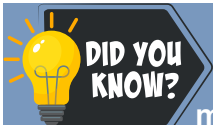


January 2025 at the Groveland COA

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.