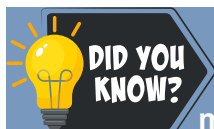


May 2025

at the Groveland COA

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

June 2025

at the Groveland COA

MON	TUE	WED	THUR	FRI
2 Conversations that Matter@ 12 PM, Free, RSVP	3 Mobile Market 3B Fitness @9 AM	4 COA Van to Rivers Edge @ 9 AM, Free, RSVP Games – Drop-In @12-3 PM, Free	5 Meditation / Mindfulness 10 AM, RSVP Spring Sea Glass Workshop @ 10 AM, Free, RSVP	6 Yoga @10:45 AM
9 Legal Consults w/ Atty. Dalton @ 10 AM, Free, RSVP Apple Support w/ Don @ 10:30 AM, RSVP Movie @ 11 AM, "Love is Strange," Free Memory Café, @ 1:00PM, RSVP, Free	10 3B Fitness @9 AM Van Trip @ 9:00 AM New England Aquarium	11 COA Van to Westgate @ 9 AM, Free, RSVP Games – Drop-In @12-3 PM, Free Chess Club@5pm (Library)	12 Traveling Chef Meditation / Mindfulness 10 AM, RSVP Mahjong @11:15 AM, Free Care Giver Support Group @ 2pm	13 Yoga @10:45 Rep. Adrienne Ramos – Office Hour @ 10 AM, RSVP <hr/> Sat. June 14: GCC Community Lunch @11:30-1 PM
16 Summer Kick-Off Luncheon @ 11:30 AM RSVP	17 3B Fitness @9 AM Sen. Tarr's Office Hours w/ Mary Ann Nay @ 10:30 AM, RSVP Preventing Medicare Fraud@ 1PM, Free, RSVP Required	18 COA Van to Rivers Edge @ 9 AM, Free, RSVP Games – Drop-In @12-3 PM, Free Chess Club@5pm (Library)	19 COA Closed Juneteenth	20 Yoga @10:45 AM
23 Hearing Clinic @ 10 AM to 1 PM, Free, RSVP Movie @ 11 AM, "Book Club: The Next Chapter" Free	24 3B Fitness @9 AM Van Trip @ 9:00 AM New England Botanic Garden	25 Shopping at Westgate @ 9AM, RSVP, Free Ask the Nurse @10AM, RSVP Games – Drop-In @12-3 PM, Free Growing as Allies @ 1 PM, Veasey Park	26 Meditation / Mindfulness 10 AM, RSVP Mahjong @11:15 AM, Free COA Van to ONT Market Amesbury @ 12 PM, Free, RSVP	27 Yoga @10:45 AM
30 Shopping Trip w/COA Van @ 10AM to Plaistow, RSVP	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 to COA events. Call the office at (978) 372-1101 to confirm van availability.