

MARCH/APRIL 2025

engAGEment

The official newsletter of The Groveland Council on Aging



IN THIS ISSUE

**PANEL DISCUSSION:
WOMEN'S DAY**

**ST. PATRICK'S DAY
LUNCH**

**SUPPORT FOR FAMILY
CAREGIVERS**

“March winds and April showers bring forth May flowers.” — English Proverb

Hello friends,

As we step into spring, we're embracing the season of growth, connection, and community.

In March, we celebrate International Women's Day with Empowered Voices, a panel discussion featuring inspiring women making a difference in our communities. We're also hosting a Medicare fraud prevention session to help you stay informed and protected. Plus, drop in for some creativity with our drop-in craft group!

April brings Earth Day, and we're marking the occasion with a multigenerational recycling talk and art project in partnership with the Langley-Adams Library—showing how small actions can make a big environmental impact.

We're also excited to host a Pen Pal Gathering on Friday, April 11, bringing together participants of our year-long program with 1st graders from Bagnall School to celebrate friendships built through letters.

And that's just the beginning! From Memory Café gatherings and book discussions to tech support and wellness programs, there are plenty of ways to connect and engage.

We look forward to seeing you soon!

In gratitude,
Alyssa Lee, Director, Groveland Council on Aging

TALK TO US

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Spring Concert Fundraiser! Friday, April 11, at 6:30 PM

Join the Friends of the Groveland COA at Bagnall Elementary School on Friday, April 11, at 6:30 PM for an evening of uplifting music to welcome spring. The Northshoremens, a local chorus from the Barbershop Harmony Society, will fill the room with rich harmonies to help you relax and rejuvenate. Tickets: \$15 adults, \$10 students



This event is organized by the Friends of the Groveland Council on Aging and is funded in part by a grant from the Groveland Cultural Council, a local agency supported by the Mass Cultural Council.

Stay tuned for ticket details on the COA and Friends of the COA Facebook pages. Plus, don't forget to bring your lucky charm—we'll be holding a 50/50 raffle!

Groveland Community Yard Sale – May 2 & 3

Declutter and cash in! The Friends of the Council on Aging are hosting a Community Yard Sale Fundraiser on Friday, May 2, and Saturday, May 3.

- Registration: \$25 (includes the \$10 town permit)
- We Provide: Publicity, maps, and signage—just set up and sell!
- Deadline: Register by April 15 (online or paper forms available in March)
- Payment: Cash, check, or Venmo
- Privacy: Only your address, sale dates/times, and item categories will be shared

Donations from your sale are appreciated but not required.

For details, visit the Friends of COA Facebook pages or contact Marianne Naffah at mnaffah8@gmail.com or 978-478-8162. Let's make space and support a great cause!

Next Friends Meeting

Join us on Thursday, March 6th and April 3rd 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

UPDATES FROM THE GROVELAND BOARD OF HEALTH

Health Care Proxy Forms Planning ahead for your health care is important. Health Care Proxy forms are available at the Board of Health office in Town Hall. This critical document allows you to designate someone to make medical decisions on your behalf if you are unable to do so.

Safe Disposal of Used Needles Need to dispose of used needles? Bring them to the Board of Health office in a sealed container (such as a coffee can). If you don't have a container, the BOH can provide one. The office is located in Town Hall, just down the hall from the COA.



Questions? Board of Health phone: (978) 556-7210

- **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 Mar. 25 at the Fire Station. All levels welcome.
- **Ask the Nurse: Wednesdays, March 26 & April 30, 10–11 AM** Meet with Anita Wright, Board of Health Nurse, for a 15-minute consultation. Get a blood pressure check, B12 shot (bring your own), or discuss health concerns. RSVP required, contact the COA directly.
- **Hearing Clinic – At Home Hearing Healthcare, Mondays, March 24 & April 28, 10 AM–1 PM** Get free hearing screenings, hearing aid cleanings, and wax removal with At Home Hearing Healthcare. Appointments are in 30-minute slots at Town Hall, RSVP required.
- **Memory Café: Mondays, March 17 & April 14 at 1:30 PM** A warm, engaging space for those living with memory loss and their care partners. March: comfort dogs; April: harp music. Free—RSVP encouraged.
- **Meditation & Mindfulness Class on Thursdays at 10 AM:** Center yourself with guided meditation and learn practical mindfulness techniques for daily life. Instructor: Deborah Fay D'Onofrio. \$5/class, RSVP required (min. 6 to run). Meets in Center Meeting Room.
- **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.

PROTECTING OUR WATER: UNDERSTANDING STORMWATER & ITS IMPACT

- **What is Stormwater?** Stormwater is any runoff from rain or snow melt that drains into the Town's drainage systems and ultimately ends up in groundwater, ponds, streams and/or wetland resource areas.
- **Why Does Stormwater Matter?** As rain or snow melt flows over paved surfaces it carries with it any pollutants such as oils, fertilizer, sand, and trash. The pollutants will eventually enter groundwater, ponds, streams and/or wetland resource areas and will contaminate drinking water supplies, fish and wildlife.
- **Questions?** Contact: Arthur G. Markos, Programs and Project Manager. Town of Groveland, MA at 978-556-7208

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 both March and April trips during priority registration, which runs through February 28. Trip registration, for both months, opens to all on Monday, March 3.

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, March 10 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. Visit www.kowloonrestaurant.com to preview the menu and plan your meal.
- **Tuesday, March 25 at 9:30 AM: Van Trip to The Brook Casino!** Join us for a fun-filled day at The Brook in Seabrook, NH! Enjoy the excitement of the casino and explore a variety of dining options. Visit www.livefreeandplay.com to learn more about what Encore has to offer.
- **Thursday, April 10 at 9:00 AM: Van Trip to Patriots Hall of Fame & Patriot Place!** Spend the day exploring Patriot Place in Foxborough, MA! Visit the New England Patriots Hall of Fame, take in the views from the Gillette Stadium Lighthouse Tour, or enjoy a day of shopping and dining at the many restaurants and stores on-site. Please note that getting from one area to another requires a fair amount of walking, so plan accordingly
 - Admission fees vary—\$7 for the Patriots Hall of Fame and \$5 for the Gillette Stadium Lighthouse Tour (self-pay). For full details on attractions and pricing, visit <https://www.patriotshalloffame.com/>.
- **Tuesday, April 15 at 10:45 AM: Lunch at The Olive Garden Restaurant & Putnam Pantry Candies, Ice Cream & Café!** Enjoy a meal at The Olive Garden in Danvers, featuring Italian favorites, soup or salad, and warm breadsticks. After lunch, we'll stop at Putnam Pantry for handmade chocolates, ice cream, or their famous sundae smorgasbord. To preview menus and check food prices, visit <https://www.olivegarden.com/menu> for Olive Garden and <https://www.putnampantry.com/> for Putnam Pantry.

Shopping Trips - COA Van

- **Grocery Shopping:**
 - **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
 - **Dates/Times:** March 5, 19; April 2, 16 & 30. Departs Town Hall at 9 AM; home-pick-ups starting ~8:45am
 - **Westgate Plaza** in Haverhill (400 Lowell Ave). Free. RSVP Required.
 - **Dates/Times:** March 12, 26; April 9, 23. 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. March 27 & April 24; home-pick-ups starting ~11:30am
- **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 Mon., March 31 and Mon., April. 28. Please RSVP at least four business days in advance to secure your spot.

Art Explorations - Discover, Create Connect

- **Japanese Stab Binding Class (a book binding technique):** Join us for a hands-on workshop to create your own 5.5" x 8.5" notepad using the traditional Japanese Stab Binding technique. Led by Mindy from Mindy Paper Cookies (www.mindypaper.com), you'll personalize your notepad with assorted papers and embellishments.
 - **Date & Time:** Monday, April 7, 11:00 AM.
 - **Cost:** Free event with limited availability—only 16 kits available. RSVP required. Donations are welcome and appreciated.

- **Recyclable Art Craft Workshop – An Intergenerational Earth Day Celebration** Join us at the Langley-Adams Library for a creative and eco-friendly craft workshop in celebration of Earth Day! This special collaboration between the Groveland Council on Aging and the Langley-Adams Library brings together older adults and youth for a fun, hands-on experience turning recyclable materials into unique works of art.

Led by Evangeline Adelman, Children's and Teen Services Librarian at the Langley-Adams Library, this intergenerational program is a chance to connect, create, and celebrate sustainability. Whether you're an experienced crafter or just looking for a fun way to honor Earth Day, we invite you to join us for this creative and sustainable art experience!

- **Date & Time:** Thursday, April 24, at 2:00 PM inside the Library. Free, RSVP is encouraged.
- **Creative Connections: A Drop-In Craft & Chat** Bring your latest craft project and join us for Creative Connections, a relaxed drop-in gathering where creativity meets community. Whether you knit, sketch, scrapbook, or crochet, this is the perfect space to work on your craft while sharing ideas, stories, and good conversation with others. No instruction, no pressure—just a welcoming group of fellow creatives to keep you company while you create.
 - **Date & Time:** March 3 at 1:00 PM
- **Cultural Threads: Weaving Art & Conversation Together** A welcoming coffee-hour gathering for artists and art lovers of all ages and mediums. Full details on page 14 of this newsletter.
 - **Date & Time:** Saturday, April 26, at 2:00 PM
 - **Location:** Washington Hall, 101 Washington St, Groveland, MA 01834
 - Free!
 - Please RSVP so that we can plan accordingly. All are welcome to do so online here: <https://www.eventcreate.com/e/culturalthreads2025>

Games & Fun



- **Drop-In Game Day – Wednesdays, 12–3 PM** Looking for a friendly space to spend your afternoon? Drop in for games, conversation, and good company! Whether you're a seasoned player or just curious, there's something for everyone. Coffee and tea are on us—play or simply enjoy the atmosphere. Free, no RSVP required.
- **Mahjong – Thursdays, March 6 & 20, April 10 & 24 at 11:15 AM** Join us for a relaxed Mahjong session! Whether you're new to the game or an experienced player, it's a great chance to play, learn, and connect. Free to join, RSVP encouraged.



Movie Mondays @11 am (free)

Movies take place in the center meeting room.

- **Monday, March 17:** "Once," rated R, Musical/Romance, starring Glen Hansard & Markéta Irglová, runtime 1 hour, 25 minutes, 2007. Once is musical romance about two strangers who connect through their love of music in Dublin.
- **Monday, March 31:** "Wicked," rated PG, Musical/Fantasy, starring Cynthia Erivo & Ariana Grande, runtime 2 hour, 40 minutes, 2024 . Wicked, Set in the Land of Oz, before Dorothy Gale's arrival from Kansas, its plot follows Elphaba, the future Wicked Witch of the West, and her friendship with her roommate Glinda.
- **Monday, April 14 :** "Nyad," rated PG 13, Sports/Drama, starring Annette Benning & Jodie Foster, runtime 2 hour, 2023. Athlete Diana Nyad sets out at 60 to achieve a nearly impossible lifelong dream: to swim from Cuba to Florida across more than 100 miles of open ocean.
- **Monday, April 28 :** "Conclave," rated PG, Mystery/ Thriller, starring Ralph Fiennes & Stanley Tucci, runtime 2 hour, 2024. After the unexpected death of the Pope, Cardinal Lawrence is tasked with managing the covert & ancient ritual of electing a new one.

More than a Meal!

- **Thursday, March 13 at 12:00 PM: St. Patrick's Day Luncheon** Join us for a festive St. Patrick's Day luncheon featuring delicious catering from The Irish Cottage and live music by Kevin Farley, performing traditional Irish tunes.
 - Fee \$5, RSVP, required.
- **Wednesday, April 23 at 10:00 AM: Coffee & Pastry Gathering** Start your morning with good company, fresh coffee, and delicious pastries! This relaxed gathering is a great opportunity to catch up with friends, meet new people, and enjoy a warm, welcoming space. The COA staff will be on hand to join the conversation, and we may even break out a fun icebreaker or two to keep things lively!
 - Free, **RSVP welcomed and encouraged** so we can be sure to have enough treats for everyone. Drop-ins are always welcome provided there is space!

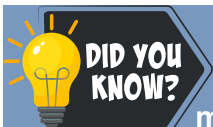
TOWN OF GROVELAND 2025 LOCAL ELECTION INFORMATION

Annual Town Meeting: Monday, April 28, 2024, 7:00 PM at the Elmer S. Bagnall School
Local Election: Tuesday, May 6, 2025, 7:00 AM to 8:00 PM at the Town Hall 183 Main Street
Last Day to Register to Vote: Friday, April 25, 2025 by 5:00 PM
Last Day to return a Vote by Mail Application: Monday, April 28, 2025 by 5:00 pm
 Nomination Papers are available for all positions in the Clerk's Office.

| CANDIDATE POSITIONS TERM | POSITIONS OPEN | CANDIDATE POSITIONS TERM | POSITIONS OPEN |
|----------------------------------|----------------|-------------------------------|----------------|
| Assessor 3 Year | (Vote 1) | Housing Authority 5 Year | (Vote 1) |
| Assessor 1 Year | (Vote 1) | Light Commission 3 Year | (Vote 1) |
| Board of Selectman 3 Year | (Vote 2) | Moderator 1 Year | (Vote 1) |
| Board of Health 3 Year | (Vote 1) | School Committee 3 Year | (Vote 1) |
| Board of Library Trustees 3 Year | (Vote 3) | Town Clerk 3 Year | (Vote 1) |
| Cemetery Commission 3 Year | (Vote 1) | Water/Sewer Commission 3 Year | (Vote 1) |

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 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.

Getting to Know Dementia Educational Series



This series explores dementia's impact and provides practical skills using the Positive Approaches to Care model. Learn how to support individuals with dementia and transition from caregiver to care partner.

Remaining Sessions:

- Tue., March 25 at 12 PM – Now What?! Positive Approaches for Dementia
- Tue., April 22 at 12 PM – Caregiver vs. Care Partner: Making Meaningful Change

Held in the Center Meeting Room at Town Hall. RSVP encouraged—feel free to bring your lunch, coffee & water provided! Presented by Monarch Care Partners.

CONSTITUENT SERVICES & LEGAL SUPPORT

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 April 15. We kindly encourage you to RSVP with the COA office.

➔ **Coffee Hour with Senator Tarr on Wednesday, March 19 at 11:30 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. Mondays: March 10 and April 14, 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. Office Hours are held Friday, March 14 & April 11 in the back conference room at 10:00 AM.

GROVELAND COA VAN: 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!

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 delivery.

Grocery Shopping Trip w/COA Van

- **Rivers Edge Plaza in Haverhill (219 Lincoln Ave).** Free. RSVP Required.
 - Dates/Times: March 5, 19; April 2, 16 & 30. 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: March 12, 26; April 9, 23. 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.
 - Dates/Times: Van departs at 12 PM on Thur. March 27 & April 24; home-pick-ups starting ~11:30 AM. Advanced RSVP Required.

Traveling Chef Meal (Free courtesy of AgeSpan):

- **Thursday, March 20:** Baked Potato Bar, Regular or Sweet Potato (please specify at sign up), chili, sour cream, cheddar cheese, garden salad, pudding parfait & drink.
- **Thursday, April 17:** Panini – Grilled Sandwiches Chicken Parmesan (Breaded Chicken, Tomato Sauce & Cheese) or Italian (Ham, mortadella, salami & provolone), Please specify at sign up. Meal includes salad & 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:** Tuesdays: March 4 and April 1
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., March 8 & Sat., April 12. 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 March and April, donate nutritious pantry staples to the Groveland COA. Donate easily via our Amazon wish list <https://a.co/abG0cZ2>.

The importance of your RSVP.

We're excited to offer these upcoming events, many of them free, 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!

- **Conversations that Matter: Tuesday, March 4 at 4:00 PM.** Join us as we continue our meaningful discussion inspired by Atul Gawande's *Being Mortal: Medicine and What Matters in the End*. Come reflect in a supportive space.
- **Community Knowledge Apple Support, with Don Di Felice. The Second Monday of the month, March 10 and April 14, 10:30 AM- 12:00 PM.** Bring your Apple Device and questions, Don will help you navigate and use your device more efficiently.
- **Tech Talk & Troubleshooting Second and Fourth Wednesdays, 1:00–3:00 PM at the Library.** Need help with your phone, tablet, or laptop? Matt McNichols offers personalized support at this Library-hosted program in partnership with the Langley-Adams Library
- **The Story of Milton Hershey & Chocolate Tasting Wednesday, March 12 at 1:00 PM.** Explore Milton Hershey's journey—from early failures to sweet success—and the unique community he built around chocolate. Learn about his lasting legacy, the Milton Hershey School, and enjoy a tasting of single-source chocolates from around the world. Fee: \$5. RSVP required (space is limited). Virtual.
- **Preventing Medicare Fraud Thursday, March 27 at 1:00 PM.** Join Lori Laviolette, Outreach & Education Coordinator with the Massachusetts Senior Medicare Patrol (SMP), for an informative session on preventing Medicare fraud. Learn how to detect errors, report abuse, and understand ambulance billing. Don't miss this valuable opportunity to stay informed and protect yourself!
- **Conversations that Matter Tuesday, April 1 at 4pm** This month, our discussion will be guided by the work of Val Walker, award-winning author of *The Art of Comforting* and *400 Friends and No One to Call*. These books explore themes of connection, resilience, and care, but you don't need to read them to participate—just come ready for a thoughtful conversation. RSVPs encouraged!
✨ Special Announcement: Val Walker will be the featured speaker at our EngAGEment Celebration & Symposium on May 17.
- **Tide Pools of Plus Island Thursday, April 3 at 1:00 PM.** Join Lisa Hutchins from the Mass Audubon Society as she shares a presentation with vibrant photos and videos, along with an opportunity to interact with live marine life. RSVP, required.
- **Outdoor Safety Tips with Select Rehab Tuesday, April 8 at 10:30 AM** Enjoy the outdoors safely this spring! Learn how to prevent heat-related illness, improve outdoor mobility, "fall-proof" your space, and use assistive devices safely in outdoor areas. Please RSVP. Learn more at www.selectrehab.com
- **Support for Family Caregivers Wednesday, April 9 at 10 AM** Caring for a loved one? Learn about respite care, counseling, dementia support, and more from Crystal Polizzotti, Director of AgeSpan's Family Caregiver Support Program. Discover resources to help ease your caregiving journey! Please RSVP.
- **Earth Day Talk: Understanding Recycling Tuesday, April 22 at 2 PM** Join us for this intergenerational program in partnership with the Langley-Adams Library! Celebrate Earth Day by learning what can and can't be recycled, how the process works, and why it matters. Get practical tips to reduce waste and make a positive impact!



International
Women's Day
#AccelerateAction

Empowered Voices:
A Women's Panel Discussion in Honor of
International Women's Day

Saturday, March 8th
2:00 PM
Veasey Park, 201 Washington St
Groveland, MA 01834



Join us for Empowered Voices, a special International Women's Day panel celebrating women who are making an impact in our communities. Through shared stories of resilience, leadership, and action, this discussion will highlight achievements, challenges, and the power of collective change across generations.

Panelists:

- Nina Gordon – High School Senior, Pentucket Regional Middle-High School
- Sarah Tavitian – Small Business Developer, NewVue Communities
- Rebecca Oldham – Town Administrator, Groveland
- Rev. Donna Spencer Collins, M.Div., SC – Groveland Congregational Church
- Barbara Sanborn – Groveland COA Board Chair

Facilitated by:

- Elaine Tahmizian Meuse – Citizen of the World

Full bios and RSVP link: <https://www.eventcreate.com/e/empoweredvoices2025>

Panel Highlights:

- ✓ Insightful discussions from dynamic women leaders
- ✓ An open Q&A session for meaningful audience engagement
- ✓ Practical takeaways to inspire and empower your own journey

Program Details:

- **Date and Time:** Saturday, March 8 at 2:00 PM
- **Location:** Veasey Park, 201 Washington St, Groveland, MA 01834
- **Free, RSVP strongly encouraged:**
<https://www.eventcreate.com/e/empoweredvoices2025>

International Women's Day is a global celebration of women's achievements, and this event offers a wonderful opportunity to connect, learn, and celebrate together. Whether you're seeking inspiration or looking to honor the women in your life, we invite you to join us for this empowering afternoon.

Recognizing the strength, wisdom, and resilience of women shaping our communities and accelerating action for a better future. Join us Saturday, March 8.

Learn more about International Women's Day and how you can support this year's theme, Accelerate Action, by visiting <https://www.internationalwomensday.com/>

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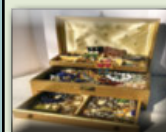


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CULTURAL THREADS: WEAVING ART & CONVERSATION

A welcoming gathering for artists & art lovers to connect, share, and be inspired.

Saturday, April 26 at 2:00 PM

Washington Hall, 101 Washington
St, Groveland, MA 01834

Questions? Call the Groveland
COA at 978-372-1101



The Groveland COA invites you to Cultural Threads: Weaving Art & Conversation on Saturday, April 26, a welcoming and vibrant coffee-hour gathering where artists and art enthusiasts of all ages and mediums come together to share, connect, and be inspired. Whether you paint, sculpt, perform, write, photograph, or express creativity in your own unique way—or if you simply enjoy being around art—join a community that weaves together artistic legacy and connection.

Are You an Artist?

How to Participate: Simply bring your art and set up during the event to share your creativity with the community. There's no cost to participate—just a chance to connect, inspire, and be celebrated.

Are You a Fan of the Arts?

How to Participate: Come enjoy the creativity on display! This is your chance to immerse yourself in the artistic legacy of Groveland and surrounding communities. Meet the artists, ask questions about their work, and celebrate the incredible talents that make our community so vibrant. Whether you're an art enthusiast or simply curious, this drop-in event promises inspiration, connection, and celebration for everyone.

Details:

- Date & Time: Saturday, April 26 at 2:00 PM
- Location: Washington Hall, 101 Washington St, Groveland, MA 01834, the site is ADA accessible.
- RSVP Required. To help us plan accordingly and ensure we have the proper space for all involved, please RSVP online here:
<https://www.eventcreate.com/e/culturalthreads2025>

This event also marks the conclusion of International Intergenerational Week, a global celebration of connections across generations. Join us as we come together to honor the threads that weave our community's artistic and intergenerational story!



This event is made possible in part by the [Groveland Historical Society](#), [Massachusetts Cultural Council](#), and [Wingate Residences of Haverhill](#).

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



It's Back—Save the Date!

Join us for the 2nd Annual EngAGEMENT Celebration and Symposium on Saturday, May 17, from 10 AM to 3 PM! This year, we're excited to welcome Val Walker as our Featured Guest Speaker. Val, a renowned author and Psychology Today contributor, will share her powerful insights on breaking through isolation and building community—perfectly aligning with our theme: Caring for Community, Connecting People, and Delivering Essentials. Enjoy interactive workshops, connect with local resources, and engage in meaningful conversations—all in one enriching day!



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