

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life October 2025

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



Harvest season is upon us and we've had a great summer! Many thanks to **Acord Food Pantry** who delivered a bounty of fresh fruits and vegetables weekly July through September. Many thanks for all their good work for seniors and our community! Exciting days are ahead as the **Topsfield Fair** opens from Oct 3rd –13th. Check out the daily schedule at <https://www.topsfieldfair.org/plan/daily-schedule/>. Long Hill's **Halloween on the Hill** is another special event from October 3-30. The Trustees are also hosting **Oktoberfest** at Appleton Farms on Sat, Oct 4th, 12-5pm.

Congratulations to **Tom Tanous** for his well earned **Community Impact Award** for his decades of service with SeniorCare, Inc. **AARP** is looking for **Tax-Aide volunteers** to support our local community. Trained by AARP, they help prepare returns for low & middle income seniors. If you are interested in learning more, please contact Keith. keithwoll-

Please welcome Stephanie Kassabian our new Administrative Assistant. She brings a wealth of experience as a SHINE counselor, helping people navigate Medicare and other elder services. She brings a strong background in Admin Support, social work and community volunteering, as well as business experience in data analysis and project management.

Jim & Jeanne

Welcome to October!

Where did the year go?

Open Enrollment is right around the corner (beginning October 15). This is the time when you can review and make changes to your Medicare Prescription Plans.

To better serve you, we are asking all residents who would like an appointment to complete the **Plan-Finder** form ahead of time. This will allow us to review plans before your appointment and help more residents efficiently.

Please be sure to complete the PlanFinder carefully and make sure all information is legible and accurate.

October brings our some special programs. We will be celebrating National Taco Day on October 7th (reservations required). Pumpkin decorating on October 21st (reservations required). Cake decorating class on October 10th (Reservations required as space is limited). October 20th we will be welcoming Public Health Nurse, Judith Ryan to talk about Breast Cancer Awareness. We have some programs that are in the works, so please stop by the center and see what exciting things we have happening.

Thank you to everyone that has offered to receive their newsletter virtually or come into the Center to pick it up. There is still time to get on the email list. We appreciate your help in lowering the costs.

As always, if there is a program that you would like to see please reach out to Hannah or myself. We are always looking for new ideas.

Theresa & Hannah

Wenham Calendar - October

MON	TUES	WED	THURS	FRI
		1	2	3
		9:00 Walking Club 10-12pm - Pickleball at Tea House Courts 10:30am-12pm Caregiver Support 10:30 Chair Yoga 12 -Grab&Go Lunch	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly	9-11am Savvy Caregiver Class 10:00 Book delivery 11am- Cribbage & Games 12:30 pm Mahjonn 3-5 Acrylics w Aleah
6	7	8	9	10
10:30am Chair Yoga Zoom w/Margaret 11:30-1pm Social Worker Office Hrs Noon-1 pm Low Vision Group 1:00 Exercise w/ Erin	9-11:30 Bocce 10am Sing for Fun 1pm - Tai Chi 2:30 - Discussion Protecting ourselves form Scams	9:00 Walking Club 10-12pm - Pickleball 9:15am-10:30am Caregiver Support 10:30 Chair Yoga 12 -Grab&Go Lunch	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 11 am Medicare Talk—Steve Silverthorn 2pm - Senior Scribblers	9-11am Savvy Caregiver Class 10:00am - FREE Library Book Delivery 1:00-400pm Mahjonn
13	14	15	16	17
Columbus Day WCOA CLOSED	9-11:30 Bocce 9:00 Wenham Vet Comm Meeting 10:00 Vet Coffee w/ 11:00 Sen Tarr Aid 11 Exercise w/Erin 1pm - Tai Chi 2:30 - Movie CODA	9:00 Walking Club 10-12pm - Pickleball 10:30 Chair Yoga (12 -Grab&Go Lunch 1-3pm Watercolor Art Class	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 10-11am iPhone & iPad Class with SeniorCare Tech Scott Yaffe	9-11am Savvy Caregiver Class 10:00am - FREE Library Book Delivery 11am- Cribbage & Games 1-4 pm Mahjonn
20	21	22	23	24
9:15—11:30 Dr. VanEss, Podiatrist 10:30am Chair Yoga Zoom w/Margaret	9-11:30 Bocce 10am Dementia Friends Talk 11am Exercise w/Erin 1pm - Tai Chi 2:30 Discussion:	9:00 Walking Club 10-12pm - Pickleball 9:15am-10:30am Caregiver Support 10:30 Chair Yoga 12 -Grab&Go Lunch 1-3pm Watercolor Art Class	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 2pm - Senior Scribblers	9-11am Savvy Caregiver Class 10:00am - FREE Library Book Delivery 11am- Cribbage & Games 1-4 pm Mahjonn
27	28	29	30	31
10:30am Chair Yoga Zoom w/Margaret 11:30-12:45 ACORD	9-11:30 Bocce 11am Exercise w/Erin 1pm - Tai Chi 2:30 Movie	9:00 Walking Club 10-12pm - Pickleball 10:30 Chair Yoga (Zoom every week) 12 -Grab&Go Lunch	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Day	10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 pm Mahjonn

Hamilton Calendar – October

MON	TUES	WED	THURS	FRI
		1	2	3
		9:30 Coffee with a Cop 10:00 Bingo 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge 11:00 Art Class 12:30 Art Studio
6	7	8	9	10
10:00 Qigong 12:30 Knitters	9:00 Yoga 10:15 Balance Class 12:00 Taco Day 12:00 Lunch * 12:30 Needle workers 1:00 Ping Pong	10:00 Crafts w Barbara 12:00 Lunch* 12:30 Bridge	11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge 11:00 Cake Decorating 12:30 Art Studio
13	14	15	16	17
Indigenous People's Day—CLOSED	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 2:30 Flu Clinic	9:00 Mens Group 10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
20	21	22	23	24
10:00 Qigong 12:30 Knitters 3:00 Talk with Public Health Nurse Judith Ryan, BSN RN	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 Pumpkin Decorating	10:00 Open House 12:00 Lunch* 12:30 Bridge	11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
27	28	29	30	31
10:00 Qigong 11:45 Acord 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch 1:00 Ping Pong	12:00 Lunch 12:30 Bridge	10:00 KevTech 11:00 Pickleball 1:00 Fit over 50 2:30 Halloween Party	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio

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 12:30pm

Join our bridge group on Wednesdays at 12:30 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.

Watercolor Art Class

ACORD Fridays at 11:00—12:00

Try something new! Reservations required.

Ping Pong Table

Tuesday at 1:00pm

Did you know we have a brand new ping pong table? Thank you to our **Friends Group** 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 (Oct. 2 & 16) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

Dan will be coming on October 15th 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, Bal- ance and Energize

with Margaret on Mon &
Weds at

10:30am Email:
blisspolarity@gmail.com

Exercise with Erin

Our first class is Mon Oct 6th
at 1pm. We will move to Tues
11am on Oct 14th, 21st and
28th. *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. Exercise.

Art

Acrylic Painting with Aleah - Aleah's next acrylic paint class is
Friday, **Oct 3 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,
Oct 15 & 22 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

Android & Apple help—bring your devices

Scott Yaffe from SeniorCare - Thursday, **Oct 16 from 10-12 pm**

Outdoor Bocce 2025

WCOA Tuesdays and Thursdays 9-11:30 am thru October

Tai Chi Class - DVD Class

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

Pickleball Weds 10 -12 pm Wenham Tea House Courts

Dementia Friends Intro Session Tuesday Oct 21 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



Caregiver LIVE Support Group

10 School St, Wenham

10:30am on 1st Weds of the month at
the Wenham COA. Lunch provided.

"Zoom" Support Group Mtgs
10:30am **every Tuesday**

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

•Walking Group

Weds 9 am

Pickleball Wed 9 am
at WVIS Courts @
Wenham Tea House

•Mahjongg

Fridays 1-4pm

Oct Lunches Noon "Grab n' Go"

Oct 1 Weds - Cold Chicken
Salad, Citrus Quinoa Salad
Carrot Slaw, Bread & Cookie

Oct 8 Weds - Hot dog and
Baked Beans, Cole slaw,
Cinnamon Apples

Oct 15 Weds - Beef Stew
with Celery, Carrots & On-
ions, Mashed potatoes,
Cornbread & Brownie

Oct 22 Weds - Pork with
Apples, Butternut Squash,
Roasted Brussel Sprouts &
Pumpkin Ginger Bread

Oct 29 Weds—Crab Cakes
with Tartar Sauce, Corn,
Salad & Peach cobbler



Many thanks to our amazing hor-
ticultural talent—Veronica John-
son and Helen Garrett for our
beautiful gardens.

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 October 2nd, 16th & 30th @ 10:00am

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

Men's Group

Thursday October 2nd and 16th

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

Coffee with a Cop Wednesday October 1st @ 9:30am

Join us for a cup of hot coffee on Wednesday October 1st at 9:30am with the Hamilton Police Department. RSVP required.

Taco Day

Tuesday, October 7th @ 12pm

Join us for a taco lunch to celebrate National Taco Day! Registration is required.

Cake Decorating Day October 10th @ 11am

We are partnering with the Sugar Connection Bake Shop to host a spooky cake decorating class! The fun starts at 11am, please be on time. Reservation required. \$10 donations requested.

Flu Clinic

Wednesday October 15th @ 2:30pm

It's that time of year again! Come by and get your flu shot from our Public Health nurse Judith Ryan (BSN, RN). Protect yourself as we approach the flu season.

Breast Cancer Awareness Talk

With Judith Ryan (BSN, RN)

Monday October 20th @ 3:00pm

Join us as we welcome Judith Ryan (BSN, RN) to talk about breast cancer awareness month. RSVP Required.

Pumpkin Decorating Tuesday October 21st @ 3pm

Join us to decorate your very own pumpkin to display for spooky season! Paint and tools will be provided. RSVP Required.

Halloween Party

Thursday October 30th @ 2:30pm

Celebrate Halloween and do the Monster Mash with us! Light refreshments will be provided. Wear a costume to be entered into a raffle! RSVP Required.

Open Enrollment

October 15th-December 7th

Medicare Open Enrollment officially starts on October 15th. Now is the time to check your prescription drug plans and make any changes that you feel necessary. Appointments will be limited this year to meet with our SHINE Counselor. We are asking that all those requesting appointments fill out the preform to determine if any changes will need to be made, or if an appointment is needed. The form can be found [here](#) or by calling the Senior Center.

Fuel Assistance

Fuel Assistance through Action, Inc in Gloucester will be opening for applications. Please call the Senior Center if you need help navigating the application process.

Fall Clean Up:

We are partnering with Gordon College for Fall Clean up. We are finalizing the details of the event -please call the Center for more information. 978-468-5595.



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Hamilton Council On Aging/Wenham Council on Aging 06-5386

Special Events - Wenham

Medicare 101 Discussion
Thursday Oct 9 11:00
Steve Silverthorn will be here for a talk on Medicare Basics will be covered and your questions will be answered

Acrylic Art with Aleah!
Friday, **Oct 3** from 3-5pm.
Try something new! Great teacher! \$10 pp

Caregiver Support Group
Wednesday, Oct 1 at 10:30am. Jenn Flynn of SeniorCare facilitates this group. Call 978-281-1750 for more information.

Low Vision Group
Monday, Oct 6th at 12 noon. Participants share ideas of new technology and assistance. *Lunch served.* Register at 978-468-5529

Do you love to sing?
Join us **Tuesday, Oct 7** 10-11 am. Songs from the 60's & 70's. Song sheets provided.

Jessie Palm, LICW
Monday, Oct 6th from 11:30am - 1pm
Jessie can help address issues specific to all aspects of social services, housing & social service advocacy.

Veteran's Coffee Tuesday, **Oct 14** at 10am. Come share time with this group of veterans and staff from Cape Ann Vet Services.

Watercolor Classes with Marion Rayner will be held on **Weds, Oct 15, 22** from 1-3pm. \$10 pp

Lunch & Linger –
Tuesday, Nov 25 at noon
The Community House.
Thanksgiving themed fun!
Hot catered meal and music. Sign up at WCOA, HCOA or The Community House. \$5 Donation

Cribbage & Rummikub group is having fun! Join us **Fridays at 11am - 12:30.** Please call or stop by if you're interested in playing or want to learn how to play these games.

Senior Scribblers
Thurs 2-4 pm. Oct 9, 23

WCOA's Writing Group
Barrie provides us 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
Tuesday, Oct 16
10-12pm with Scott Yaffe
meet to discuss issues people have with Android or Apple products including laptops & tablets. Please bring your devices. He will answer individual questions and help with any issues.



Great news! Our new Administrative Assistant, **Stephanie Kassabian**, is also our SHINE counselor. Stephanie will be here at WCOA from 9am - 1pm Monday through Friday. She is in charge of scheduling all Wenham COA Van rides, working together with our drivers—Bob, Barry and John. She will schedule SHINE appointment for the afternoons.

If you would like to review your current Medicare plan and prescription drug prices to make sure you have the best plan for you, call Stephanie's dedicated SHINE phone at 978-701-8115 or email her skassabian@agespan.org to make an appointment.

FREE Health Insurance Information, Counseling & Assistance for those already with Medicare or people who are turning 65 and enrolling in Medicare. **Open Enrollment runs from Oct 15th - Dec 7th.**

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 residents call **Theresa** (978) 468-5595

Wenham residents call SHINE phone number, 978--701-8115 to make an appointment with **Stephanie Kassabian**.

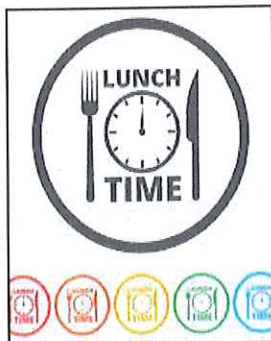
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website actioninc.org

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

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.



Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham** date is Oct 20 9:15-11:00am (978) 468-5534. Dr. VanEss is coming to **Hamilton** TBD Call today for an appointment. (978) 468-5595

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

SAVVY CAREGIVER

Free 6 WEEK Caregiver Training Workshop is being held at WCOA Fridays until Oct 24 9-11am. To do this work caregivers need special skills. Learn to take control and set goals, communicate more effectively, feel better, and strengthen family resources! Call Abby Considine at 978-281-1750 ext. 581 email Abby abby.considine@seniorcareinc.org to learn about the next class.

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.

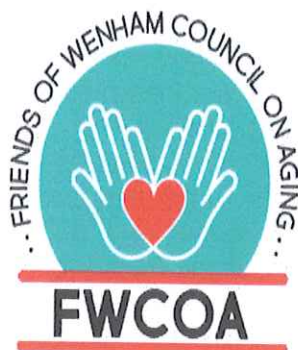
Senior Care Medical Transportation Program – (978) 281-1750 ext. 573

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 speak to **Stephanie** 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 mahjonn, 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

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Notes from Outreach, Veterans & State

I was just thinking...

about the comment Morgan Freeman made after hurricane Katrina ravaged the Gulf Coast. He said, "the rebuilding of the soul is the most important project ahead for the people of the Gulf Coast and the nation." Of all the cities in our nation New Orleans is the place where the soul is embedded in the culture. It is here where jazz, blues and gospel music co-mingle easily. The redemptive sounds of gospel, the improvisational nature of jazz, and the plaintive murmurings of blues are heard in sanctuaries and dance halls throughout the city. These sounds are known as the "music of the soul."

However, the roar of the hurricane and the eerie silence that followed muted the music. Bruised and battered by ignorance and arrogance, by the raw power of natural forces and human indecision, the people of the Gulf Coast were deeply wounded. For Freeman the desperate need for healing, mending and rebuilding was obvious. The communities of New Orleans, Pass Christian and Biloxi continue to rebuild their economy, mend their society and seek healing from the wounds of deprivation and death. The story of Katrina, while specific to the Gulf Coast, provides hope for all whose strength of body and stamina of soul is ravaged by powerful external forces. Freeman hints that building homes, mending hearts, and making music is linked strongly to "rebuilding the soul" of a person, family, community and nation. I wonder ...

I wish you well and bid you peace. **Dean W. Pedersen CAPTAIN USN RET**

Fuel Assistance Guidelines:

Eligibility for the Low-Income Home Energy Assistance Program (LIHEAP) is based on several factors, including your household size and combined gross annual income. If your total household income falls within the state's guidelines (see chart), we may be able to help pay your heating bills during the winter months.

To qualify for LIHEAP through Action Inc., you must live in one of the following cities or towns: *Gloucester, Essex, Ipswich, Hamilton, Manchester, Rockport, or Wenham.*

Please visit ActionInc.org for the application process.

People in Household	Yearly household Income Limit
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573



Community Resources

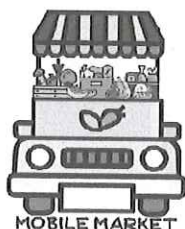
ACORD Food Pantry is OPEN

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

October 27th



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 Sept 8 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 **Mon Oct 20**. Call 978-468-5534 to make your reservation. **HCOA** TBD 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.



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Hamilton Council On Aging/Wenham Council on Aging 06-5386

October Preliminary Menu – 2025

Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
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	1 Yom Kippur – Cold Chicken Salad ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2 pc MG bread 1pc Cookie	2 Yom Kippur 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc WW bread 1pc Fresh Fruit - Orange	3 Breaded Fish Mixed Veg Mashed Potato 1 pc Rye Bread Chilled Pineapple Tartar Sauce
6 Two Compartment 3 oz Grilled Chicken 2oz Lemon Pepper Sauce 1 cup Tuscan White Bean Pasta* (tomatoes, spinach, garlic) 1pc Cookie 1pc MG Bread	7 Shepard's Pie 3oz beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit ½ cup canned Fruit	8 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Cinamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	9 Fish Sandwich 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Cheesy Cauliflower 1pc WW Burger Bun 1pc Tartar Sauce ½ cup Chocolate Pudding No Margarine	10 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend 1 pc Oat Bread ½ cup Mandarins 1pc Parmesan
13 No Meals Indigenous Peoples' Day	14 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Beets 1 slice Vienna Bread ½ cup Mandarins	15 Two Compartment 10oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Cornbread 1pc Brownie	16 Two Compartment 3oz Ravioli 4 oz Turkey Bolognese ½ c Broccoli 1 pc WW Garlic Roll 1pc Fresh Fruit 1pc parmesan	17 1pc Cheese Omelet 1pc Turkey Sausage 1pc Creamy Polenta ½ cup Green Beans & Tomato 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup
20 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce (cong)	21 Lemon Garlic Fish ½ cup Corn ½ cup Creamed Spinach 1pc Oat Bread ½ cup Gelatin	23 Special: Two Compartment 3oz Pork with 2oz Apples ½ cup Mashed Butternut Squash ½ cup Roasted Brussels Sprouts 1pc Pumpkin Gingerbread 1pc Garlic Roll	24 Meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables 1pc Vienna Bread 1pc Fresh Fruit	25 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Broccoli 1pc WW Bread ½ cup 1pc Parmesan cheese
27 Two Compartment Beef Fajita 3oz Fajita Seasoned Sliced Beef 4oz Red & Green Peppers & Onions ½ cup Rice and Black Beans 1pc Tortilla ½ cup canned fruit 1pc Sour Cream No Margarine	28 Two Compartment Cold: 7oz Turkey Waldorf Salad (turkey, celery, grapes, mayo) ½ cup Vinaigrette Pasta Salad ½ Pita Bread 1pc Yogurt 1pc Juice 1pc Fresh Orange	29 1pc Crab Cake Congregate: 1oz Re-moulade Sc. ½ cup Chuckwagon Corn ½ cup Peach Cobbler 1pm WW Roll ½ cup Tomato & Cuke Salad 1pc tartar sauce (HDM)	30 Two Compartment Coq au Vin 3oz Chicken Strips 4oz Wine Sauce with bacon, onions, herbs, onions, carrots & Mushrooms) ½ cup Steamed Potatoes 1pc Oat Bread	31 8oz Butternut Squash Macaroni and Cheese ½ cup Peas 1pc MG Bread ½ cup Pineapple 1pc Chocolate Candy (no nuts)

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.



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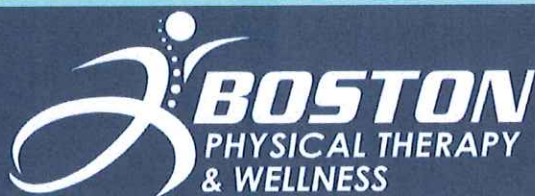
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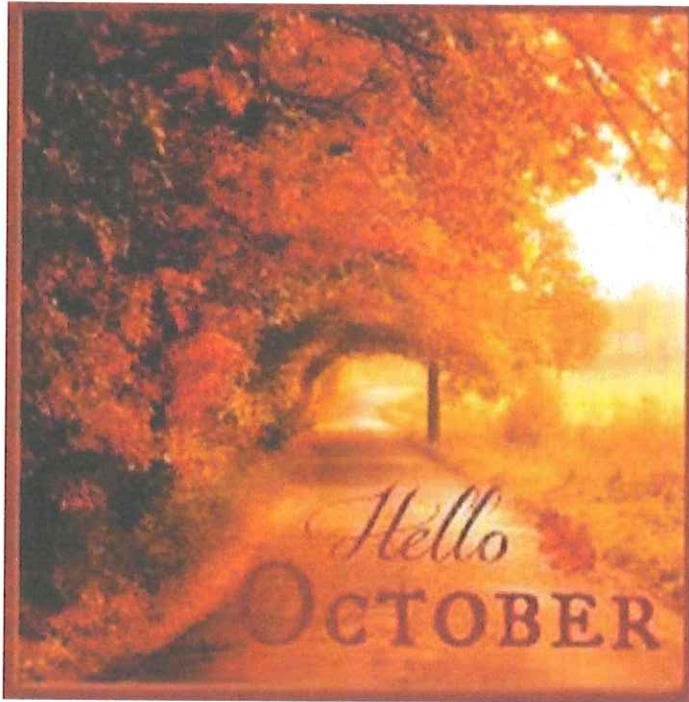


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