

MAY/JUNE 2025

engAGEment

The official newsletter of The Groveland Council on Aging



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Celebration**

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TALK TO US

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**“Do your little bit of good where you are;
it’s those little bits of good put together that
overwhelm the world.” — Desmond Tutu**

Hello friends,

With warmer days ahead, there’s a renewed energy here at the Groveland COA. As always, our focus is on creating a welcoming, inclusive space where people can connect, learn, and feel a sense of community.

This May and June, we’re offering a variety of programs—from a festive summer kick-off luncheon with live music from The Memorylaners to van trips to places like the New England Aquarium and the Botanic Garden at Tower Hill.

Our Conversations That Matter group will reflect on The Stonewall Generation, honoring Pride Month through stories of resilience and activism in the LGBTQ community.

We’re also launching a monthly, peer-led Care Partner Support Group for those caring for loved ones.

And if you see a new face behind the wheel on Mondays or Tuesdays, that’s Steve—our newest COA van driver. Be sure to say hello!

Whether you’re returning or joining us for the first time, we’re so glad you’re here.

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

Groveland Community Yard Sale – May 2 & 3

The Friends of the Council on Aging are hosting a Community Yard Sale Fundraiser on Friday, May 2, and Saturday, May 3. Plan your day and map your route - full details can be found online at <https://tinyurl.com/friendsofgrovelandcoa> or <https://grovelandma.com/council-on-aging/friends-of-council-on-aging>.

**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.

Next Friends Meeting

Join us on Thursday, May 1st and June 5th 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.

Stay connected with us:

- Facebook: <https://tinyurl.com/friendsofgrovelandcoa>
- Email: 01834fogcoa@gmail.com

HELP EMERGENCY RESPONDERS FIND YOUR HOME FAST

Groveland has adopted a bylaw standardizing address posting to help emergency services, deliveries, and visitors locate homes quickly.

Key Requirements:

- House numbers must be at least 3 inches tall and clearly visible from the street.
- Homes over 100 feet from the road must also display the number at the driveway entrance.
- Common driveways must have clear numbering at intersections.

**Questions? Please contact:**

Sam Joslin, Addressing Officer at 978-556-7209, sjoslin@grovelandma.com

SUPPORT THE GROVELAND GARDEN CLUB

The Groveland Garden Club is once again offering the option to pre-order plants ahead of their annual Spring Plant Sale! Choose from a variety of perennials, native pollinator-friendly plants, and beautifully handcrafted hanging baskets and porch planters.

Orders can be placed online at GrovelandGarden.club through May 23. Payment is due at the time of order (Venmo, check, debit, or credit card accepted).

Order pickup will take place during the in-person plant sale on Saturday, May 31 at the Little Red School House, 26 Broad Street, Groveland.



Celebrating Older Americans Month – Join the Groveland COA for a "Flip the Script" Scavenger Hunt!

Each May, the Administration for Community Living leads the nation in celebrating Older Americans Month (OAM)—a time to recognize the experiences, contributions, and strength of older adults across the country.

Established in 1963 by President John F. Kennedy and the National Council of Senior Citizens, this national observance is now a meaningful tradition in communities nationwide. This year's theme, "Flip the Script on Aging," invites each of us to push back on outdated stereotypes and celebrate all that aging brings—connection, creativity, growth, and purpose.

Here in Groveland, we're proud to celebrate Older Americans Month with you. Through every program, conversation, and gathering, the COA is committed to creating a community where older adults are seen, supported, and celebrated—this month and every month.

We hope you'll join us as we continue flipping the script—together!

Flip the Script Scavenger Hunt – Celebrating Older Americans Month

Thursday, May 22, 11:00 AM – 1:00 PM (with extended time if needed)

Join us for an exciting and interactive scavenger hunt event in celebration of Older Americans Month. We'll be "flipping the script" by exploring history, wisdom, and fun surprises that highlight the rich experiences of our older adults and the Town of Groveland. Participants will embark on a journey through various challenges, clues, and activities around Groveland. RSVP for full instructions for an afternoon of fun!

Looking for more ways to celebrate? Don't miss our EngAGEment Celebration & Symposium on Friday, May 17, a full day of learning, connection, and community. You'll find all the details later in this newsletter.



FLIP THE SCRIPT ON AGING: MAY 2025

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 stress-free travel to exciting destinations—no driving, no parking, just sit back and enjoy the ride. Share laughs, discover new places, and build connections along the way.

Groveland residents can register for both May and June trips during priority registration, which runs through April 30. Trip registration, for both months, opens to all on Thursday, May 1.

Transportation is \$15 per person, with meals and entrance fees not included unless noted. The van typically returns to the COA by 3 PM. If cost is a barrier, just let us know—no questions asked.

To RSVP, call (978) 372-1101 or email COA@grovelandma.com. Let's hit the road together!

- **Thursday, May 8 at 9:00 AM: Van Trip to Encore Boston Harbor!** Take a ride with us to Everett to visit the Encore Casino, located along the waterfront. Spend your time how you choose—whether it's strolling the grounds, enjoying lunch, or trying your luck inside. Visit www.encorebostonharbor.com to learn more.
- **Monday, May 19 at 10:00 AM: Van Trip to Boston – State House Tour & Lunch!** Start the day with with an early lunch at the historic Union Oyster House—America's oldest continuously operating restaurant. Then enjoy a guided tour of the Massachusetts State House. **Tour is free; lunch is on your own** (menu prices range from \$20–\$40). Learn more about the restaurant at www.unionoysterhouse.com.
- **Tuesday, June 10 at 9:00 AM: Van Trip to the New England Aquarium!** Visit Boston's waterfront aquarium—home to sharks, penguins, sea turtles, and more, including the Giant Ocean Tank and Marine Mammal Center. Aquarium Admission: \$32 (60+). Free w/Library Pass or discount w/EBT card (Card to Culture). Free entry for visitors using wheelchairs or with visual impairments. Lunch options available on-site. Learn more at www.neaq.org
- **Tuesday, June 24 at 9:00 AM: Van Trip to New England Botanic Garden at Tower Hill!** Located in Boylston, MA, this beautiful destination was voted Best Botanic Garden in the U.S. in 2023! Enjoy formal gardens, wooded trails, conservatories, and stunning views of the Wachusett Reservoir. **\$30 per person – includes COA van transportation, garden admission, and a guided golf cart tour** with a garden guide through highlights like the Lawn Garden, Wildlife Pond, and more. On-site dining is available at their café, with menu options ranging from a cup of soup \$7.50 to full entrées starting at \$14. Visit <https://nebg.org> to learn more.

Shopping Trips - COA Van



- **Grocery Shopping:**
 - **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
 - **Dates/Times:** May 7 & 21; June, 4 & 18. 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:** May 14, 28; June 11, 25. 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. Van departs at 12 PM on Thur. May 29 & June 26; 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 Tues., May 27, and Mon., June 30. Please RSVP at least four business days in advance to secure your spot.

The Power of Joining In

Creative expression and shared activities strengthen our sense of connection and purpose. Social engagement supports brain health, reduces loneliness, and reminds us we're not alone.

"Connection is why we're here; it is what gives purpose and meaning to our lives."
— Brené Brown

Showing up—even for something as simple as a game or group project—can make a lasting difference.

Art Explorations - Discover, Create Connect

- **Creative Connections: A Drop-In Craft & Chat** Every other month, join us for Creative Connections—a relaxed, drop-in gathering where creativity and community come together. Bring your latest project—whether it's knitting, sketching, scrapbooking, crocheting, or anything else—and enjoy working alongside others in a warm, welcoming space. We also have a full-size keyboard available if anyone would like to play some light background music—no pressure, just for fun!
 - There's no instruction and no expectations—just conversation, creativity, and good company.
 - **Date & Time:** Monday, May 6 at 1:00 PM; Free; RSVPs welcomed. Center Meeting Room
- **Sea Glass Tree Workshop:** Add a touch of spring/summer to your home with a coastal-inspired sea glass tree! Led by Hammer & Stain North Shore, this hands-on workshop includes everything you need to create your own sea glass tree—You'll be able to choose from 6+ different colored tumbled sea glass pieces at the event and top your tree off with a starfish topper, and battery-powered lights to bring it to life! Please note that we will be using hot glue to secure the sea glass for this project. This workshop lasts 2 hours.
 - **Date & Time:** Thursday, June 5 from 10:00 AM – 12:00 PM
 - **Location:** Public Meeting Room at the Fire Station (entrance is to the right of the bay doors)
 - **Free! RSVPs required**—kits are limited and reserved for those who sign up.

Games & Fun



Check out Trivia on
"More than a Meal"

- **Drop-In Game Day – Wednesdays, 12:00–3:00 PM** Come by for an easygoing afternoon of games and conversation. Whether you're here to play, chat, or just relax with a cup of coffee or tea, you're in good company. Free. No RSVP needed.
- **Mahjong – Thursdays, 11:15 AM on May 1 (Fire Station), May 15 & 29, June 12 & 26 (Center Meeting Room at Town Hall)** Meet up for Mahjong and enjoy a low-pressure way to learn, play, and spend time with others. Whether you're just starting or already know the basics, there's a seat at the table for you. Free to join.
- **Chess Club – Wednesdays, May 14 & 21, June 11 & 18 at 5:00 PM** Looking to play chess in a fun, low-pressure environment? Join us for this intergenerational drop-in Chess Club at the Langley-Adams Library! The Library will provide the boards—you just show up and play. Players may be paired with others of all ages, including kids (ages 8 and up), so come ready to meet new opponents and make connections across generations. All skill levels welcome!

Movie Mondays - Free



Movies take place in the center meeting room.

- **Monday, May 12, 10:30 AM:** "Someone Like You," rated PG, Romance, starring Sarah Fisher & Jake Allyn, runtime 2 hours, 1 minute, 2024. After the tragic loss of his best friend, a grieving young architect sets out to find her secret twin sister, who was separated from her sibling when she was just an embryo.
- **Monday, May 19, 11:00 AM:** "You Gotta Believe," rated PG, Sport, starring Greg Kinnear & Luke Wilson, runtime 1 hour, 44 minutes, 2024. After dedicating the season to a teammate's ailing father, a group of underdog youth baseball players makes it all the way to the 2002 Little League World Series, culminating in a record-breaking showdown.
- **Monday, June 9, 11:00 AM:** "Love is Strange," rated R, Romance/Melodrama, starring Alfred Molina & John Lithgow, runtime 1 hour, 34 minutes, 2014. After Ben and George get married, George is fired from his teaching post, forcing them to stay with friends separately while they sell their place and look for cheaper housing—a situation that weighs heavily on all involved.
- **Monday, June 23, 11:00 AM:** "Book Club: The Next Chapter," rated PG-13, Romance, starring Diane Keaton & Jane Fonda, runtime 1 hour, 48 minutes, 2023. Four best friends take their book club to Italy for the fun girls' trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

More than a Meal!

- **Tuesday, May 13 at 12:00 PM: Avita Lunch & Learn** Join us for a lunchtime discussion with Alison Rice, Community Liaison, and Kelly Gould, Program Assistant, from Avita of Newburyport. Lunch includes freshly made sandwiches, homemade potato chips, pickles, and cookies. Avita of Newburyport offers safe, supportive, and dedicated memory care in Newburyport.
 - Free, RSVP required.
- **COA Cup Challenge – Trivia at the Salisbury COA**
Wednesday, May 21 – Lunch at 11:30 AM, Game begins at 12:30 PM
 Time to bring back the COA Cup Challenge! While Groveland currently holds the title, Salisbury is hosting this round of friendly competition at the Salisbury COA, Hilton Center, 43 Lafayette Road, Salisbury, MA.
 When signing up, please provide your team name and team members (if known).
 - Free. RSVP required by Tuesday, May 13 if you'd like lunch.
- **Monday, June 16 at 11:30 AM: Summer Kick-Off Luncheon** Join us under the tent for a festive summer kick-off! Enjoy a catered lunch featuring hamburgers, hot dogs, potato salad, garden salad, and dessert—followed by live music from *The Memorylaners*, a Doo Wop group performing hits from the '50s, '60s, and '70s.
 - \$5 per person, RSVP required. Lunch served at 11:30 AM, with music to follow.
 - A big thank you to the Breakfast Exchange Club of Greater Haverhill for partially sponsoring this event—we appreciate your support!

TOWN OF GROVELAND 2025 LOCAL ELECTION INFORMATION



Early In-Person Voting: Thursday, May 1, 2025, 10:00 AM–2:00 PM, Town Hall, 183 Main St.

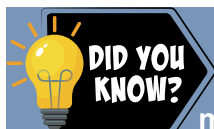
Town Election Day: Monday, May 5, 2025, 7:00 AM–8:00 PM, Town Hall, 183 Main St.

Need a ride? The COA Van is available for Groveland residents. Free service; reservations required. Call 978-372-1101 or email COA@GrovelandMA.com.

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 @12:30 PM (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 1 PM, 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.

What is Five Wishes?

Five Wishes is more than just a living will—it's a thoughtful document that helps you express your personal, emotional, spiritual, and medical preferences all in one place. Developed with input from the American Bar Association and healthcare experts, it's designed to make conversations about future care easier for you and your loved ones. It covers:

- Who you want to make health care decisions if you can't
- The kind of medical treatment you do or don't want
- How comfortable you want to be
- How you want to be treated
- What you want your loved ones to know

You can pick up a copy of the Five Wishes document and The Conversation Guide for Individuals & Families at the COA office. Learn more at: www.fivewishes.org

CONSTITUENT SERVICES & LEGAL SUPPORT

Senator Bruce Tarr's Office Hours with Mary Ann Nay

Mary Ann Nay, Senior District Director for State Senator Bruce Tarr, will be available to meet with residents during local office hours at the COA. She can assist with state-related questions, concerns, or services. Tuesday, May 20 & June 17, 10:30–11:30 AM Held in the Back Conference Room. Mary Ann can also be reached directly at (617) 722-1600 or Maryann.Nay@masenate.gov. If you'd like to RSVP, please contact the COA directly.

State Representative Adrienne Ramos Office hours will be held Friday, May 9 & June 13 at 10:00 AM in the Back Conference Room. Rep. Ramos can be contacted at Adrienne.Ramos@mahouse.gov or (617) 722-2140. If you'd like to RSVP, please contact the COA directly.

Veterans Services with Mike Ingham Office hours are typically held on the third Monday of the month, 1:00–3:30 PM in the COA Outreach Office. Mike can assist with veterans' benefits, services, and related questions. Please confirm directly with Mike to ensure hours and availability: 978-973-2118 or mingham@grovelandma.com.

Legal Monday with Attorney Elaine Dalton Free 15-minute legal consult on Monday, June 9, from 10–11 AM. Please contact the COA office to reserve your timeslot.

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.

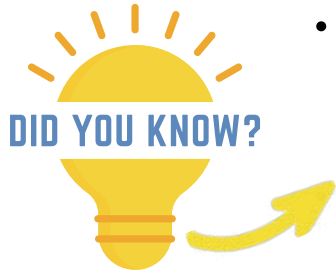
COA Van Operating Hours: Monday–Thursday, 8:45 AM to 3:00 PM

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 (option #2), 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 (Mon. 8-4PM, Tues. - Thurs., 8 AM - 4:30 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: May 7 & 21; June, 4 & 18. 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: May 14, 28; June 11, 25. Departs Town Hall at 9 AM; home-pick-ups starting ~8:45 AM.
- **Our Neighbors' Table Market in Amesbury** Free van ride 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. May 29 & June 26; home-pick-ups starting ~11:30 AM. Advanced RSVP Required.

Traveling Chef Meal (Free courtesy of AgeSpan):

- **Thursday, May 15:** Roast Beef – Served with stuffing, gravy, butternut squash, dessert, and drink.
- **Thursday, June 12:** Ravioli Bolognese – Served with Caesar salad, broccoli, dessert, and drink.
- Free. RSVP is required for each meal—even if you've signed up before. A limited number of meals (45 per date) are available, and all participants must RSVP.
- 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: May 6 and June 3
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., May 10 & Sat., June 14. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street.

If you or someone you know is facing food insecurity? Support is available. Contact the Groveland COA or call Project Bread's Food Source Hotline at 1-800-645-8333 (TTY: 1-800-377-1292) for state wide resources including SNAP assistance.

Support neighbors in need—donate shelf-stable items to the Groveland COA.

Visit our wish list: <https://a.co/abG0cZ2>

The importance of your RSVP.

We're excited to offer these upcoming events—many at no cost—and your RSVP helps us plan for materials, refreshments, and space. It also allows presenters to prepare appropriately. If we receive no or very few RSVPs, an event may be canceled. That said, we understand plans change—walk-ins are welcome if space allows.

- **Essex County at the Outbreak of the Revolution Thursday, May 8 at 6:00 PM.** Join William “Bill” Clemens, appearing as Captain John Putnam, as he shares the story of Essex County's preparations and participation leading up to April 19, 1775, with a special focus on the men of Danvers—their training, equipment, and impact on that pivotal day. Free. Center Meeting Room.
- **Community Knowledge Apple Support, with Don DiFelice. The Second Monday of the month, May 12 & June 9 10:30 AM- 12:00 PM.** Bring your Apple Device and questions, Don will help you navigate and use your device more efficiently. Program will take place in the back conference room at the Town Hall.
- **Elder Law Presentation with Attorney Jason Ebacher Tuesday, May 20 at 11:00 AM.** Sponsored by the Massachusetts Bar Association, this informative session will cover topics such as long-term care, legal issues affecting older adults in Massachusetts, and separating elder law facts from fiction. Each participant will receive a free, updated copy of the *Elder Law Education Guide*. Free.
- **Be Stroke Smart – A Talk with Anna Jaques Hospital Tuesday, May 27 at 1:30 PM.** In recognition of Stroke Awareness Month, join Janine Sciuto, Manager of Rehab Services at Anna Jaques Hospital, for a relaxed, coffee hour-style conversation about stroke awareness and prevention. We'll talk about warning signs, risk factors, and what to do when every second counts. Free.
- **Conversations that Matter Monday, June 2, 12 PM** Bring your lunch and get ready for meaningful conversation. This month, our discussion will be guided by the book *The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging* by Jane Fleishman. Through candid interviews, the book shares the stories of LGBTQ elders who came of age around the time of the Stonewall Riots—highlighting their struggles, strengths, activism, and sexual liberation across decades of change. You don't need to read the book to participate—just come ready to reflect and connect. A few copies are available to borrow from the COA office.
- **Preventing Medicare Fraud Tuesday, June 17 at 1:00 PM.** Learn how to protect yourself and others from healthcare fraud with Lori Laviolette, Outreach and Education Coordinator with the Senior Medicare Patrol (SMP). This informative session will cover how to prevent, detect, and report healthcare errors, fraud, and abuse—with practical tips including information on ambulance billing. Free. Center Meeting Room. Light refreshments. RSVP required.
- **Growing as Allies Wednesday, June 25 at 1:00 PM.** Join us for a welcoming and informative conversation designed to expand LGBTQ+ knowledge and support more inclusive communities. Topics include the meaning behind LGBTQIA+ terms, the difference between gender identity and sexual orientation, and how to use gender-neutral pronouns and show support in respectful, meaningful ways. All are welcome—wherever you are on your journey as an ally. Free. Veasey Park, 201 Washington Street, Groveland.

- **3B Fitness: Bones, Brains & Balance – Tuesdays at 9:00 AM** Stay active with trainer Brian Coyne in this fun and functional class that blends balance, strength, and brain games. \$5/class, paid directly to the instructor. Weather permitting, classes are held outdoors under the tent. In inclement weather, class moves to the Center Meeting Room at Town Hall—except May 27, which will be held in the Public Meeting Room at the Fire Station. All fitness levels welcome!
- **Ask the Nurse: Wednesdays, May 28 & June 25, 10–11 AM** Reserve your personalized consultation slot with Anita Wright, our Board of Health Nurse. During your session, she can conduct blood pressure checks, administer your B12 shot (please bring it with you), and offer valuable insights into any health concerns you may have. To secure your spot, RSVP with the COA at 978-372-1101
- **NEW Care Partner Support Group Monthly, Thursdays May 8 & June 12, 2 PM** Join us for a monthly peer-led support group for care partners. This is a welcoming space to share experiences, exchange resources, and connect with others who understand the unique challenges and rewards of caring for a loved one. Whether you're supporting someone with memory loss, chronic illness, or other needs—you are not alone. Free. All are welcome. Initially, meetings will be facilitated by community member Corrine K., who brings both lived experience and a deep commitment to supporting others.
- **Hearing Clinic – At Home Hearing Healthcare on Wednesday, May 28 & Monday, June 23 from 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, back meeting room. Free. RSVP required.
- **Memory Café: Mondays, May 12 & June 9 at 1:00 PM** Memory Cafés offer a welcoming space for people living with dementia and their care partners—to come together and enjoy meaningful, joyful programming in a supportive environment.
 - May 12: Guided Meditation with Deborah Fay D'Onofrio
 - June 9: Expressive Movement with Dance Therapist Jordyn Scheiner
 o Free. RSVPs are appreciated.
- **Mindfulness & Meditation – Thursdays at 10:00 AM** Relax and reset with Deborah Fay D'Onofrio through calming guided meditation and mindfulness practices. \$5/class, paid directly to the instructor. RSVP required. Held in the Center Meeting Room at Town Hall (except May 1 in the Back Conference Room).
- **Yoga – Fridays at 10:45 AM** Stretch, strengthen, and unwind with Mary Van Abs in this gentle yoga class. All levels welcome. \$5/class, paid directly to the instructor. Held on the Town Hall lawn, weather permitting. Moves to the Center Meeting Room if needed.

MEET OUR NEW COA TEAM MEMBER



Welcome, Steve!

We're excited to welcome Steve to the team as our new Monday/Tuesday COA Van Driver! He's already hit the road and is bringing a warm, friendly presence to every ride. We're so glad to have him on board!

Here's a quick message from Steve:

"Hello Groveland, my name is Steve. I live in Danvers, Massachusetts. After 40+ years in the electrical construction field, I'm glad to have a new mission, and I'm enjoying my new position as the COA driver for Groveland. I look forward to many great new adventures."

Be sure to say hello when you see him around!

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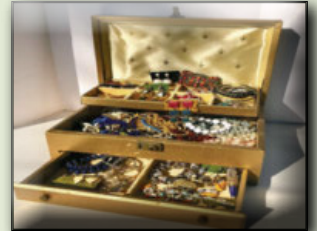
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Something Special Is Happening on May 17 — and You're Invited!

We're thrilled to announce the return of the EngAGEment Celebration and Symposium—a joyful, high-energy event all about learning, connection, and celebrating the journey of aging.

Join us on Saturday, May 17, from 10:00 AM to 3:00 PM at Pentucket Regional High School for a full day of inspiring conversations, hands-on workshops, and community connection. Whether you joined us last year or this will be your first time, we promise: this is a day you won't want to miss.

One of the highlights? We're welcoming Val Walker—nationally known author, speaker, and advocate—as our featured speaker. Val's talk, "Reaching Out: 10 Ways to Build Community," will offer thoughtful and practical ideas for staying connected, building relationships, and finding belonging at every stage of life.

And because we heard you loud and clear, this year we're offering two rounds of interactive workshops instead of one—giving you more choices and time to explore the topics that matter most to you. From planning ahead and staying well to aging in place and supporting loved ones, our sessions are packed with practical tools and fresh ideas.

We've also set aside time for our Community Resource Fair, where you can meet organizations like AARP, the Alzheimer's Association, and many local groups sharing services, supports, and ways to get involved. Come hungry—we're serving a light lunch and keeping the conversations flowing all afternoon.

This event is made possible by the generosity of our sponsors. A huge thank-you to **Nichols Village, our Title Sponsor**, and **Bethany Communities, our Premier Sponsor**, for helping to bring this celebration to life.

So mark your calendar, bring a friend, and plan to spend the day with us. Whether you're looking to learn something new, make a connection, or just be in good company—you'll find it here. Free and open to all. RSVP encouraged!

Register online at www.eventcreate.com/e/engagementgrovelandcoa2025, call 978-372-1101, or scan the QR code to RSVP.



We can't wait to celebrate with you!

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Groveland Council On Aging
Town Hall
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Thank You, Pen Pals!



We're so grateful to Mrs. Mackie's 1st grade class at Bagnall Elementary and our older adult community members for participating in our Pen Pal Program. It was a joy to bring everyone together for our first in-person gathering—what a special way to build connection across generations!



TOWN HALL CONTACTS

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ELECTRIC DEPARTMENT: (978) 372-1671
TOWN CLERK: (978) 556-7221
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