

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life November 2025

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-468-5595
Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534

The big news! Open enrollment for Medicare has arrived. It runs through November and ends Dec 7th. It's a critical time for anyone whose prescription drugs have changed even slightly. The process for **Medicare Plan Comparison** is not difficult and can save you a great deal. Many SHINE counselors are already completely booked. The Regional SHINE office has changed their outgoing message to refer callers to 1-800-MEDICARE as representatives there can objectively compare plans for next year.

The November **Lunch & Linger** will be a **Friendsgiving** event at The Community House to be held on Tues, Nov 25th at noon. A hot "Thanksgiving" themed lunch will be served. Following lunch we will have music, fun and we'll take a moment to be thankful as we celebrate the harvest season with all the people who have made it a great year! The spirit of collaboration has been markedly improved this year!

Our first **Club 10 Coffee House Show** featuring **TMax**, a Salem based singer-songwriter/guitar player, will entertain us with an eclectic mix of his own songs, as well as tunes from The Beatles, Louis Armstrong, The Doors and other favorites. Be here at Club 10 (or 10 School St.), the Wenham COA) on Nov 6th at 2pm! Don't miss it!

We have **Tech Help** with Paul on Nov 5 & 11 at 10am and Scott Yaffe from Seniorcare on Nov 20, also at 10am. These guys are great!

We're hosting a **Lunch & Learn** with two RN's, Alyson Preston and Jacqui Moynihan who will talk about **Advanced Healthcare Directives** such as MOLST, Powers of Attorney and Healthcare proxies that help provide peace of mind to all, alleviating stress and confusion during a difficult time of life.

On Nov 25th, Heather Hurd, a Senior Plan Consultant with BCBS will give a presentation on **Health Plan Options**. She will give a thorough overview on Health Plan Options—Medicare Supplement Plans and Advantage Plans to help with these important choices.

Welcome to November!

It's hard to believe the end of the year is right around the corner.

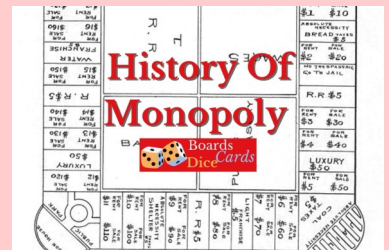
Hannah and I have been busy planning a variety of fun activities for this month!

- **Tuesday, November 4th:** *The History of Candy* – Enjoy trivia, fun facts, and of course, samples!
- **Thursday, November 6th:** *National Saxophone Day* – We're on the lookout for a saxophone player to help us celebrate. Stay tuned for details!
- **Thursday, November 13th:** *Felted Cardinals with Pop-Up Art School* – Create your own beautiful felted cardinal. Reservations are required, so be sure to sign up early!
- **Monday, November 17th:** *Lunch & Learn: The History of Monopoly* – Learn all about the game's fascinating past, then join us for a Monopoly tournament afterward!

Please note: if you sign up for an activity that includes food, a **deposit will be required to confirm your reservation**. Reservations will not be finalized until the deposit is received. Unfortunately, we've had several no-shows in recent months, which has led to wasted food, so we appreciate your help in making sure every spot counts.

We're looking forward to another great month filled with learning, laughter, and community!

Theresa & Hannah

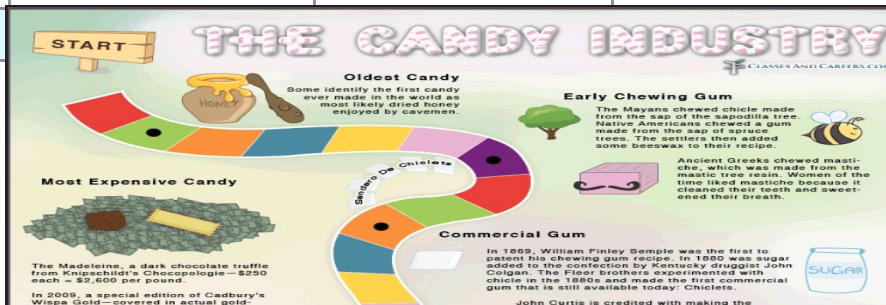


Wenham Calendar - November

MON	TUES	WED	THURS	FRI
3	4	5	6	7
10:30am Chair Yoga Zoom w/Margaret 11:30-1pm Social Worker Office Hrs	10am - Sing for Fun 11:00 Exercise w/ Erin 1pm - Tai Chi 2:00pm - CODA (Film)	9:00am Walking 10:30am -12pm Caregiver Support Group. 10 & 11am - Tech Help w/ Paul T 10:30 Chair Yoga Zoom w/Margaret 12 -Grab & Go Lunch 1-3pm Watercolor Art Class	<i>Balance in Motion</i> 9am Dianna Daly 10:00 Bocce HCOA 11:00 Pickleball (Indoors) Rec Center 2:00pm COFFEE HOUSE MUSIC Great oldies with T MAX	10:00 Book delivery 10am- Cribbage & Rummikub 12:30 pm - 3 pm Mahjongg 3-5pm Acrylic Art w/Aleah
10	11	12	13	14
10:30am Chair Yoga Zoom w/Margaret 11:45-12:30pm ACORD Mobile Mart at HCOA 12 - 1pm Low Vision Group	Veterans Day WCOA Closed	9:00am Walking 9-11 - Pickleball 9:15am-10:30am Caregiver Support 10 & 11am - Tech Help w/ Paul T 10:30 Chair Yoga Zoom w/Margaret 12 -Grab&Go Lunch	<i>Balance in Motion</i> 9am Dianna Daly 10:00 Bocce HCOA 11:00 <i>Pickleball</i> 12 –1pm Lunch: Adv Healthcare Directives with Home-Aide Care Solutions	10am- Cribbage & Rummikub 10:00am - FREE Library Book Delivery 12:30-3:00pm Mahjongg
17	18	19	20	21
10:30am Chair Yoga Zoom w/Margaret	9am - Wenham Vet Business Meeting 10am - Veteran's Coffee (Open House) 11:00 Exercise w/ Erin 1pm - Tai Chi 2pm - Ruth & Boaz (Film)	9:00 Walking Club 9:15am-10:30am Caregiver Support 10:30 Chair Yoga Zoom w/Margaret 12 -Grab&Go Lunch 1-3pm Watercolor Art Class	<i>Balance in Motion</i> 9am Dianna Daly 10-11am iPads with Scott Yaffe 10:00 Bocce HCOA 11:00 <i>Pickleball</i> 2pm - Senior Scribblers	10am- Cribbage & Rummikub 10:00am - FREE Library Book Delivery 11am- Cribbage & Games 1-4 pm Mahjongg
24	25	26	27	28
10:30am Chair Yoga Zoom w/Margaret 11:45-12:30pm ACORD Mobile Mart at HCOA	10am Medicare Health Care Options w/Heather Hurd (BCBS) 11:00 Exercise w/ Erin 1pm - Tai Chi 2pm - Alive Inside A Story of Music & Memory (Film)	9:00 Walking Club 10:30 Chair Yoga Zoom w/Margaret 12 -Grab&Go Lunch	Thanksgiving WCOA Closed	Thanksgiving WCOA Closed

Hamilton Calendar – November

MON	TUES	WED	THURS	FRI
3	4	5	6	7
10:00 Qigong 12:30 Knitters 4:00 Board Meeting	9:00 Yoga 10:15 Balance Class 12:00 Lunch * 12:30 Needle workers 1:00 Ping Pong 2:30 Candy Talk	9:30 Donut Day 10:00 Bingo 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10:00 Bocce 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50 2:30 Saxophone Day	8:45 Tops 9:00 Quilting 10:00 Bridge 12:30 Art Studio
10	11	12	13	14
10:00 Qigong 11:45 Acord 12:30 Knitters 2:30 National Pickle Day	Closed for Veteran's Day	10:00 Crafts w Barbara 12:00 Lunch* 12:30 Bridge	10:00 Felted Cardinal Class 10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:30 Pj Day 9:00 Quilting 10:00 Bridge 12:30 Art Studio
17	18	19	20	21
10:00 Qigong 12:00 Lunch & Learn & Monopoly Tournament 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	9:00 Mens Group 10:00 Bocce 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
24	25	26	27	28
10:00 Qigong 11:45 Acord 12:30 Knitters 3:00 Pie-giving	9:00 Yoga 10:15 Balance Noon—Lunch & Linger—TCH 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 National Parfait Day	10:00 Open House 10:00 KevTech 12:00 Lunch* 12:30 Bridge	Closed for Thanksgiving	Closed for Thanksgiving



Hamilton COA Ongoing Events

Knitters

Monday 12:30 - 2:30 pm

Stop by on Mondays and join our knitting group. Bring a project you have been working on or start a new project.

Qigong

Monday 10:00am - 11:00am

Taught by Nancy Doyle, the class is geared towards all levels of experience. Drop in class \$5 donation

Yoga

Tuesday 9:00 - 10:00 am

Bring your mat and get ready to relax as Victoria Harriss leads you through an hour of Yoga. \$5.00 donation requested. No sign up is needed.



Balance

Tuesdays 10:15 - 11:00

Strengthen your body and your balance all in one class! The stronger your balance is, the safer daily activities become. . \$5.00 donation requested

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project. This is a drop-in group.

Duplicate Bridge

Wednesday 12:00pm

Join our bridge group on Wednesdays at 12:00 pm for a game of duplicate bridge.

ACORD

ACORD Mobile Market will now be on the 2nd and 4th Mondays of the month starting at 11:45am until 12:30.

Ping Pong Table

Tuesday at 1:00pm

Did you know we have a brand new ping pong table? Thank you to our **Friends of HCOA who purchased it!!!** Ping Pong is played every Tuesday at 1:00pm. Bring a friend for some friendly competition.

Fit over 50

Thursday @ 1:00pm

Join Erin on Thursdays for her popular Fit over 50 Exercise class. \$5 donation requested

Pickleball

Thursday at 11:00 am Rec Center

Pickleball is starting back up. No reservations required, no instruction provided, great for all abilities.

Quilters Group

Friday 9:00am - 12:00pm

Bring your sewing machine and your latest project for a morning of quilting. Machines are available.

Bridge

Fridays 10:00am

Stop by at 10:00 am to brush up on your Bridge skills.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio meets on Fridays. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-626-5240

Men's Group

Join us on the first and third Thursdays of the month (November 6th & 20th) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

Dan will be coming on November 19th at 10:30am. Join us for a movie and discussion afterwards

Wenham COA Weekly Events

Virtual Yoga

Balance in Motion

with Dianna Daly
on Thurs at 9am.

Email Dianna
diannadaly
@gmail. com



Virtual Yoga

Breathe, Stretch, Balance and Energize

with Margaret **on** Mon
& Weds at
10:30am Email:
blisspolarity@gmail.com

Lunch & Learn

Advance Healthcare Directives and Why Everyone Needs One!
Come join us Thursday, Nov 13,
from 12pm-1pm for a discussion
about advance directives. These
are the documents that you create
to ensure that your wishes are
fulfilled when you are no longer
able to express them. Come find
out what these documents are,
why they are important, and how
to accomplish them. Alyson
Preston, RN & Jacqui Moynihan,
RN from Home-Aide Care
Solutions will be presenting.

Exercise Class with Erin

Tues at 11am on Nov 4, 18 & 25.
Live. Balance, Flexibility and more
with Erin. Weights (2,3 or 5 lbs.)
are available. Erin also meets
Thursdays at - 1pm at **Hamilton**
COA. Erin is a personal trainer.
\$5pp Accessible tiabile improve-
ment for participants!

Art

Acrylic Painting with Aleah - Aleah's next acrylic paint class is
Friday, **November 7th from 3-5 PM** Aleah is a great artist/
teacher. Call (978) 468-5529 to sign up \$10/pp.

Watercolor Classes with Marion Rayner - On Wednesdays,
November 5 & 19 from 1-3 pm. Marion Rayner teaches us
watercolor techniques while she demonstrates. Supplies are
included. We begin painting at 1 pm and welcome HW residents.
Invite a friend to join us. Call 468-5534 to sign up. \$10/pp

Computer—Android & Apple

Scott Yaffe from SeniorCare - Thursday, **Nov 20 from 10-12 pm**

Indoor Bocce 2025 at the HCOA

WCOA Tuesdays and Thursdays 9-11:30 am

Tai Chi Class - DVD Class

Every Tues at **1:00pm** - 1:45pm

Pickleball Rec Center returns to the Rec Center for
Friendly pick-up games.

Dementia Friends Intro Session

Tuesday Nov 25 from 10-11 am

How do we talk to a loved one showing
memory loss? What resources are
available? These concerns will be
discussed at this session to help us
better understand how to support those
with dementia. *Refreshments will be
served* Call 468-5534 to register



Bocce moves Indoors

Thursday 10 - 12 pm
in Hamilton

•**Walking Group**
continues on *Weds*
departing at 9 am.

•Mahjongg

1st Friday 12:30 - 3pm
All other Fridays 1-4pm

Caregiver LIVE Support Group

10 School St, Wenham - Weds, Nov 5th
At 10:30am at the Wenham COA. Lunch
provided.

“Zoom” Support Group Mtgs

10:30am every **Tuesday**

Contact (978) 281-1750 for Zoom and
leave a message for Jenn Flynn

November Lunches Noon “Grab n’ Go”

Nov 5 Weds - TBD

Nov 12 Weds - TBD

Nov 19 Weds - TBD

Nov 26 Weds - TBD

Special Events - Hamilton



Tablet Update

We still have tablets and Chromebooks available to lend out. We ask that you sign them out for a month at a time. When you bring it back as long as there isn't a waiting list you can borrow another one. You are able to get online, send emails, read books and other things with the tablets/Chromebooks.

Did you know?

Not all of our events are planned out before the deadline to submit to the newsletter. But we do make up flyers that are now in the entry way of the Center. We also try our best to post on Facebook.

KevTech

**Thurs November 13th &
Wednesday November 26th @
10:00am**

Information covered will be Safari, Google and ChatGPT. RSVP required. Sign up today.

Men's Group

Thursday November 6th & 20th
Tim is coming back to help run the Men's Group. Stop by and see what he has in store for speakers and discussions. Men's group starts at 9:00am

National Candy Day

Tuesday November 4th 3:00pm
Join us for the history of candy, trivia and some samples. RSVP requested 978-468-5595.

National Saxophone Day

Thursday November 6th 2:30pm
We will have a Saxophone player to play us some music on National Saxophone Day. Stop by the center for more information.

National Pickle Day

**Monday November 10th @
2:30pm**

All things pickles will be celebrated on November 10th. Stop by and learn the history, have some fun with trivia and sample different types. RSVP requested.

Felted Cardinal

Thursday November 13th @ 10:00

Felted Cardinal
Learn the art of needle felting while sculpting a vibrant red cardinal from soft, loose wool fibers. Using a barbed felting needle, you'll shape and layer the wool to create the bird's distinctive form, adding details like



its pointed crest, black mask, and beak.

PJ's & Breakfast

Friday November 14th @9:30am
Join us on Friday November 14th for breakfast-but don't forget to wear your pj's to celebrate National PJ's Day. Reservation required. Reservations are not confirmed until payment (\$2) has been received.

Lunch and Learn

History of Monopoly

**Monday November 17th @
12:30pm**

Ever wondered how monopoly became so popular? Join us as we learn all things monopoly during this lunch and learn. Then join us for a monopoly tournament. Reservations are not confirmed until payment (\$2) has been received.

Pie-giving

**Monday November 24th @
2:30pm**

Join us for a slice of pie with friends. Relax and enjoy the company of friends before the hustle and bustle of the holidays. RSVP Required. Reservations are not confirmed until payment (\$2) has been received.

National Parfait Day

**Tuesday November 25th @
2:30pm**

Need something sweet, but not too sweet. Join us for National Parfait Day on November 25th. Trivia, history and of course we will have samples. RSVP

Special Events - Wenham

Coffee House at WCOA or Club10

Thurs, **Nov 6** at 2:00 pm
T Max, a talented musician from Salem, will entertain us with vocals and guitar-Beatles, John Denver, James Taylor & more from the **60's and 70's**. \$5 donation appreciated

Acrylic Art with Aleah!

Friday, **Nov 7th** from 3 - 5pm. Try something new! Great teacher! \$10 pp

Caregiver Support Group

Weds, **Nov 5th** at 10:30.
Jenn Flynn facilitates this group. 978-281-1750 for more information.

Low Vision Group

Monday, **Nov 10th** at 12 noon. Participants share ideas of new technology and assistance. *Lunch served*. Register at 978-468-5534

Stephanie Kassabian, is our **SHINE** counselor. If you would like to review your current Medicare plan and prescription drug prices. Email: skassabian@agespan.org or call 978-701-8115 to make an appt. Open enrollment ends on December 7th.

Veteran's Coffee Tuesday, **Nov 18** at 10am. Come share stories with our local veterans and staff from Cape Ann Vet Services.

Lunch & Linger

Friendsgiving Luncheon
Thurs, **Nov 25** noon at The Community House. Hot catered meal, music and fun! Sign up at WCOA. HCOA or The Community House. \$5 Donation

Watercolor Classes with Marion Rayner will be held on Weds, **Nov 5th & 19th** from 1-3pm. \$10 pp

Do you love to sing?

Join us Tuesday, **Nov 4th** 10-11 am. Songs from the 60's & 70's. Song sheets provided.

Cribbage & Rummikub

group is having fun! Join us **Fridays** at 10-noon. Please call and sign up if you're interested. We enjoy introducing new games for those interested.

Senior Scribblers

WCOA's Writing Group will meet on Thurs, **Nov 20th** from 2-4pm. Barrie provides her group prompts for writing to start us thinking and putting words on paper. No exp. necessary. Contact Barrie by email: essexarrow@aol.com

Tech Help at WCOA

Thursday, **Nov 20th** 10-12pm Scott Yaffe will help with Android or Apple products including laptops & tablets. Please bring your devices. He will answer individual questions.

Christmas is Coming!

North Shore Music Theater

A Christmas Carol

Wed Dec 10 2:00 Matinee
We have reserved 20 great Inner Circle seats. Join us! Discount tickets \$40 pp. Call and reserve tickets by Nov 30th. Van available. \$5

The Joyful Sounds of Christmas

w/ our own amazing Joe Scuderi
Thurs Dec 4 at 1:00 pm
Joe and friends will entertain us with familiar seasonal songs. We will sing carols together, too.

Refreshments available

Jessie Palm, LICW

Monday, **Nov 3rd** from 11:30am - 1pm
Jessie can help address issues specific to all aspects of social services, housing & social service advocacy.

Medicare Advantage

Plans Presentation on Tues, **Nov 25th** at 10am.
Heather Hurd, a Senior Plan Consultant with BCBS will give a presentation on Health Plan Options - Medicare Supplement Plans or Medicare Advantage Plans - The Choice is Yours!

Tech Help - Nov 5th & 12th at 10/11am. Having problem with your iPhone, iPad or Tablet? Paul can help you figure it out. Call for these dates and times.

Health & Wellness

Used Medical Equipment - Wenham COA has used medical equipment such as commodes, rollators, shower chairs, transport chairs and wheelchairs. (978) 468-5529

SHINE - Hamilton & Wenham residents call 978-701-8115 to make an appointment w/ Stephanie Kassabian.

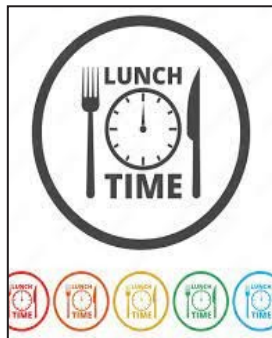
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website actioninc.org

The Good Neighbor Energy Fund contact Hannah Lonergan 978-626-5240 at Hamilton COA or Jeanne Maurand 468-5534 at the Wenham COA to find out if you qualify for assistance.

Property Tax Work-off programs for Seniors can help reduce taxes. Wenham offers the Senior Tax program to eligible residents. Wenham residents can find applications and information at wenhamma.gov. Search for *Tax Relief*. Hamilton currently has a waiting list for participation.

SeniorCare Nutrition Services

Home Delivered Meals
(Meals on Wheels) for eligible homebound elders, Monday through Friday. Call SeniorCare and ask the *nutrition dept* for more information.



SeniorCare is serving “in person” lunch at the Hamilton Senior Center on **Tuesday, Wednesday and Thursday**. If you are interested, check the menu at the end of this newsletter or Senior Center for congregate meals and reserve your place with Albie.

(978) 468-2616



Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham** date is TBD 9:15-11:30 am (978) 468-5534. Dr. VanEss is coming to **Hamilton November 19th**. Call today for an appointment. (978) 468-5595

Fuel Assistance Guidelines for Low Income Home Energy LIHEAP Assistance Program

No of people In home	Annual Income Limit
-------------------------	------------------------

1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573

Visit ActionInc.org to apply
Or call 978-282-1000

Blood Pressure: If you would like to have your blood pressure checked please reach out to the center so we can connect you with Kelly Roller our nurse.

Wenham Transit

Call (978) 468-5534
(Wenham residents **only**)
Safe, convenient transportation.

Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Transportation options (Hamilton):

Program: CATA (Cape Ann Transportation Authority) provides van services for medical appointments, shopping, banking, etc.—runs Monday through Friday 8:00am – 4:00pm

Eligibility: Hamilton Residents age 60+ **Cost:** Free for medical trips & trips to & from Senior Center

Service Area: Hamilton, Wenham, Beverly, Manchester by-the Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody & Danvers

Call 978-283-7916– 2 days in advance to schedule a ride.

Senior Care Medical Transportation Program – (978) 281-1750 ext. 573

RSVP volunteers provide a door to door escort service to and from local medical appointments.

Call Monday – Friday 9:00am-12:00pm to request more information and to schedule appointments.

Wenham Transit - Weekly Transport

Wenham Transit encourages Wenham seniors to call 978-468-5534 Monday thru Friday at least 24 hours in advance to set up a ride - medical appointments, shopping or other errands. \$5 per round trip. \$1 extra for each additional stop.



Friends of Wenham COA are proud to financially support the Wenham COA which keeps our programs vibrant and relevant. Did you know that 30% of Wenham residents are over 60 years old? The Wenham Council on Aging has become an important resource for some of these residents. The **Friends** support a variety of programs, including partial support for group lunches, museum and trip tickets, games, like mahjongg, many Board group meetings and lecturers, NSMT theatre tickets, painting & craft materials, exercise classes, kayaking, picnic tables, benches, entertainment and music. Your contributions are tax deductible. Please make checks payable to: **FWCOA, 10 School St., Wenham, MA 01984.**

Friends of the Hamilton COA

It's that time a year again! The Friends of the Hamilton COA are back to meeting and planning events for this year. As a reminder the Friends help support activities at the Senior Center. Last year they sponsored an Ice Cream Party, Casino Trip, a new Ping Pong table and the Holiday Party in December. This year they helped spruce up our Coffee Bar and will again be sponsoring our Holiday Party.

It is now time to renew your Friends Membership! Renewing is simple - stop by the Senior Center and fill out the information. Being a member helps support the different programming, as well as helps with incidental purchases for the Senior Center.

Notes from Outreach, Veterans & State

I was just thinking...

about the difference between craving and yearning. The dictionary defines craving as a strong, urgent, and persistent desire. Usually it is centered on food or a substance that can quickly satisfy a physical or psychological demand. A yearning is a deep longing infused with compassion. Typically it is oriented around a person's psychological, relational, and spiritual sense of well-being. In November cravings and yearnings merge and collide. The anticipation of the Thanksgiving meal can trigger the memory of favorite foods and the satisfaction derived from eating them. Veterans Day triggers memories of military service, the desire for peace, and a yearning for war to end. Nathaniel Philbrick in his book, *Mayflower* revealed the tension between craving and yearning as the Pilgrims and the Wampanoags sought ways to co-exist. They shared skills and food, participated in some ceremonies and rituals, and sought ways to build trust and respect. There was a yearning to live together, but it was short lived as the craving for power and dominance took root in the heart and soul of some Pilgrims and some Wampanoags. The history Philbrick recounts is not unique. The tension between cravings and yearnings is universal. Cravings demand attention quickly. Yearnings seek ways to love, relate to others, and to understand rather than to be understood. I wonder what will take place in our world, community and family as we respond to the yearning for peace and understanding.

Dean W. Pedersen CAPTAIN USN RET

What to know about Medicare Open Enrollment

SHINE counselors can help you with all things Medicare

Medicare Open Enrollment: October 15 – December 7.

Health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to learn about what you can expect with your current plan in 2026, or to learn about all options that may be most cost-effective for you.

You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

Medicare plans can change annually, and changes are expected for 2026.

This can affect your health care and drug costs.

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. Certified SHINE counselors are available all year, and offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Please call 978-468-5534 for an appointment.



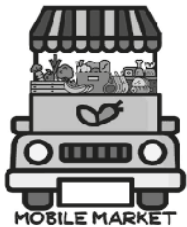
Fuel Assistance: It is not too late to sign up for fuel assistance. Please call the Senior Center for assistance. Assistance is available through both Action Inc in Gloucester and The Good Neighbors Fund.

Community Resources

ACORD Food Pantry is OPEN

Weds 9:30 -11am; *Senior Hours* -Thurs 10:00 -11:00am;Thurs 6:30 - 7:30pm; Sat 9 -11am PO Box 2203, 69 Willow Street South Hamilton, MA 01982 ACORD FP is for anyone who may need a little help with food assistance. We offer non-perishable food as well as meat, fish, cheese, yogurt, milk, eggs and fresh produce - most donated by local farms. Delivery is available for seniors who are unable to visit the pantry in person. Please reach out via email acord.director@gmail.com or phone 978-468-7424

Mobile Market



2nd and 4th Mondays

November 10th & 24th

11:45 am - 12:30 pm Join us as we host a mobile market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for

your household - no income limits. Just stop by and grab what you need. Mobile market starts at 11:45 and runs only until 12:30. Please bring your reusable bags.

Veteran's Committee of Wenham

Meets the 2nd Tuesday of every month at WCOA
9 am Business meeting
10 am Coffee **All Veterans** are invited to come and meet, Vee, from **Cape Ann Veteran Services** to learn about their benefits and opportunities.



What is **FISH**? **FISH** (Friends in Service Helping) is an international volunteer organization founded by members of St. Andrews Church in Oxford, England. The first **FISH** group in the U.S. was organized in West Springfield, MA in 1964. We are excited to welcome **FISH** to our Hamilton Seniors. We are a group of volunteers looking to provide rides to appointments, shops and activities.

Jessie Palm, LICSW has office hours in Wenham to discuss any social service issues you are having first Mon from 11:30am-1pm

SeniorCare, Inc is a consumer centered organization which provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community. They offer information, referral and advocacy on a wide range of aging-related issues. (978) 281-1750 or go to seniorcareinc.org.

WISSH - Wenham Issues of Social Service Help. Confidential financial and social service assistance The mission of WISSH is to identify the social-service needs of Wenham residents and to coordinate and implement appropriate immediate unmet financial assistance to those in need. (978) 468-5520 Ext.

Hamilton Foundation was created to help meet unexpected, urgent, and short-term needs to Hamilton residents due to job loss, death, divorce, or catastrophic illness. It does not replace traditional governmental programs or social service organizations but helps people in ways that those programs cannot. 978 -233-1816

Podiatrist - Dr. VanEss comes to Wenham COA TBD. Call 978-468-5534 to make your reservation. **HCOA** Nov 19. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Sept 8 at 12:00pm. We will explore *NEW* topics for our lunch discussion. We hope to have our friend from MABVI back again.

November Preliminary Menu – 2025

Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day No Meals Served	2 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc MG Bread ½ cup Fruit	3 COLD: 3oz Egg Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dressing 1pc Juice (no milk) No Margarine	4 3oz Pulled Pork 2oz BBQ sauce ½ cup Roasted Sweet Potatoes ½ cup Sautéed Collard Greens 1pc Burger Bun ½ cup Applesauce No Margarine	5 1pc Crab Cake Congregate: 1oz Remoulade Sc. ½ cup Yellow Rice & Black Beans ½ cup Peach Cobbler 1 slice Oat Bread ½ cup Tomato & Cuke Salad 1pc tarter sauce (HDM)
8 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1pc LS Wheat Bread ½ cup Canned Fruit 1pc Cranberry Sauce (cong)	9 Two Compartment 1 pc Lasagna 4 oz Marinara ½ cup Riviera Blend Veg 1pc Garlic Roll 1pc Cookie 1 pkt Parmesan cheese	10 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	11 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips Congregate: Butternut Soup to replace Potato Chips ½ cup Garden Salad 2 slices MG Bread 1 pkt Mustard 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	12 Staff Appreciation Ag-eSpan – No meals 3oz Grilled Chicken 2oz Piccata sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc WW Bread ½ cup chocolate pudding
15 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup No Margarine	16 4oz Potato Crunch Fish ½ cup Chuckwagon Corn ½ cup Mashed Potatoes 1pc Dinner Roll ½ cup Canned Fruit 1pc tartar sauce No Margarine	17 Special: Chicken Hawaiian 1pc Grilled Chicken topped with ½ cup Pineapple & Peppers ½ cup Island Style Fried Rice ½ cup Warm Strawberry Rhubarb ½ cup Garden Salad 1pc Dinner Roll 1pc Dressing	18 Cold: Two Compartment Turkey Chef salad 2oz Deli Turkey 1 oz shredded cheddar cheese 1 cup Mixed Green Salad ½ cup ½ cup Chickpea Salad 1pc Fresh Fruit ½ pc Pita Bread 1 pkt Dressing	19 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On tip of ½ cup Pasta ½ Capri Blend 1pc LS Wheat Bread ½ cup mandarins No Cookie
22 Rosh Hashanah Two Compartment 1pc Grilled Chicken 4oz Greek Sauce (spinach, peppers, feta, olives) over ½ cup Risotto 1pc MG Bread ½ canned Fruit	23 Rosh Hashanah 1pc Broccoli & Cheese Egg Bake ½ cup Potatoes O'Brien ½ cup Carrots 1pc Fruit Loaf or muffin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup	24 Rosh Hashanah COLD: 3oz Tuna Salad ½ cup Three Bean Salad Congregate: Vegetable Bean soup instead of 3 bean salad ½ cup Garden Salad 2 slices Wheat Bread 1pc Menu Magic Dressing ½ cup canned Fruit No Margarine	25 Birthday Two Compartment 11oz American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc cupcake	26 1pc Pork Sausage (Bianca) 2oz Peppers and Onions ½ cup Tater Tots 1/2 cup Roasted Butternut 1pc Hot Dog Bun 1pc Fresh Fruit No Margarine
29 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll ½ cup Applesauce	30 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan			

Looking for **Wenham's Grab & Go?** It is every Wednesday! Please call: 978-468-5534

The **Hamilton COA** offers congregate lunches on Tuesday, Wednesday and Thursday of every week. Reservations are required, and can be made by calling Albie at 978-468-2616

Looking for **Meals on Wheels:** Meal's on Wheels can be easily setup by calling SeniorCare at **978-281-1750** and asking for the nutrition or intake department.

Hamilton COA
299 Bay Road
S. Hamilton, Ma. 01982

Pre-Sorted Standard
U.S. Postage Paid
Permit #24
Hamilton, MA 01936



Deliver to addressee or current resident

Hamilton COA

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Board:

Laura Studley, Chair
Richard Hewett, Vice Chair
Penny Wingate, Secretary
Peter Meo
Catherine Minnetyan
Kelly Roller
Rosemary Kennedy

299 Bay Road, Hamilton, Ma. 01982
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Wenham COA

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Van Scheduling/Administration:
TBD

Van Drivers:

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Barry Michaud
John Lincoln

Board:

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Mary Sheehan, Vice Chair
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