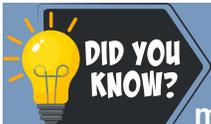


# May 2025 at the Groveland COA

MON	TUE	WED	THUR	FRI
			<b>1</b> Early Voting: 10AM - 2PM  Meditation / Mindfulness @10 AM, RSVP, Back Conference Room  Mahjong @11:15 AM, Free (fire station)	<b>2</b>  Yoga @10:45 AM
<b>5</b>   Town Election Day: 7:00 AM-8:00 PM  --Give the COA a call, in advance, if you need a ride to the polls.	<b>6</b>  3B Fitness @9 AM  Creative Connections @1 PM, Free  Mobile Market	<b>7</b>  COA Van to Rivers Edge @ 9 AM, Free, RSVP  Games – Drop-In @12-3 PM, Free	<b>8</b> Van Trip @ 9AM Encore Casino  Meditation / Mindfulness @10 AM, RSVP  Care Giver Support Group @ 2pm  Essex County & the Revolution @ 6 PM	<b>9</b> Yoga @10:45 AM  Rep. Adrienne Ramos – Office Hour @ 10 AM, RSVP  <b>Sat. May 10:</b> GCC Community Lunch @11:30-1 PM
<b>12</b> Apple Support w/ Don @ 10:30 AM, RSVP  Movie @ 10:30 AM, "Someone Like You" Free  Memory Café, @ 1:00 PM, RSVP, Free	<b>13</b>  3B Fitness @ 9 AM  Lunch and Learn w/Avita @ 12 PM, Free, RSVP	<b>14</b> COA Van to Westgate @ 9 AM, Free, RSVP  Games – Drop-In @12-3 PM, Free  Chess Club@5pm (Library)	<b>15</b> Traveling Chef  Meditation / Mindfulness @10AM, RSVP  Mahjong @11:15 AM, Free	<b>16</b>  Yoga @10:45 AM  <b>Saturday, May 17:</b> EngAGEMENT @ 10 AM - 3 PM, at Pentucket High School. Free
<b>19</b>  Van Trip @ 10 AM State House & Oyster House  Movie @ 11 AM, "You Gotta Believe" Free	<b>20</b> 3B Fitness @9AM  Sen. Tarr's Office Hours w/ Mary Ann Nay @ 10:30 AM, RSVP  Elder Law Presentation @ 11 AM	<b>21</b> COA Van to Rivers Edge @ 9 AM, Free, RSVP  Games – Drop-In @12-3 PM, Free  Trivia @12:30PM (in Salisbury, lunch at 11:30) Free RSVP  Chess Club@5pm (Library)	<b>22</b>  Flip the Script Scavenger Hunt! @ 11 AM, RSVP  Meditation / Mindfulness @10 AM, RSVP	<b>23</b>  Yoga @10:45 AM
<b>26</b> <b>COA Closed</b> <b>Memorial Day</b>	<b>27</b> 3B Fitness @ 9 AM  Shopping Trip w/COA Van @ 10AM to Plaistow, RSVP  Stroke Smart @1:30 PM, Free, RSVP	<b>28</b> COA Van to Westgate @ 9 AM, Free, RSVP  Ask the Nurse @10AM, RSVP  Hearing Clinic @ 10 AM to 1 PM, Free, RSVP  Games – Drop-In @12-3 PM, Free	<b>29</b> Meditation / Mindfulness @10 AM, RSVP  Mahjong @11:15 AM, Free  COA Van to ONT Market Amesbury @ 12 PM, Free, RSVP	<b>30</b>  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](https://myactivecenter.com/#centers/USA.MA.Groveland.Groveland-Senior-Center)

You can also visit our webpage at <https://grovelandma.com/council-on-aging/>

# June 2025 at the Groveland COA

MON	TUE	WED	THUR	FRI
<p><b>2</b></p> <p>Conversations that Matter @ 12 PM, Free, RSVP</p>	<p><b>3</b> Mobile Market</p> <p>3B Fitness @9 AM</p>	<p><b>4</b></p> <p>COA Van to Rivers Edge @ 9 AM, Free, RSVP</p> <p>Games – Drop-In @12-3 PM, Free</p>	<p><b>5</b></p> <p>Meditation / Mindfulness 10 AM, RSVP</p> <p>Spring Sea Glass Workshop @ 10 AM, Free, RSVP</p>	<p><b>6</b></p> <p>Yoga @10:45 AM</p>
<p><b>9</b> Legal Consults w/ Atty. Dalton @ 10 AM, Free, RSVP</p> <p>Apple Support w/ Don @ 10:30 AM, RSVP</p> <p>Movie @ 11 AM, "Love is Strange," Free</p> <p>Memory Café, @ 1:00PM, RSVP, Free</p>	<p><b>10</b></p> <p>3B Fitness @9 AM</p> <p>Van Trip @ 9:00 AM</p> <p>New England Aquarium</p>	<p><b>11</b></p> <p>COA Van to Westgate @ 9 AM, Free, RSVP</p> <p>Games – Drop-In @12-3 PM, Free</p> <p>Chess Club@5pm (Library)</p>	<p><b>12</b> Traveling Chef</p> <p>Meditation / Mindfulness 10 AM, RSVP</p> <p>Mahjong @11:15 AM, Free</p> <p>Care Giver Support Group @ 2pm</p>	<p><b>13</b> Yoga @10:45</p> <p>Rep. Adrienne Ramos – Office Hours @ 10 AM, RSVP</p> <hr style="border: 1px solid #4a7ebb;"/> <p><b>Sat. June 14:</b> GCC Community Lunch @11:30-1 PM</p>
<p><b>16</b></p> <p>Summer Kick-Off Luncheon @ 11:30 AM RSVP</p>	<p><b>17</b> 3B Fitness @9 AM</p> <p>Sen. Tarr's Office Hours w/ Mary Ann Nay @ 10:30 AM, RSVP</p> <p>Preventing Medicare Fraud@ 1PM, Free, RSVP Required</p>	<p><b>18</b></p> <p>COA Van to Rivers Edge @ 9 AM, Free, RSVP</p> <p>Games – Drop-In @12-3 PM, Free</p> <p>Chess Club@5pm (Library)</p>	<p><b>19</b></p> <p style="color: red; text-align: center;"><b>COA Closed Juneteenth</b></p>	<p><b>20</b></p> <p>Yoga @10:45 AM</p>
<p><b>23</b></p> <p>Hearing Clinic @ 10 AM to 1 PM, Free, RSVP</p> <p>Movie @ 11 AM, "Book Club: The Next Chapter" Free</p>	<p><b>24</b></p> <p>3B Fitness @9 AM</p> <p>Van Trip @ 9:00 AM</p> <p>New England Botanic Garden</p>	<p><b>25</b> Shopping at Westgate @ 9AM, RSVP, Free</p> <p>Ask the Nurse @10AM, RSVP</p> <p>Games – Drop-In @12-3 PM, Free</p> <p>Growing as Allies @ 1 PM, Veasey Park</p>	<p><b>26</b> Meditation / Mindfulness 10 AM, RSVP</p> <p>Mahjong @11:15 AM, Free</p> <p>COA Van to ONT Market Amesbury @ 12 PM, Free, RSVP</p>	<p><b>27</b></p> <p>Yoga @10:45 AM</p>
<p><b>30</b></p> <p>Shopping Trip w/COA Van @ 10AM to Plaistow, RSVP</p>	<p><b>Join us for:</b></p> <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>			

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 to COA events. Call the office at (978) 372-1101 to confirm van availability.**