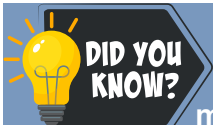


March 2025 at the Groveland COA

MON	TUE	WED	THUR	FRI
3 Creative Connections @1 PM, Free	4 Mobile Market 3B Fitness @9 AM Conversations that Matter@ 4 PM, Free, RSVP	5 Shopping at Rivers Edge Plaza @9 AM, RSVP, Free Games – Drop-In @12-3 PM, Free	6 Meditation / Mindfulness @10 AM, RSVP Mahjong @11:15 AM, Free	7 Yoga @10:45 AM <hr/> Sat. March 8: GCC Community Lunch @11:30-1 PM 2 PM Women's Day Event at Veasey Park, Free, RSVP
10 Atty Elaine Dalton @10 AM, RSVP, Free Apple Support w/ Don @ 10:30 AM, RSVP Van Trip @ 11 AM, Kowloon, RSVP	11 3B Fitness @9 AM	12 Shopping at Westgate @ 9AM, RSVP, Free Games – Drop-In @12-3 PM, Free Milton Hershey & Chocolate Tasting @ 1 PM, RSVP	13 Meditation / Mindfulness @10 AM, RSVP St. Patrick's Luncheon @ 12 PM	14 Yoga @10:45 Rep. Adrienne Ramos Office Hour @ 10 AM, RSVP
17 Movie @ 11 AM, "Once" Free Memory Café, @ 1:30 PM, RSVP, Free	18 3B Fitness @ 9 AM	19 Shopping at Rivers Edge Plaza @9 AM, RSVP, Free Coffee Hour w/ Senator Tarr @ 11:30 AM, Free RSVP Games – Drop-In @12-3 PM, Free	20 Traveling Chef Meditation / Mindfulness @10AM, RSVP Mahjong @11:15 AM, Free	21 Yoga @10:45 AM
24 At Home Hearing @10 AM -1PM	25 3B Fitness @9AM Van Trip @ 9 AM, Brook Casino, RSVP Now What?!: Positive Approaches @ 12 PM, Free, RSVP	26 Shopping at Westgate @ 9AM, RSVP, Free Ask the Nurse @10am, RSVP Games – Drop-In @12-3 PM, Free	27 Meditation / Mindfulness @10 AM, RSVP ONT Amesbury's Market @ 12 PM, Free, RSVP Preventing Medicare Fraud@ 1PM, Free	28 Yoga @10:45 AM
31 Shopping Trip w/COA Van @ 10AM to Plaistow Movie @ 11 AM, "Wicked" Free	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.			



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/>

April 2025

at the Groveland COA

MON	TUE	WED	THUR	FRI
	1 Mobile Market 3B Fitness @9 AM Conversations that Matter @ 4 PM, Free, RSVP	2 Shopping at Rivers Edge Plaza @9 AM, RSVP, Free Games – Drop-In @12-3 PM, Free	3 Meditation / Mindfulness 10 AM, RSVP Tide Pools of Plum Island @ 1:00 PM	4 Yoga @10:45 AM
7 Japanese Stab (Book) Binding Class @ 11 AM, Free, RSVP	8 3B Fitness @9 AM Outdoor Safety Tips @ 10:30 AM	9 Shopping at Westgate @ 9AM, RSVP, Free Support for Family Caregivers @ 10:00 AM, Free, RSVP Games – Drop-In @12-3 PM, Free	10 Meditation / Mindfulness 10 AM, RSVP Mahjong @11:15 AM, Free Van Trip @ 9AM Patriots Hall of Fame/Patriot Place	11 Yoga @10:45 Rep. Adrienne Ramos Office Hour @ 10 AM, RSVP Pen Pal Gathering @ 9:30 AM <hr style="border: 1px solid #4a7ebb;"/> Sat. April 12 GCC Community Lunch @11:30-1 PM
14 Atty Elaine Dalton @10AM, RSVP, Free Apple Support w/ Don @ 10:30 AM, RSVP Movie @ 11 AM, "Nyad," Free Memory Café, @ 1:30PM, RSVP, Free	15 3B Fitness @9 AM Sen. Tarr Office Hour w/Mary Ann Nay @ 10:30 AM Van Trip @ 10:45 AM: Olive Garden /Putnam Pantry	16 Shopping at Rivers Edge Plaza @9 AM, RSVP, Free Games – Drop-In @12-3 PM, Free	17 Traveling Chef Meditation / Mindfulness 10 AM, RSVP	18 Yoga @10:45 AM
21 <b style="color: red;">COA Office Closed	22 3B Fitness @9 AM Care Giver vs. Care Partner @ 12 PM, Free, RSVP Earth Day Talk: Recycle or not? @ 2 PM	23 Shopping at Westgate @ 9AM, RSVP, Free Coffee and Pastry Gathering @ 10 AM, Free, RSVP Games – Drop-In @12-3 PM, Free	24 Meditation / Mindfulness 10am, RSVP Mahjong @11:15 AM, Free ONT Amesbury's Market @ 12 PM, Free, RSVP Recyclable Art Craft @2 PM, Free	25 Yoga @10:45 AM <hr style="border: 1px solid #4a7ebb;"/> Sat. April. 26: 2:00 PM: Art & Conversation at Washington Hall, Free
28 At Home Hearing @10 AM -1 PM Movie @ 11 AM, "Conclave" Free Shopping Trip w/COA Van @ 10AM to Plaistow Tall Hall Meeting @7 PM at Bagnall	29 3B Fitness @9 AM	30 Shopping at Rivers Edge Plaza @ 9 AM, RSVP, Free Ask the Nurse @10am, RSVP Games – Drop-In @12-3 PM, Free		

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 van availability.