulness @10 AM, RSVP Chinese New Year Luncheon @ 11:00 AM	31 Yoga @10:45 AM



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/>


February 2025 at the Groveland COA

MON	TUE	WED	THUR	FRI
3 AgeSpan Overview @ 10:30 AM Van Trip @ 11:00 AM, Kowloon & Winfrey's Candy, RSVP	4 Mobile Market 3B Fitness @9 AM Conversations that Matter@4pm, Free, RSVP	5 Shopping at Rivers Edge Plaza @9am, RSVP, Free Game Day @12pm, Free	6 Meditation / Mindfulness 10am, RSVP Cookie Decorating @11 AM, RSVP	7 Yoga @10:45am <hr/> Sat. Feb. 8: GCC Community Lunch @11:30-1 PM
10 Movie @ 11am: "Origin," Free Memory Café, @ 1:30PM, RSVP, Free	11 3B Fitness @9 AM Cooking Demo & Meal @ 10:30 AM	12 Shopping at Westgate @ 9am, RSVP, Free Tax Relief @ 10:30 AM, Free, RSVP Game Day @12pm, Free Tech Support / Q&A @ 1 PM Library	13 Meditation / Mindfulness 10am, RSVP Mahjong @11:15 AM, Free Van Trip @ 8:45 AM, Titanic Exhibit, Boston	14 Yoga @10:45am
17 COA Office Closed	18 3B Fitness @9 AM Coffee Hour with Sen. Tarr @ 10:30 AM, Free, RSVP	19 Shopping at Rivers Edge Plaza @9am, RSVP, Free Game Day @12pm, Free	20 Traveling Chef Meditation / Mindfulness 10am, RSVP	21 Yoga @10:45am
24 Movie @ 11 AM, "Here," Free Shopping Trip @ 10AM to Plaistow	25 3B Fitness @9 AM What is Dementia? @ 12 PM, Free, RSVP	26 Shopping at Westgate @ 9am, RSVP, Free Ask the Nurse @ 10 AM, Free, RSVP Game Day @12pm, Free Tech Support / Q&A @ 1 PM Library	27 Meditation / Mindfulness 10am, RSVP Mahjong @11:15 AM, Free ONT Amesbury's Market @ 12 PM, Free, RSVP	28 Yoga @10:45am
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.				

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.

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 Hour: Tuesday at 10:30-11:30 am on January 21. We kindly encourage you to RSVP with the COA office.

 **Coffee Hour with Senator Tarr on Tuesday, February 18 at 10:30 AM:** Enjoy coffee and conversation with Senator Bruce Tarr and District Director Mary Ann Nay. This is a wonderful opportunity to connect, ask questions, and share your thoughts in a relaxed setting. Free. Please Kindly RSVP.

Legal Monday with Attorney Elaine Dalton Free 15-minute legal consult. Please call the COA office to reserve your spot. Monday, January 13, 10-11 AM.

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 - 3:30 pm. Contact Mike directly to confirm hours and availability.

State Representative Adrienne Ramos can be contacted by email at Adrienne.Ramos@mahouse.gov or call (617) 722-2140.

DID YOU KNOW? FREE RIDES AROUND GROVELAND FOR RESIDENTS 60+!

Groveland residents aged 60 and over can enjoy complimentary transportation to local (Groveland) destinations! Whether you're headed to Veasey Park, the library, Town Hall, a hair salon, a medical appointment, or simply visiting friends, our COA van is here to make getting around easy and stress-free.

COA Van Operating Hours: Monday–Thursday, 8:30 AM to 3:00 PM

How to Book: Call at least 2 business days in advance to reserve your ride.

Need to go farther? No problem! For a small fee, the COA van can take you to nearby towns. We can also help arrange rides through NEET, or you can contact MEVA at 978-469-6878 (option #3).

All transportation options provide convenient door-to-door service. Reserve your ride today and let us help you get where you need to go!

STAY CONNECTED TO YOUR COMMUNITY!

Catch the latest episodes of Groveland Community News at <https://gcnnews.net/>! The program, "What's Up Groveland," features local news stories and spotlights on remarkable residents, such as Sandra Daniels (October), David Tuttle (November), and Tracy Gilford (December). New episodes air on the first of each month. Tune into the news show on Community TV, cable channel 22 or find them on YouTube at <https://www.youtube.com/user/GrovelandTV/videos>.

Want to stay informed about Town and Board meetings? You can watch most meetings live online at <https://grovelandma.com/cable-department/> or catch recordings later on YouTube or local cable channel 8.

For even more local content, tune into Channel 22 for recorded programs from the library, Council on Aging, and other community events. Stay informed and connected to everything happening in Groveland!

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

- Open drop-in hours: Wednesdays from 1:30 - 3:30 PM.
 - 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.

Grocery Shopping Trip w/COA Van

- **Rivers Edge Plaza in Haverhill (219 Lincoln Ave).** Free. RSVP Required.
 - Dates/Times: Jan. 8, 22; Feb. 5, 19. Departs Town Hall at 9 am; home-pick-ups starting ~8:45 am.
- **Westgate Plaza in Haverhill (400 Lowell Ave).** Free. RSVP Required.
 - Dates/Times: Jan. 15, 29; Feb. 12, 26. Departs Town Hall at 9 am; home-pick-ups starting ~8:45 am.
- **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.
 - Advanced RSVP Required.
 - Dates/Times: Thur. Jan. 23 at 12 pm, Thur. Feb 27 at 12 pm

Traveling Chef Meal (Free courtesy of AgeSpan):

- **Thursday, January 16:** Bread Bowl with Clam Chowder **or** Broccoli Cheddar Soup, Garden Salad, Dessert & Drink (choice needed at sign-up).
- **Thursday, February 20:** Paella with Chicken, Mushrooms, Peppers, Roll, Dessert & Drink.
- 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, January 7 and Tuesday, February 4.
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., Jan. 11 & Sat., Feb. 8. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street.

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).

Support Heart-Healthy Eating in Our Community

This February, in honor of Heart Health Month, help our neighbors by donating heart-healthy items to the Groveland COA pantry. Focus on low-sodium, no-added-sugar, and whole-grain options to support nutritious meals. Visit our Amazon wish list, <https://a.co/abG0cZ2>, to donate easily.

FREE programming. The importance of your RSVP.

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 Second and Fourth Wednesdays, 1:00–3:00 PM at the Library.** Get personalized tech help from Matt McNichols on your cell phones, tablets, and laptops. This program, offered in partnership with the Langley-Adams Library, is now held at the Library. Upcoming dates include Jan. 8, 22; Feb. 12, 26.
- **Decluttering and Downsizing: You Can't Take It with You Tuesday, January 14 at 11:00 AM.** Having too much stuff can hinder people from enjoying life, relocating, or accessing health care at home. It affects people of all ages and stages. This engaging presentation delves into why we hold onto things and encourages you to view your belongings in new ways. Get practical tips to declutter and organize your home and life while staying on track and enjoying the process! Presented by Sam Docknevich, AARP MA Speakers Bureau Volunteer
- **Info Session on MassHealth Thursday, January 16 at 1:00 PM** Join Elizabeth Rodriguez, Member Outreach and Education Specialist for a general overview of MassHealth. Learn about eligibility requirements, available programs, and key offerings such as PACE and SCO. This is a great opportunity to get informed and ask questions about how MassHealth can support you or your loved ones.
- **Explore Low Vision Technology Tuesday, January 21 at 11:00 AM.** Join Ben Golash from New England Low Vision and Blindness for an engaging session on the latest advancements in low vision technology. Discover practical tools that are easy to use and designed to enhance everyday life.
- **Martin Luther King Jr. Presentation Tuesday, January 21 at 1:00 PM.** Join us for a special presentation in honor of Martin Luther King Jr. Day, featuring a guest speaker from the Buttonwoods Museum. Discover the enduring legacy of Dr. King as we explore his profound impact on civil rights, equality, and social justice.
- **AgeSpan: Overview of Services Monday, February 3, at 10:30 AM** AgeSpan, www.agespan.org, helps individuals of all ages maintain independence, health, and safety by connecting them to essential services like in-home care, nutrition programs, and housing support. Discover their offerings, ask questions, and take home valuable resources.
- **Conversations that Matter: Being Mortal Tuesday, February 4 at 4:00 PM.** Join us for a meaningful discussion inspired by Atul Gawande's [Being Mortal: Medicine and What Matters in the End](#). This session will explore modern society's approach to death and dying, its successes and challenges, and how facing the reality of mortality can help us live more fully. Whether you've read the book or not, come and reflect on these profound themes in a supportive and thoughtful space.
- **Heart-Healthy Cooking and Nutrition Tuesday, February 11 at 10:30 AM.** Join Leigh Hartwell, Nutrition specialist with AgeSpan for a presentation and cooking demo on Heart Healthy Meals and Nutrition. Lunch, provided by AgeSpan, will follow at 11:30 AM. \$5, RSVP Required.
- **Tax Relief Options for Homeowners Wednesday, February 12 at 10:30 AM.** Join us for an informative session on available tax exemptions and the application process for property owners. Guest speakers will be Groveland's very own Julie Yebba, Assessing Manager and Rebecca Oldham, Town Administrator.

Glaucoma, often called the "silent thief of sight," can cause up to 40% of vision loss before a person notices symptoms. Regular comprehensive dilated eye exams are essential for early detection and treatment to protect your vision.

Key Facts About Glaucoma:

- Vision Loss is Irreversible: Glaucoma can lead to permanent vision loss or blindness.
- No Early Symptoms: The disease often progresses without pain or noticeable vision changes in its early stages.
- Who's at Risk: Individuals over 60, African Americans over 40, Hispanics/Latinos, and those with a family history are at higher risk.

How to Protect Your Vision:

- Schedule regular comprehensive dilated eye exams—the only way to detect glaucoma early.
- Talk to your eye care professional about your risk and steps you can take to protect your vision.

(Information sourced from the National Eye Institute: [5 Things to Know About Glaucoma](#))

Reminder: Join us on **Tuesday, January 21 at 11:00 AM** for our Low Vision Technology session to learn about tools and resources that can enhance your daily life!

FEBRUARY IS HEART HEALTH MONTH



This February, take steps to prioritize your heart health! Heart disease remains the leading cause of death for men and women in the U.S., but small changes—like eating nutritious meals, staying active, and managing stress—can make a big difference.

In addition to all the regular recurring health and wellness programs listed on page 6, don't miss this special event:

- **Tuesday, February 11 at 10:30 AM: Cooking Demo & Meal** In honor of Heart Health Month, join us for a special event featuring Leigh Hartwell from AgeSpan. Starting at 10:30 AM, Leigh will give a cooking demo and answer your heart health and nutrition questions. Lunch, provided by AgeSpan, will follow at 11:30 AM, featuring a tasty meal designed with heart health in mind. Feed your body and mind while connecting with others! Fee: \$5. RSVP required.

A HEARTFELT REMINDER: SNOW SHOVELING PROGRAM

This winter, don't let snow shoveling weigh you down—our Snow Shoveling Program connects you with local residents ready to lend a hand. Asking for help isn't just practical—it's also good for your heart! Reducing stress and avoiding overexertion keeps you healthier and safer during the snowy season.

Need assistance or want to learn more? Contact us today! Stay safe, stay healthy, and let us help lighten the load. COA Office: 978-372-1101 or email: COA@GrovelandMA.com.



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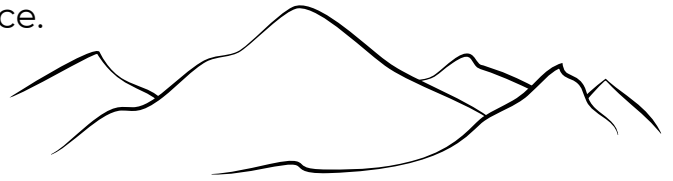
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Through the Wilds: How Illness Can Transform & Free Us—A Trail Guide for Life's Peaks and Valleys

Join Deborah Fay D'Onofrio for an experiential 1-hour presentation where you will learn and practice easy techniques with proven results to reduce anxiety, worry, pain and increase well-being, happiness, and peace.

Tuesday, January 7, 10:30 AM Free. RSVP.



Memory Café

A Memory Café is a welcoming space designed to create moments of joy for individuals living with memory loss and their care partners. It's not a support group or an information session—it's a relaxed, informal gathering where you can connect with others, enjoy activities, and simply share a pleasant afternoon together. Join us on **Monday, January 13, and Monday, February 10, at 1:30 PM** for our Memory Café. Free. RSVP Required.

Getting to Know Dementia: A Four-Part Educational Series



This comprehensive series delves into the complexities of dementia, providing attendees with a deep understanding of its impact on the brain and body. Through the application of the Positive Approaches to Care curriculum, participants will acquire practical, hands-on skills for interacting with and supporting individuals with dementia. The series culminates with a focus on the transformative journey from caregiver to care partner, emphasizing empowerment and education as key tools for navigating the challenges of dementia.

Getting to Know Dementia

- **Class one, Tue., Jan. 28 at 12:00 PM:** Normal vs. Not Normal Cognitive Change.
- **Class two, Tue., Feb. 25 at 12:00 PM:** What is Dementia?
- **Class three, Tue., March 25 at 12:00 PM:** Now What?!: Positive Approaches for someone living with dementia.
- **Class four, Tue., April 22 at 12:00 PM:** Care Giver vs. Care Partner: Making meaningful change.

Free and Open to All! Please RSVP. Feel free to bring your lunch—coffee and water will be provided. The program will be held in the Center Meeting Room at Town Hall. While we'd love to have you join us for all four sessions, you're welcome to register for as many as your schedule allows.

Presented by:

[Monarch Care Partners](#): Our mission is to empower and support people living with dementia. Through education and training, we teach the value of care partnering for caregivers. Our ultimate goal is to show family members and professionals how to thrive in the ever changing journey of dementia.

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Start the Year with Variety and Connection!

This winter, enjoy a diverse lineup of programs at the COA! Gain practical tips at **Decluttering and Downsizing on January 14**, discover innovative tools at our **Low Vision Technology session on January 21**, and celebrate with live music at our **Chinese New Year Luncheon on January 30**. In February, join us for **Lunch & Learn: Cooking Demo & Meal on February 11**, and explore tax-saving strategies at **Property Tax Relief Options for Homeowners on February 12**.

There's something for everyone—don't miss out! Visit our [website](#) or [Facebook](#) for details and updates.



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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