

# Monthly newsletter of the Hamilton & Wenham COAs

## H-W Senior Life September 2025

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-468-5595

Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534



Please join us for the **Dedication of Cathie Tomasello's bench**, on Thursday September 4 at 11:30 am with lunch following at the Wenham COA. We will gather and remember Cathie, her contributions here and her commitment to helping seniors.

Our next **Lunch & Linger** at The Community House will be **Tuesday, September 9 at noon**. We will enjoy a hot catered meal followed by a fun-filled game of Trivia with prizes! Sign up at WCOA, HCOA or The Community House. \$5 donation. Supported by Ledgewood in Beverly. For all Hamilton and Wenham seniors.

**The Savvy Caregiver Class** will be offered at Wenham COA on Friday mornings 9:00 to 11:00 starting September 12 and ending October 17. In this class you will become better equipped to care for a loved one who is living with dementia. Caregivers will gain new knowledge, learn specialized skills and develop a positive attitude towards this challenging work. To register call Abby Considine 978-281-1750 ext 581. Or email her at [abby.considine@seniorcareinc.org](mailto:abby.considine@seniorcareinc.org).

Having problems with your **Android** phone? Scott Yaffe is our new tech person from SeniorCare and we're excited to have someone well versed in dealing with problems with all makers of smartphone technology on Thursday, Sept 18, 10-12pm. Paul will continue to work one-on-one with you and your **Apple iPhone**. Next date for Paul is Sept. 23 at 10am & 11am. He has been a wonderful instructor for those using iPhones, iPads and laptops. We have decided to host discussions on three subjects of interest on Tuesdays at 2:30pm on Sept 16, 23 & 30  
Jim & Jeanne

### Happy Fall!

We've made it through the worst of the heat (almost!) and are looking forward to the cooler days ahead. Hannah and I have been busy planning events well into the winter months—though there's always room to add activities you'd like to see! Stay tuned for some fun things coming up.

This month, we're partnering with **Parks and Recreation** for **Grandparents Day** on **September 15**. We're also bringing back **School Pictures**—stop by and have your photo taken! Goofy, funny, or serious—the choice is yours. Plus, we're teaming up with **HoneyComb** to celebrate **National Iced Coffee Day** with some delicious coffee we can't wait to share.

As many of you know, the cost of living has gone up. We currently mail out about **1,500 newsletters each month**, and the cost has increased by **\$125** just in the past month. If you're willing to read the newsletter online or pick up a copy in person, please let us know—every bit helps in keeping costs down. We truly appreciate your support!

Another change you might have noticed is our **new intake forms**. While updating our system, we realized many resident records are incomplete—sometimes just a name and not much else. In the coming weeks, we'll be sending out forms asking for your **name, address, emergency contact**, and any other information you'd like us to have. This information is **strictly for our database** so we can better serve you. If you're nearby, we'd love for you to stop in and fill out the form in person.

Thank you for understanding our need to update our records, and thank you for being part of our community. Here's to a cozy and fun fall season! Warmly, **Theresa & Hannah**

# Wenham Calendar - September

MON	TUES	WED	THURS	FRI
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>LABOR DAY HOLIDAY</b>	9-11:30 Bocce 10am - Sing for Fun 1pm - Tai Chi	9:00am Walking 9-11 - Pickleball at Tea House Courts 10:30am-12pm Caregiver Support 10:30 Chair Yoga	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 11:30am <u><b>Dedication of the bench for Cathy Tomasello</b></u>	10:00 Book delivery 11am- Cribbage & Games 11am- Cribbage & Games 1-4 pm Mahjongg
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:30am Chair Yoga Zoom w/Margaret 11:30-1pm Social Worker Office Hrs 1:30 Exercise w/ Erin	9-11:30 Bocce 9:00 Wenham Vet Comm Meeting 10:00 Vet Coffee w/ Vee from Cape Ann Vet <b>12 Lunch &amp; Linger</b> 1pm - Tai Chi	9:00am Walking 9-11 - Pickleball 9:15am-10:30am Caregiver Support 10:30 Chair Yoga 12 -Grab&Go Lunch 1-3pm Watercolor	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 2pm - Senior Scribblers	9-11am <b>Savvy Caregiver Class</b> 10:00am - FREE Library Book Delivery 12:30-3:00pm Mahjongg 3-5 Acrylics w Aleah
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:30am Chair Yoga -Zoom 11:45-12:30pm ACORD Mobile Mart 12 - 1pm Low Vision Group 1:30 Exercise w/ Erin	9-11:30 Bocce 10:00 Dementia Friends Intro 1pm - Tai Chi 2:30 Discussion: Topic: <b>AI</b>	9:00 Walking Club 9-11 - Pickleball 9:15—10:30 YANA 10:30 Chair Yoga (Zoom every week) 12 -Grab&Go Lunch	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 10-11am iPhone & iPad Class with SeniorCare Tech Scott Yaffe	9-11am <b>Savvy Caregiver Class</b> 10:00am - FREE Library Book Delivery 11am- Cribbage & Games 1-4 pm Mahjongg
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:30am Chair Yoga Zoom w/Margaret 1:30 Exercise w/ Erin	9-11:30 Bocce 1pm - Tai Chi for Balance 2:30 Discussion: Topic: <b>Reiki</b>	9:00 Walking Club 9-11 - Pickleball 9:15am-10:30am Caregiver Support 10:30 Chair Yoga (Zoom every week) 12 -Grab&Go Lunch 1-3pm Watercolor	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 2pm - Senior Scribblers	9-11am <b>Savvy Caregiver Class</b> 10:00am - FREE Library Book Delivery 11am- Cribbage & Games 1-4 pm Mahjongg
<b>29</b>	<b>30</b>			
10:30am Chair Yoga Zoom w/Margaret 1:30 Exercise w/ Erin	9-11:30 Bocce 1pm - Tai Chi 2:30 Discussion Topic: <b>Character Play Reading</b>			

# Hamilton Calendar – September

MON	TUES	WED	THURS	FRI
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Closed for Labor Day	9:00 Yoga 10:15 Balance Class 12:00 Lunch * 12:30 Needle workers 1:00 Ping Pong	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 11:30 Cheese Pizza 12:30 Art Studio
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Qigong 11:45 Acord 12:30 Knitters	9:00 Yoga 10:15 Balance Class 12:00 Lunch * 12:00 Lunch and Linger 12:30 Needle workers 1:00 Ping Pong	10:00 Crafts w Barbara 12:00 Lunch* 12:30 Bridge	10:00 Hummingbird Talk 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
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Qigong 11:45 Acord 12:00 Lunch and Learn-Strong Bones 12:30 Knitters 3:30: Grandparents Day	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 Healthy Living w. Judith Ryan PHN	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	9:00 Mens Group 10:30 Picture Day 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 11:00 Art Class 12:30 Art Studio
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Qigong 11:45 Acord 12:00 Lunch with Friends 12:30 Knitters 3:00: Service Dog Presentation	9:00 Yoga 10:15 Balance 12:00 Baked Potato Day 12:30 Needle worker 1:00 Ping Pong 3:00 Voter Registration Day	10:00 Open House 12:00 Lunch* 12:30 Bridge	10:00 Journaling Day 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 11:00 Art Class 12:30 Art Studio
<b>29</b>	<b>30</b>			
10:00 Qigong 12:30 Knitters 3:00 Scrapbooking Day Ice Coffee Day	9:00 Yoga 10:15 Balance 12:00 Lunch Flu Clinic			

# 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.

## Lego Club

4th Tuesday of the Month @ 3:00pm

Join us as we start a Lego club at the center. We supply the Legos for you to build your creations. They will be on display for the month.

## 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 (Sept 4 & 18) at 9:00am for a men's group. We will be offering coffee and pastries.

## Dan Tremblay

Dan will be coming on Sept 17 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

**Dedication for**  
**Cathie Tomasello's Bench**  
**Thurs, Sept 4 at 11:30 am**  
 We will remember Cathie and the gifts she brought to all of us at WCOA as our Administrative Assistant for twelve years. A beautiful bench has been purchased from donations given in her memory. Please join us for this special occasion.

*Lunch following*

## Art

**Acrylic Painting with Aleah** - Aleah's next acrylic paint class is Friday, **Sept 12 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, **Sept 10 & 24 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, **Sept 18 from 10-12 pm**

## Outdoor Bocce 2025

WCOA Tuesdays and Thursdays 9-11:30 am

Tai Chi Class - DVD Class

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

Pickleball Weds 9 -11 am Wenham Tea House Courts

## Dementia Friends Intro Session

**Tuesday Sept 16 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**  
**Courts**

•Mahjongg  
**Fridays 1-4pm**

## Exercise with Erin

Each **Monday** - Back to the former **Date and Time**.

1:30 - 2:30 pm. *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 tiable improvement for participants!

## Sept Lunches

**Noon "Grab n' Go"**

**Sept 3 Weds** - Egg Salad, Garden Salad, Tabouli, Yogurt, Vienna Bread, Juice

**Sept 10 Weds** - Hot dog, Baked Beans, Cinnamon apples, Coleslaw

**Sept 17 Weds** - *Special:* Chicken Hawaiian, Grilled Chicken topped with Pineapple & Peppers, Island style Fried Rice, Warm Strawberry Rhubarb, Garden Salad, Dinner Roll

**Sept 24 Weds** - Tuna Salad, Three Bean Salad, Garden Salad, Canned Fruit

# 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 September 4th @ 10:00am**  
Information covered will be Safari, Google and ChatGPT RSVP required. Sign up today.

## Men's Group

**Thursday September 4th and 18th**  
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

## Lunch with Friends

**Monday September 15th @ 12:00pm**

Join us for lunch with friends on Monday September 15th. We will welcome Spectrum to talk about Strong Bones. Registration required.

## New Art Classes

**Fridays from 11:00-12:00**

Please join us for Watercolor classes on Fridays, from 11 -12 noon now starting on Friday September 5th. Reservations required.

## Healthy Living:

**September 16th, 2025 @ 3:00pm**

Join us as we welcome Judith Ryan, PHN to talk about Healthy Living. We will have goodies. Registration is required.

## Picture Day:

**Thursday September 18th @ 10:30am**

Its back to school time and all the kiddos are getting their school pictures taken. We have decided that we are joining the fun!! Stop by and smile. Take home a fun, goofy or serious picture the choice is yours!

## Grandparents Day

**September 15th @ 3:30pm**

We are partnering with the Park and Recs department to bring you Grandparents Day. Stop by with your littles, or by yourself. We will have arts and crafts, goodies and pictures to be taken. The fun starts at 3:30. We cant wait to see you!! Reservation required.

## Service Dogs

**Monday September 22nd, 2025 @ 3:00pm**

Pets and People Foundation will be bringing two puppies, Aston and Hootie. Pets & People offers pet-assisted therapy visits to people who could use some healing joy in their days. Our carefully tested and certified therapy teams can be found at nursing homes, assisted living homes, special needs facilities, schools, libraries and hospitals and many other places.

## Baked Potato Bar

**Tuesday September 23rd @ 12:00pm**

Join us for our fall Baked Potato Bar. Stop by for all the fixens. Registration is required.

## Voter Registration Day

**Tuesday September 23rd @ 3:00**  
Join us as we welcome Carin Kale to talk about the importance of registering to vote. RSVP Required

## Journaling Day

**September 25 @ 10:00am**

Stop by for self guided journaling. We will have notebooks and some starter questions. Take them with you or sit and journal in the quiet.

## Ice Coffee Day:

**September 29th, 2025**

Honeycomb Bakery will be stopping by with Ice Coffee and the fixings. Join us for a nice fresh cup of ice coffee.

# Notes from Outreach, Veterans & State

## *I was just thinking...*

about the difference a day can make in our lives. In 1944 my 28-year old father was drafted into the Navy and sent to a ship repair facility in the Philippines, 200 miles southwest of Manila. In 1945 my pregnant mother and I moved from Connecticut to Wisconsin to live with my grandparents. Our routines and patterns were affected by these abrupt changes. The thousands of miles that separated my parents was bridged when my father received a message from The American Red Cross that my brother was born on August 4<sup>th</sup>. Two days later the atomic bomb was dropped on Hiroshima, Japan. The world trembled as death, devastation and destruction enveloped Japan and her people. I can only imagine what my parents were thinking as they read this devastating news. Life for civilians and military personnel who were downwind from the nuclear cloud changed dramatically. The power of the blast eclipsed any glimpses of hope and lengthened the shadows of fear and chaos. Yet, people embraced one another and cherished each day as a gift. I wonder, is it the day that makes the difference, or is it how we live in and through a day laden with uncertainty and dread that makes the difference? I wish you well and bid you peace.

Dean W. Pedersen CAPTAIN USN RET

**Hamilton in the news:** The Town of Hamilton is pleased to announce that longtime resident David Wanger is volunteering to assist residents who have questions/concerns/need assistance through regular open office hours each Wednesday from 11:00 am—12:00 pm at the Senior Center. These sessions are designed to help residents better understand how the town operates and find the assistance and support they need to get their problems or concerns addressed.

Office hours will take place from 11 A.M. to 12 P.M. at the Senior Center 299 Bay Road. For more information, please contact the Hamilton Town Hall at 978-626-5202.

## **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 978-468-5595 for an appointment.**

# 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](mailto:acord.director@gmail.com) or phone 978-468-7424

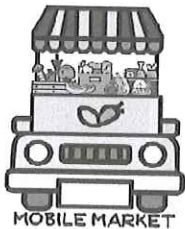
## Mobile Market

2nd and 4th Mondays

Sept 8 and 22

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](http://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** 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.

# 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 Jim 978-468-5529 to make an appointment w/ Stephanie Kassabian.

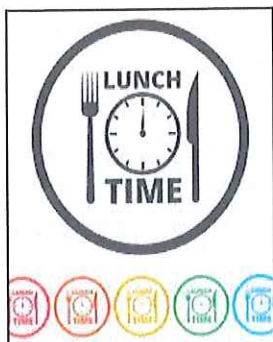
**Action, Inc.** may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website [actioninc.org](http://actioninc.org)

**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](http://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 TBD 9:15-11:00am (978) 468-5534. Dr. VanEss is coming to **Hamilton** 9/17 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 ADRD** Caregiver Training Workshop held at WCOA Fridays Sept 12-Oct 17 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! To register: call Abby Considine at 978-281-1750 ext. 581 email Abby [abby.considine@seniorcareinc.org](mailto:abby.considine@seniorcareinc.org)

**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 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

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.



Visit [ipicommunities.com](http://ipicommunities.com)

## Get help with your heating bills!

Thousands of Cape Ann seniors receive Fuel Assistance each year.  
**Are YOU eligible?**

**CONTACT US TODAY!**  
**978-281-3900**  
**actioninc.org**

**ACTION INC.**  
180 Main Street, Gloucester

**ACTION INC. HOME ENERGY ASSISTANCE PROGRAM**



Supporting the  
Aging Community  
of the North Shore

Everyone deserves to age with  
grace & dignity in their own home

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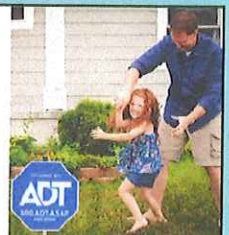
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# Special Events - Wenham

## **Acrylic Art with Aleah!**

Friday, **Sept 12** from 3-5pm. Try something new! Great teacher! \$10 pp

## **Caregiver Support Group**

We meet on Wednesday, **Sept 3rd** at 10:30am. Jenn Flynn facilitates this group. 978-281-1750 for more information.

## **Low Vision Group**

Monday, **Sept 8th** at 12 noon. Participants share ideas of new technology and assistance. *Lunch served.* Register at 978-468-5529

## **Jessie Palm, LICW**

Monday, **Sept 8th** from 11:30am - 1pm  
Jessie can help address issues specific to all aspects of social services, housing & social service advocacy.

## **SHINE**

Our SHINE counselor is Stephanie Kassabian. If you have questions about your application for Medicare as you turn 65. Call us 3 months in advance of your birthday and make an appointment by contacting me at 978-468-5529. Meet in person or if preferred by telephone.

**Veteran's Coffee** Tuesday, **Sept 9** 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, **Sept 10 & 24** from 1-3pm. \$10 pp

## **Do you love to Sing?**

Join us Tuesday, **Sept 2** 10-11 am. Songs from the 60's & 70's. Song sheets provided.

## **Lunch & Linger –**

Tuesday, **Sept 9** at noon  
The Community House. Hot catered meal followed by Trivia fun! Sign up at WCOA. HCOA or The Community House. \$5 Donation

## **Cribbage & Rummikub**

group is having fun! Join us **Fridays** at 11am - 12:45. Please call and sign up if you're interested. We enjoy introducing new games for anyone interested in taking the lead with a new game.

## **Senior Scribblers**

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](mailto:essexarrow@aol.com)  
Thurs 2-4 pm dates TBD

## **Savvy Caregiver Class**

with Abby Considine  
Fridays 9-11 am at WCOA  
**Sept 12 to Oct 17**

This class has helped many caregivers learn how to help their loved ones with dementia. Special

skills are needed and there are so many resources to help. Call Abby 978-281-1750 ext.581 to register or email: [abby.considine@seniorcareinc.com](mailto:abby.considine@seniorcareinc.com).

## **Tech Help at WCOA**

Thursday, **Sept 18** 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.

## **Matter of Balance Class**

Wed 9:30-11:30 am  
Rose Baker Senior Center  
August 20th to Oct 8th  
Many older adults experience concerns about falling and restrict their activities. This award winning 8-week program hosted by Abby Considine through Senior Care is designed to help manage falls and increase activity levels. Anyone interested in improving balance, flexibility and strength should attend. Learn to view falls as controllable. Call Abby at 978-281-1750 ext. 581

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# September Preliminary Menu – 2025

## Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Labor Day No Meals Served</b>	<b>2</b> 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	<b>3 COLD:</b> 3oz Egg Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dressing 1pc Juice (no milk) <b>No Margarine</b>	<b>4</b> 3oz Pulled Pork 2oz BBQ sauce ½ cup Roasted Sweet Potatoes ½ cup Sautéed Collard Greens 1pc Burger Bun ½ cup Applesauce <b>No Margarine</b>	<b>5</b> 1pc Crab Cake <b>Congregate: 1oz Remoulade Sc.</b> ½ cup Yellow Rice & Black Beans ½ cup Peach Cobbler 1 slice Oat Bread ½ cup Tomato & Cuke Salad 1pc tarter sauce (HDM)
<b>8</b> 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)	<b>9 Two Compartment</b> 1 pc Lasagna 4 oz Marinara ½ cup Riviera Blend Veg 1pc Garlic Roll 1pc Cookie 1 pkt Parmesan cheese	<b>10</b> Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish <b>No Margarine</b>	<b>11 COLD:</b> 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips <b>Congregate: Butternut Soup to replace Potato Chips</b> ½ cup Garden Salad 2 slices MG Bread 1 pkt Mustard 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) <b>No Margarine</b>	<b>12 Staff Appreciation Ag-eSpan – No meals</b> 3oz Grilled Chicken 2oz Piccata sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc WW Bread ½ cup chocolate pudding
<b>15</b> 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup <b>No Margarine</b>	<b>16</b> 4oz Potato Crunch Fish ½ cup Chuckwagon Corn ½ cup Mashed Potatoes 1pc Dinner Roll ½ cup Canned Fruit 1pc tartar sauce <b>No Margarine</b>	<b>17 Special:</b> 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	<b>18 Cold: Two Compartment</b> 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	<b>19 Two Compartment</b> 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 <b>No Cookie</b>
<b>22 Rosh Hashanah</b> <b>Two Compartment</b> 1pc Grilled Chicken 4oz Greek Sauce (spinach, peppers, feta, olives) over ½ cup Risotto 1pc MG Bread ½ canned Fruit	<b>23 Rosh Hashanah</b> 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	<b>24 Rosh Hashanah</b> <b>COLD:</b> 3oz Tuna Salad ½ cup Three Bean Salad <b>Congregate: Vegetable Bean soup instead of 3 bean salad</b> ½ cup Garden Salad 2 slices Wheat Bread 1pc Menu Magic Dressing ½ cup canned Fruit <b>No Margarine</b>	<b>25 Birthday</b> <b>Two Compartment</b> 1 1oz American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll <b>1pc cupcake</b>	<b>26</b> 1pc Pork Sausage (Bianca) 2oz Peppers and Onions ½ cup Tater Tots 1/2 cup Roasted Butternut 1pc Hot Dog Bun 1pc Fresh Fruit <b>No Margarine</b>
<b>29 Smothered Pork</b> 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll ½ cup Applesauce	<b>30 Two Compartment</b> <b>Pasta &amp; Meatballs</b> 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.



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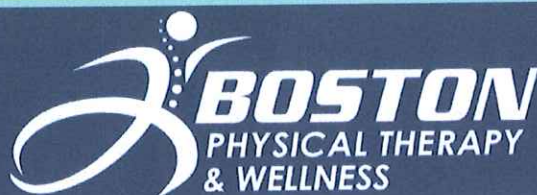
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