

JULY / AUGUST 2025

engAGEment



The official newsletter of The Groveland Council on Aging



IN THIS ISSUE

1/2-Day Fishing Trip

**Sounds of Summer -
Steel Drum Concert**

**One-on-One talks with
a Dietitian**

TALK TO US

Alyssa Lee

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Stephen Craven

Van Driver

Frank Sapienti

Van Driver

**“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”
— Edith Wharton**

Hello friends,

Summer is in full swing, and we've got the kind of lineup that makes you want to get out, connect, and try something new. Whether you're here for the music (steel drums! bluegrass!), the flavors (ice cream sundaes! BBQ!), or the adventures (fishing trips! Ogunquit getaways!), we've got something to keep your calendar full and your spirits high.

There's no shortage of ways to stay active, curious, and connected—from creative workshops and movie mornings to wellness programs, drop-in games, and timely talks. It's a great time to stop by, try a new program, or bring a friend along for the fun.

Thank you for being part of what makes this place so special. As July marks the completion of my second full year with the Groveland Council on Aging, I've been reflecting on how much we've grown together. It continues to be a privilege to serve and connect with each of you. I'm grateful for all we've shared so far and excited to step into year three—together.

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

As of July 1, our Assistant Director, Nisha Burke, will be focusing full-time on outreach services—a key area of growth and impact at the Groveland Council on Aging. Many of you know Nisha from her years of dedication to supporting and coordinating social programming. We're deeply grateful for her contributions in that area, and while she'll continue to be a presence across all that we do, her primary role will now be leading outreach services. Nisha's strong rapport with community members and her breadth of knowledge make her exceptionally well-suited to serve as the primary point of contact for outreach support.

We're also in the process of bringing on a part-time Program Coordinator, who will support social programming by assisting with event set-up and managing participant registrations. At the time of writing, we're currently interviewing and hope to have someone in place later this July.

Why this change? The needs of our community continue to evolve. Outreach services—which include support for medical appointments, nutrition, housing and heating assistance, transportation, financial aid, and caregiver support—now make up more than 60% of our service volume. These are not just numbers; they represent real people in our town—neighbors, friends, and loved ones—who rely on these essential services to remain safe, connected, and independent.

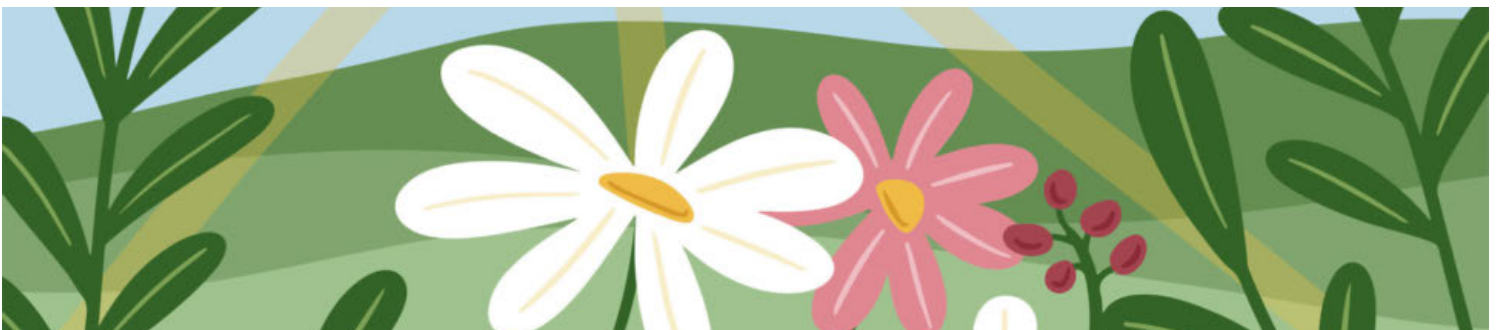
While we'll continue to work as a collaborative team, having clearer roles behind the scenes allows us to better meet the growing and diverse needs of our community—with care and intention.

As always, community members are welcome and encouraged to stop by her office—the Outreach Office—a quiet and comfortable space that allows for more one-on-one conversations. Whether you're looking for help, have a quick question, or just want to explore what support might be available, Nisha is here and happy to connect. She can assist with a wide range of services, including:

- Help arranging transportation
- SHINE appointments and Medicare-related questions
- Nutrition support, including Meals on Wheels and the COA Food Pantry
- Housing and heating assistance
- Financial support resources
- Medical equipment loans
- Guidance for caregivers
- Referrals for in-home support
- Direction on where to turn when you're not sure where to start

You can reach Nisha, Assistant Director, at 978-556-7216 or by email at NBurke@GrovelandMA.com.

We believe deeply in our mission—to advocate for older adults, identify needs, and develop services that promote well-being, connection, and independence. Our commitment remains the same: to provide meaningful, responsive support to Groveland's older adults. We're proud to be a trusted resource, and we'll continue to adapt thoughtfully so that our services reflect the real lives and needs of our community.



SUMMER COIN DRIVE is underway! We want your loose change. We welcome your rolled coins. Consider donating to the Friends if you have a large container of idle coins that can be put to work. The Friends use the coin collection to help support the Groveland Council On Aging in its efforts on behalf of our town's older residents. A drop off container will be in Town Hall during July and August. Your small, medium, and large donations of pennies, nickels, dimes, quarters, half-dollars, dollar coins, and dollar bills can make a difference in someone's life. Thank you for your help!

Ladies' Tea – Thursday, July 17 at 2:00 PM Join us at the Groveland Congregational Church for tea, snacks, and classical guitar in a cool, relaxing setting. Tickets: \$25. Advanced RSVP Required. See the flyer in this newsletter for full details.

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, August 7 and Thursday, September 4 at 2 PM in Town Hall's center meeting room. All are welcome! We encourage individuals of all ages from Groveland and neighboring communities.

Stay connected with us:

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

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.



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Day Trips - COA Van



Ride Along for a Summer Escape Our COA van trips turn an ordinary day into something worth talking about—no parking stress required. Whether you're in the mood for fresh air, good food, or simply a change of scenery, there's a seat waiting for you.

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

Transportation is \$15 per person, with meals and entrance fees not included unless specified. 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!

- **Sunday, July 13 10:15AM: Day at the Ballpark** Enjoy a classic day at the ballpark with a group outing to see the [Portland Sea Dogs](#) play at Hadlock Field in Portland, ME; game starts at 1:05PM. Take in the sights, sounds, and spirit of America's pastime from the stands. \$25 includes transportation and your game ticket. Food and beverages will be available for purchase inside the stadium if you'd like to grab a bite during the game.
- **Thursday, July 31 at 9:30 AM: Perkins Cove Day Trip** Explore the charm of Perkins Cove in Ogunquit, Maine—stroll the Marginal Way, shop local boutiques, enjoy ocean views, or grab fresh seafood. A seasonal trolley (www.ogunquittrolley.com) offers easy access to other parts of town.
- **Monday, August 4 at 7:30 AM: Half-Day Fishing Trip – Newburyport** Board a morning fishing trip with Captain's Fishing Parties. Rod rental included or bring your own gear. Handicap accessible boat with full galley (cash only) and heated cabins. Return to the dock by noon. Learn more at www.captainsfishing.com/fishing-faq.html
Fee: \$45; includes transportation to Newburyport, boat fare, and fishing rod rental. Advanced payment required.
- **Thursday, August 28 at 9:30 AM: East Boston: ICA Watershed & Santarpio's Pizza** Visit the ICA Watershed (www.icaboston.org/ica-watershed), a contemporary art space in a former shipyard. This year's exhibit explores themes of home and memory. Afterward, enjoy lunch at Santarpio's (www.santarpiospizza.com), a beloved East Boston pizza spot. Museum admission is free.

Shopping Trips - COA Van



- **Grocery Shopping:**
 - **Rivers Edge Plaza** in Haverhill (219 Lincoln Ave). Free. RSVP Required.
 - **Dates/Times:** July 2, 16 & 30 ; August 6 & 20. 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:** July 9, 23, August 13 & 27. Departs Town Hall at 9 AM; home-pick-ups starting ~8:45 AM.
 - **[Our Neighbors' Table Market in Salisbury](#)** Join us for a free trip to Our Neighbors' Table Market at 114 Bridge Road, Salisbury. Shop for fresh, healthy food—fruits, vegetables, milk, eggs, fish, chicken, and more—at no cost. Van departs at 12 PM on Tue. July 29 & August 26; home-pick-ups starting ~11:30am.
 - **Note:** In accordance with ONT's guidelines, guests may visit **either** the ONT Market **or** the COA Food Pantry once per week—not both. This ensures fair access for all. Thank you for your understanding and cooperation.

The Power of Joining In

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one." — Jane Howard

There's something special that happens when we show up—whether for a game, a creative project, or just a good conversation. Shared moments remind us that we're not alone. They support our well-being, strengthen our sense of purpose, and help us feel connected in meaningful ways.

You don't have to do something big to feel the impact. Sometimes, all it takes is joining in.

Art Explorations - Discover, Create Connect




- **Painting Garden Rocks:** Join us for a cheerful, all-ages art activity that brings color, creativity, and kindness to the community. We'll be painting smooth garden rocks with fun, uplifting designs—think flowers, fruit, ladybugs, or words like Joy and Hope. Whether you're a first-timer or a seasoned rock painter, there's no right or wrong way to join in.
 - All supplies provided—and if you're coming from meditation, feel free to stay and keep the calm going!
 - **Date & Time:** Thursday, July 24 at 11:00 AM; Free; Under the Tent at Groveland Town Hall. RSVPs greatly appreciated.
- **Pour-Over Vase Painting:** Join local artist Alicia Downey for a creative outdoor workshop featuring the vibrant and fluid art of pour-over painting. You'll design your own one-of-a-kind vase using this expressive technique—no experience needed, just a willingness to play with color and let go of perfection.
 - All materials are provided, and the results are always beautiful and unique.
 - **Date & Time:** Tuesday, August 19 at 11:00 AM; Free; Under the Tent at Groveland Town Hall. RSVP Required.

Games & Fun



- **Drop-In Game Day – Wednesdays, 12:00–3:00 PM in the Center Meeting Room at Town Hall.** 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 July 3 & 17, August 7 & 21 in the Center Meeting Room at Town Hall. Meet up for Mahjong and enjoy a low-pressure way to learn, play, and connect with others. Whether you're just starting out or already know the ropes, there's a seat at the table for you. If you're an experienced player, we welcome your participation—and your patience—as newer players observe, ask questions, and learn the game. Free to join; all are welcome.
- **Toss & Talk Tuesdays – Starts at 10:00AM Under the Tent** Held weekly on Tuesdays, but please check the calendar as some dates may be canceled due to other scheduled programming. Enjoy light movement, fresh air, and friendly conversation. We'll have cornhole and mini ping pong—no pressure, just fun. A COA staff member will be there from about 10–11 AM, but the games will stay set up if you'd like to play later in the day.

 **New: "Toss & Talk Tuesdays!"**

Movie Mondays - Free - Summer Escapes

From Paris runways to Greek islands—and one unforgettable shark sighting—join us for a season of travel, transformation, and iconic summer storytelling.

All movies at 11:00 AM in the COA Program Room.



- **Monday, July 7, 11:00 AM: "Jaws,"** rated PG, Thriller, starring Roy Scheider, Robert Shaw & Richard Dreyfuss, runtime 2 hours, 4 minutes, 1975. A seaside town is terrorized by a great white shark, prompting an unlikely trio to hunt it down. Suspenseful, iconic, and set against a classic New England backdrop—this summer blockbuster still bites 50 years later.
- **Monday, July 28, 11:00 AM: "Mrs. Harris Goes to Paris,"** rated PG, Drama/Comedy, starring Lesley Manville, runtime 1 hour, 55 minutes, 2022. In 1950s London, a widowed cleaning woman sets her sights on owning a couture Dior gown—and follows her dream all the way to Paris in this feel-good, fashion-filled adventure.
- **Monday, August 4, 11:00 AM: "My Big Fat Greek Wedding 3,"** rated PG-13, Comedy/Romance, starring Nia Vardalos & John Corbett, runtime 1 hour, 31 minutes, 2023. The beloved Portokalos family reunites in Greece for a heartwarming and hilarious journey full of love, traditions, and surprises.
- **Monday, August 18, 11:00 AM: "The Hundred-Foot Journey,"** rated PG, Drama, starring Helen Mirren & Om Puri, runtime 2 hours, 2 minutes, 2014. An Indian family opens a restaurant in a sleepy French village—directly across from a Michelin-starred French eatery. A delightful tale of rivalry, fusion, and unexpected friendship.

More than a Meal!

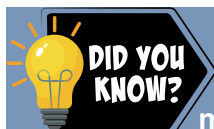


- **Thursday, July 8 at 12:00 PM: Bluegrass & BBQ** Tap your toes and enjoy a delicious BBQ lunch while listening to the lively sounds of bluegrass music performed live under the tent. It's a perfect way to soak up the summer vibes—great food, great music, and great company!
 - \$5, RSVP required. Under the tent.
- **Tuesday, August 12 at 1:00 PM: Cool Vibes & Sweet Treats – Steel Drums and Ice Cream Sundaes** Let the music carry you away with a sweet afternoon treat! Steel the rhythm of summer with a live performance by [Plum Island Pans](#), New England's premier steel drum duo from Zach Field Drums & Music. Ice cream sundaes and steel drums—what more could you need on a summer afternoon?
 - \$5, RSVP required. Under the tent.
- **Thursday, August 21 at 11:30 AM: Lunch & Learn, Traveling Chef (In Person) with Chief Valentine and the Groveland Fire Department.** Free program on Emergency Preparedness —served with lunch! Topics may include: When and how to call 911, What information to have ready, Keeping a medical ID or file of life visible, and more. Please bring your questions!
 - Menu: Taco Bar, Ground Beef or Bean Taco, salsa, sour cream & cheese, black bean & corn salad w/lime, dessert and drink. Provided by AgeSpan.
 - Free, RSVP required. Under the tent.

July 2025

at the Groveland COA

MON	TUE	WED	THUR	FRI
	1 10AM: Toss & Talk, Free Mobile Market Delivery Day	2 9AM: COA Van to Rivers Edge, Free, RSVP 12-3 PM: Games – Drop-In, Free	3 10AM: Meditation / Mindfulness, \$5, RSVP 11:15 AM: Mahjong Free	4  COA Closed Independence Day
7 11 AM: Movie: "Jaws," Free	8 9AM: 3B Fitness, \$5 12PM: Bluegrass Music & BBQ Lunch, \$5, RSVP	9 9AM: COA Van to Westgate, Free, RSVP 12-3 PM: Games – Drop-In, Free	10 10AM: Meditation / Mindfulness, \$5, RSVP 1PM: Fraud Talk with TD Bank, Free, RSVP	11 10AM: Rep. Adrienne Ramos Office Hour 10:45AM: Yoga, \$5 <hr/> Sat. July 12: GCC Community Lunch @11:30-1 PM
13-Sun: 10:15AM: Van Trip, Portland Sea Dogs, \$25, RSVP 14-Mon: 10AM: Legal Consults w/ Atty. Dalton, Free, RSVP 1PM: Memory Café, RSVP, Free	15 Traveling Chef 9AM: 3B Fitness, \$5 10AM: Toss & Talk, Free 10:30AM: Sen. Tarr's Office Hours w/ Mary Ann Nay	16 9AM: COA Van to Rivers Edge, Free, RSVP 12-3 PM: Games – Drop-In, Free	17 10AM: Meditation / Mindfulness, \$5, RSVP 11:15 AM: Mahjong Free Friends of COA Event: 2PM: Ladies' Tea!	18 10:45AM: Yoga, \$5
21 1PM: The "Beat Generation," Free	22 9AM: 3B Fitness, \$5 10AM: Toss & Talk, Free	23 9AM: COA Van to Westgate, Free, RSVP 12-3 PM: Games – Drop-In, Free	24 10AM: Meditation / Mindfulness, \$5, RSVP 11AM: Painting Garden Rocks, Free	25 10:45AM: Yoga, \$5
28 10-1PM: Hearing Clinic, Free, RSVP 11 AM: Movie: "Mrs. Harris Goes to Paris," Free	29 9AM: 3B Fitness, \$5 10AM: Toss & Talk, Free 12PM: COA Van to ONT, Free, RSVP	30 9AM: COA Van to Rivers Edge, Free, RSVP 10AM: Ask the Nurse Free, RSVP 12-3 PM: Games – Drop-In, Free	31 9:30AM: Van Trip to Perkins Cove, \$15, RSVP 10AM: Meditation / Mindfulness, \$5, RSVP	



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/>

August 2025

at the Groveland COA

MON	TUE	WED	THUR	FRI
Join us for: <ul style="list-style-type: none"> COA Board of Directors meets 3rd Wednesdays at 9:30 AM. Next meetings: July 16 & August 20. Open to the public. Friends of the COA typically meets 1st Thursdays at 2:00 PM. No July meeting. Next: August 7. New members welcome! Both meetings take place in the Center Meeting Room, Town Hall.				1 10:45AM: Yoga, \$5
4 7:30AM: Fishing Trip, \$45, RSVP 11 AM: Movie: "My Big Fat Greek Wedding 3," Free	5 9AM: 3B Fitness, \$5 10AM: Toss & Talk, Free 1PM: Greek Mythology & Trojan War Mobile Market Delivery Day	6 9AM: COA Van to Rivers Edge, Free, RSVP 12-3 PM: Games – Drop-In, Free	7 10AM: Meditation / Mindfulness, \$5, RSVP 11:15 AM: Mahjong Free	8 10:45AM: Yoga, \$5 Sat. Aug. 9: GCC Community Lunch @11:30-1 PM
11 10AM: Legal Consults w/ Atty. Dalton, Free, RSVP 1PM: Memory Café, RSVP, Free	12 9:30AM: Dietitian Consults throughout the day, Free, RSVP 1PM: Steel Drums & Ice Cream Sundaes	13 9AM: COA Van to Westgate, Free, RSVP 12-3 PM: Games – Drop-In, Free 2PM: Summer Refresh & Conversation with Robin Reid	14 10AM: Meditation / Mindfulness, \$5, RSVP	15 10:45AM: Yoga, \$5
18 11 AM: Movie: "The Hundred-Foot Journey," Free	19 9AM: 3B Fitness, \$5 10:30AM: Sen. Tarr's Office Hours w/ Mary Ann Nay 11 AM: Vase Painting, Free, RSVP	20 9AM: COA Van to Rivers Edge, Free, RSVP 12-3 PM: Games – Drop-In, Free	21 10AM: Meditation / Mindfulness, \$5, RSVP 11:15 AM: Mahjong Free 11:30 AM: Lunch & Learn, Traveling Chef w/Fire Department, Free RSPV	22 10:45AM: Yoga, \$5
25 10-1PM: Hearing Clinic, Free, RSVP	26 9AM: 3B Fitness, \$5 10AM: Toss & Talk, Free 12PM: COA Van to ONT, Free, RSVP	27 9AM: COA Van to Westgate, Free, RSVP 10AM: Ask the Nurse Free, RSVP 12-3 PM: Games – Drop-In, Free	28 9:30AM: Van Trip to ICA & Santarpio's \$15, RSVP 10AM: Meditation / Mindfulness, \$5, RSVP	29 10:45AM: Yoga, \$5

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.

Groveland Select Board Office Hours

Have a question, concern, or idea about something happening in Groveland? Office Hours with Select Board members are a great chance to have a casual, one-on-one conversation—no appointment needed. Whether you're curious about a project, want to share feedback, or just want to better understand how local decisions are made, you're invited to stop by.

Rebecca Beaucher

Mondays: July 7 & August 4 | 5:00–6:00 PM | Back Meeting Room, Town Hall

Steven Baker

Mondays: July 21 & August 18 | 5:00–6:00 PM | Back Meeting Room, Town Hall

Talking with Your State Legislators

Your elected officials are here to represent your voice at the State House. You're welcome to stop by and ask about specific issues that concern you—especially those decided at the state level, like healthcare, housing, transportation, and more. Not sure who does what?

- State Representatives cover smaller districts and often focus on town-specific concerns and local services.
- State Senators represent larger areas and often work on broader policies and legislation.

Senator Bruce Tarr's Office Hours with Mary Ann Nay

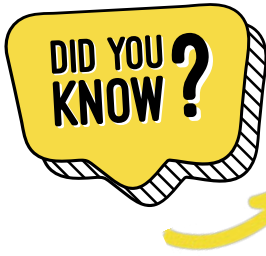
Mary Ann Nay, Senior District Director for State Senator Bruce Tarr, will be available to meet with residents during local office hours at the COA. She can assist with state-related questions, concerns, or services. Tuesday, July 15 & August 19, 10:30–11:30 AM Held in the Back Conference Room. Mary Ann 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, July 11 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 Mike can assist with veterans' benefits, services, and related questions. Please contact Mike directly to schedule a time to meet: 978-973-2118 or mingham@grovelandma.com.

Attorney Elaine Dalton – Office Hours at the COA Free 15-minute consultations available Monday, July 14 and August 11, from 10:00–11:00 AM. Contact the COA to reserve your confidential timeslot.

Helpful Legal Resource for Older Adults The 2025 Elder Law Guide is a free, easy-to-understand resource created by Massachusetts elder law attorneys. It covers topics like wills, housing, health care planning, and more—designed for older adults, families, and caregivers. Download the guide here: massnaela.com/wp-content/uploads/2025/05/2025-Elder-Resource-Guide.pdf

Groveland COA Food Pantry: fresh, frozen & pantry stable food available.

- Open drop-in hours: Wednesdays from 1:00 - 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:** July 2, 16 & 30 ; August, 6 & 20. 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:** July 9, 23, August 13 & 27. Departs Town Hall at 9 AM; home-pick-ups starting ~8:45 AM.
- **Our Neighbors' Table Market in Salisbury** Join us for a no-cost grocery trip to 114 Bridge Road, Salisbury—featuring fresh produce, dairy, fish, chicken, & more.
 - Van departs Town Hall at 12 PM on Tue. July 29 & Aug. 26; home-pick-ups starting ~11:30am.
 - Per ONT guidelines, guests may visit either the ONT Market or the COA Pantry once per week to ensure fair access. Thank you for understanding.

Traveling Chef Meal (Free courtesy of AgeSpan):

- **Tuesday, July 15:** BBQ Chicken – Served with mac & cheese, garden salad, dessert, and drink. Free. RSVP Required.
 - Delivery is available to Groveland residents. Open to adults 60+ and adults living with disabilities. Let us know: pick-up or delivery.
- **Thursday, August 21:** Taco Bar – Ground beef or bean taco with salsa, sour cream & cheese, black bean & corn salad with lime, dessert, and drink. Free, RSVP Required.



Important: This meal is **in-person** as part of our scheduled Lunch & Learn with the Groveland Fire Department, held under the tent at 11:30 AM.

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: July 1 and August 5
Please call the COA at 978-372-1101 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.
- For short-term or ongoing meal delivery, call the COA: 978-556-7216.

Free Community Lunch at Groveland Congregational Church Sat., July 12 & Sat., August 9. Continuous serving from 11:30-1:00 and everyone is welcome! 4 King Street.

Accessing food shouldn't be a struggle. Support is here. Contact the Groveland COA or call Project Bread's Food Source Hotline at 1-800-645-8333 (TTY: 1-800-377-1292) for statewide 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.

- ▶ **Fraud Talk with TD Bank: TD SAFE – Security Awareness for Everyone Roadshow Thursday, July 10 at 1:00 PM** Protect yourself from fraud and identity theft! Join us for a practical and informative session with TD Bank to learn how to:
 - Spot common scams
 - Avoid financial exploitation
 - Safeguard your personal and financial informationFree. RSVPs encouraged. Center Meeting Room.
- ▶ **“The Beat Generation” – A 1950s Multimedia Event Monday, July 21 at 1:00 PM.** Travel back to the 1950s through music, images, and stories in this lively multimedia presentation by Fran Hart, founding member of the Beatles tribute band 4EverFab. Enjoy live music, sing-alongs, and video clips featuring legends like Chuck Berry, Ray Charles, Buddy Holly, and more. Free to attend, and RSVPs are encouraged.
 - This program supported in part by a grant from the Groveland Cultural Council, a local agency supported by the Massachusetts Cultural Council.
- ▶ **Greek Mythology & The Trojan War Tuesday, August 5 at 1:00 PM.** Join us for a captivating presentation by local historian, Lee Thomas, as we explore the legends of Greek mythology and the epic tale of the Trojan War. Discover the gods, heroes, and ancient stories that continue to shape art, literature, and culture today. Free. RSVPs encouraged. Center Meeting Room.
- ▶ **Ask the Dietitian: One-on-One Nutrition Support Tuesday, August 12, starting at 9:30 AM.** Meet with Leigh Hartwell, MS, RDN, LDN from AgeSpan for a free, private 45-minute session to discuss your nutrition questions or concerns. Sessions are open to individuals or individuals with their caregivers. Topics may include:
 - Managing a health condition
 - Maintaining a healthy weight
 - Identifying food sensitivities
 - Reading nutrition labels
 - Debunking nutrition mythsFree, RSVP Required. Six appointment slots will be available starting 9:30 AM. Please stop by the COA office to complete a short application before your appointment. Back Conference Room. Offered in partnership with AgeSpan.
- ▶ **Summer Refresh & Conversation with Robin Reid, MSW, LICSW Wednesday, August 13 at 2:00 PM.** Take a break and join us for a refreshing afternoon with Robin Reid, MSW, LICSW. Robin serves as the Newbury Regional Clinician with Beth Israel Lahey Health and works closely with the Groveland Police Department. Enjoy a relaxed conversation about community resources, wellness, and ways we can support one another. Lemonade, iced tea, cookies, and good company await — free and open to all, RSVPs encouraged. Under the tent.

- **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. Classes are held in the Center Meeting Room at Town Hall—except July 29, which will be held in the Public Meeting Room at the Fire Station. All fitness levels welcome! No class on July 1 and August 12.
- **Ask the Nurse: Wednesdays, July 30 & August 27, 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
- **Hearing Clinic – At Home Hearing Healthcare on Mondays, July 28 & August 25 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, July 14 & August 11 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.
- **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. Center Meeting 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.

A NOTE FROM THE TOWN ADMINISTRATOR

Summer is a busy season for local projects, and I wanted to share a few quick updates:

Perry Park Restoration

We had a great turnout at the recent public meeting, with strong community support for the conceptual design. The Town is now refining plans and exploring funding options for features like a gazebo, walking paths, and public art.

Pine Recreation Area

Enhancements are nearly complete, including the new path connecting the Town Hall complex to the park. Remaining work includes installation of handrails, signage, and final paving and striping of the parking lot.

Route 113 Safety Improvements

Traffic calming features will soon be installed near Town Hall and the Pines Recreation Area to improve safety for both pedestrians and drivers.

And so many more projects are underway or in the planning stages—all focused on making Groveland an even better place to live, work, and visit.

We’re always looking for ways to enhance the community and welcome your feedback, ideas, and conversations. If you’d like to connect or learn more, please don’t hesitate to reach out.

-Rebecca Oldham, Town Administrator
ROldham@grovelandma.com (978) 556-7204

Monthly Newsletter:
<https://grovelandma.com/category/ta-corner/>

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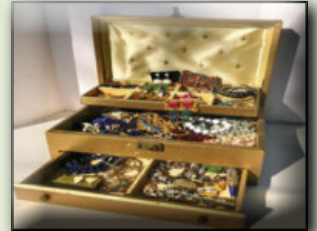
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Groveland Council On Aging, Groveland, MA

06-5433

LADIES TEA

*at the Groveland
Congregational Church*

THURSDAY JULY 17
DOORS OPEN AT 1:30, SERVICE AT 2
\$25 PER GUEST

This program is hosted by the Friends of the Groveland Council on Aging.

Come enjoy a variety of scones, breads, finger sandwiches, hors d'oeuvres, desserts, and hot teas in air-conditioned comfort.

Listen to some soft classical guitar music performed by Scott Ouellette.

Seating is limited, advance registration required.

Admission at the door will not be available.

Please submit the form below, with payment, and put into the Friends dropbox in the COA office, or mail to: Friends of the Groveland COA, PO Box 301, Groveland, MA 01834 by July 10, 2025.

Cash or check accepted, made payable to Friends of Groveland COA. You can also pay on Venmo @FriendsofGrovelandCOA (the name you will see is Karen Soucy) or use the Venmo QR code below.

For questions, please contact Karen Soucy at 978-994-0305.



Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Pay method (circle one): 1) Cash
2) Check 3) Venmo

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Groveland Council On Aging

Town Hall

183 Main Street

Groveland MA 01834

Phone: (978)-372-1101

GROVELAND COA VAN: FREE RIDES AROUND GROVELAND FOR RESIDENTS 60+!

Need a ride? We've got you covered.

If you're 60+ or living with a disability in Groveland, you can catch a free ride with the COA van to local spots like Veasey Park, the library, Town Hall, a hair appointment, a medical visit—or just to see a friend.



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

How to book: Call at least 2 business days ahead. Contact Nisha Burke at 978-556-7216 or NBurke@GrovelandMA.com.

Need to go beyond Groveland?

- The COA van can take you to nearby towns for a small fee.
- We can also help set up a ride with a NEET volunteer driver.
- Interested in MeVa? You'll need to call them directly at 978-469-6878 (option 3).

Not sure what option is best? Give us a call—we're happy to walk you through it.



TOWN HALL CONTACTS

MAIN LINE: (978) 556-7200

BOARD OF HEALTH: (978) 556-7210

ELECTRIC DEPARTMENT: (978) 372-1671

TOWN CLERK: (978) 556-7221

TREASURER/TAX COLLECTOR: (978) 556-7202

WATER & SEWER: (978) 556-7225

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