

Hamilton Hamlet & The Wenhamite

Monthly newsletter of the Hamilton & Wenham COAs

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

Happy December!
We have received a lot of great feedback regarding our new newsletter! Thank you to everyone who has called in, emailed, and shared on Facebook. It has been helpful to us.

Jim and I want to clarify a couple of things. We changed newsletter publishers for several reasons. The number one reason was to save costs for both towns. Currently, there is no cost to the towns to have the newsletter printed. Under our old newsletter there was a cost to have the newsletter printed and delivered to our sites. Having the newsletter in color is an added bonus.

The reason we are doing a “combined”

newsletter is because of the size of both centers and the amount of the newsletters that we need. Because there is no cost to us they do require us to have a minimum-in order to meet that minimum we needed the numbers from both towns-hence a combined newsletter. This does not mean Hamilton and Wenham are merging Senior Centers. Rather we are collaborating together to offer a wide variety of activities and options to residents in both towns.

Please continue to provide the feedback and let us know what you like or don't like. We look forward to hearing from you. Theresa & Jim

DECEMBER 2022

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Happy Holidays

Hamilton COA Weekly Events

Men's Group

Join us on the first and third Thursday of the month (December 1st & December 15th) at 9:00am for a men's group. We will be offering coffee and pastries.

COA Needleworkers

Tuesdays 12:30-3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project with others who like to make things. Lots of help and friendship available. This is a drop-in group so come for all or part of the time.

Quilters Group:

Thursdays 9:00 am– 12:00pm

Bring your sewing machine and your latest project and join them in quilting. We have machines to use if needed.

Knitters

Monday 1:00pm – 3:00pm

Stop by on Monday from 1:00 pm-3:00pm and join our knitting group. Bring a project you have been working on or start a new project. Beginner or pro, it doesn't matter-knitting with friends is the goal.

Yoga

Tuesday 9:00 am-10:00am

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

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio will meet on Fridays. No experience necessary. Bring your own materials in any medium. Let's just get together to be creative with a supportive community. This is a drop-in open studio, so come when you can. Any questions please call 978-468-5595

Hamilton Duplicate Bridge

Wednesdays 1:00 pm

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 1:00 pm. Many neighboring towns are represented in this group.

We welcome newcomers and those bridge players who have been away from the game for several months. Call Bob Bonazoli at 978-468-1963.

Pickleball

We have moved indoors for the Winter!!! Same day (Thursdays) different time-we are starting an half hour earlier (11:00). We will be meeting in the Park and Recreation building every Thursday! All experience levels welcome! All equipment is provided! Stop by and play today.

Fit over 50 Fitness Classes!

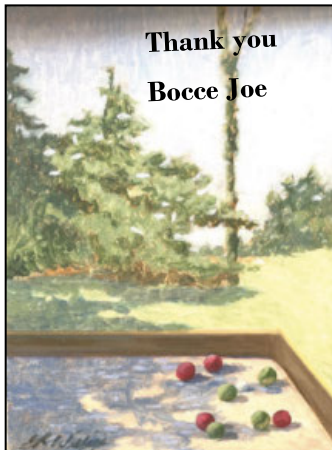
Thursdays 10:00 am

Stop in for a fun fitness program with personal trainer, Erin Brady
First Class is free, after that \$5 per class

Bridge Lessons

Interested in learning bridge: Stop by on Fridays starting at 10:00 to learn the game. No experience necessary.

Wenham COA Weekly Events



Top Awards to two people who took home the **Above and Beyond Award** - Many thanks to Gary Bert and his wife Helen Garrett and Joe Scuderi!

Art Classes

TWO* Water Color Art Classes with Marion Rayner - Weds, Dec 7th and Dec 14th from 1–3 pm. Marion Rayner comes to teach us “in-person” about painting with watercolors. Supplies included for this 2 hour class. We start promptly at 1pm. Come one and all. Call 468-5534 to sign up. \$10/pp

Acrylic Paint Day - We have a new acrylic paint class at the Wenham COA on Weds, Dec 21st from 1 – 3pm. We have a local art enthusiast running this class and plan to have these fun classes a la *paintnite* style, minus the wine, which follows the lead of our resident artist. Please sign up soon. \$10/pp

Virtual Yoga classes Mon & Weds at 10:30am *Breathe, Stretch, Balance and energize* with Margaret. Confirm by email: blisspolarity@gmail.com; Dianna has her Thurs yoga class at 9am and her other class for Parkinson’s or anyone with mobility challenges on Tuesday at 1:00pm. Contact Dianna for info on these classes at diannadaly@gmail.com or call me (978) 468-5529 with any questions on our exercise program.

December Lunches 12pm

Dec 1st Thurs

Lasagna w/Spinach Alfredo sauce, carrots & broccoli, oatmeal bread & fruit cup

Dec 8th Thurs (Root.org)

Seafood scampi—lobster, haddock & shrimp, Peas & asparagus, salad and cookie

Dec 15th Thurs Special

Beef Wellington w/ Garlic mashed potatoes, Mushroom cream sauce, carrots, peas & Parker roll & Berry cheesecake.

Dec 23rd Fri

Sliced turkey, gravy, Mashed potato. Green Beans, Cranberry sauce and Fresh Fruit

Dec 29th Thurs

Potato Pollack w/Tartar sauce, Brown Rice, Corn & Peppers, bread and Fruit Whip

For info on:

- **Walking Group**
Weds, 9am
- **Mahjonn**
Fri, 12:30pm
- **Pickleball**
H-W Rec Dept
Intermed. - Advanced
 - Mon_9am - 11am
 - Fri_9am - 11am**Begin. - Intermed**
 - Weds_9am - 11am
 - Thurs_12pm - 2pm

Call 978-468-2178

**SENIORCARE
CAREGIVER SUPPORT GROUPS**

Gloucester Caregiver Support Group
Temple Ahavat Achim
86 Middle St, Gloucester
10:30am on the last Wednesday of each month

Wenham Caregiver Support Group
Wenham Council on Aging
12 School St, Wenham
10:30am on the first Wednesday of each month
Lunch is provided

Online “Zoom” Caregiver Support Group
10:30am every Tuesday
Contact Susan.Doughty@seniorcareinc.org
to request invitation

*Caregivers are welcome to all group meetings
Regardless of where you live.*

Information:
978-281-1750
Susan.doughty@seniorcareinc.org

Special Events - Hamilton

Thursday Movies in **Hamilton** start at 1:00pm

December 1st: A Christmas Story

December 8th: Home Alone

December 15th: A Christmas Vacation

December 22nd: The Holiday

December 29th: TBD



Hamilton Birthday Party:

Join us on Monday December 12th at 2:30pm to celebrate Birthdays in December. Bring a friend and enjoy some cake and birthday trivia.

Holiday Seaglass Craft:

Join us on December 2nd starting at 11:00 as we make Crafts using Seaglass found on local beaches. All you need to do is come with your creative ideas. We supply the rest. We will have Seaglass, canvas boards and glue. RSVP today.

Kids Test Kitchen is coming back to the Center! Starting the

beginning of January we will partner with the Park and Recreation Department to offer intergenerational programming. Space will be limited for this program-if you are interested make sure to call today to get on the list for more information.

Pearl Harbor Day:

December 7th, 1941-81 years ago our country changed with the bombing of Pearl Harbor.

We will have a brief a movie to remember that day and then an open discussion. Join us at 2:30.

Special Events - Wenham



Saturday

12pm



Dec 17th



The fifth annual **WREATHS ACROSS AMERICA CEREMONY** takes place Saturday, December 17th 2022, 12:00pm. The Wenham Veterans Committee invites you to join other veterans, family members and friends for this special event. This year 510 wreaths will be placed on Veteran graves buried within Wenham Cemeteries. The opening ceremony begins at the Main Street Cemetery by the flag pole at 12 noon. Veterans representing branches of the Military will place Service Wreaths on memorial stands. All who attend will be divided up into teams with a Veteran Team Leader to assist in Wreath placement throughout the Cemetery. Please help us Remember, Honor, and Teach by sponsoring a wreath, volunteering, or inviting friends to help. (\$15 Wreath). Additional contributions are welcome to help ensure that all 510 veterans graves are recognized.

Checks payable to : Town of Wenham on Memo line write: WAA.

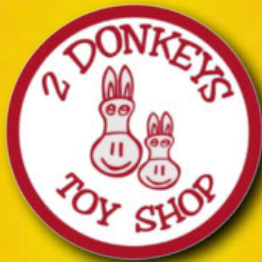
Checks can be mailed or dropped off at the Wenham Town Hall Treasurer/Collectors office or make a donation online at, www.wreathscrossamerica.org/MA0111.



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life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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Hamilton Council On Aging/Wenham Council on Aging

06-5386

Health & Wellness

SHINE Need help with Medicare? People who are 3 months shy of their 65th birthday, getting ready to retire and would like to discuss their Medicare benefits should call for an appointment.

Wenham residents are encouraged to call Jim (978) 468-5529 to request an appointment by phone. SHINE counselor, Marylou Fierro, is available hourly and we are booking up to 4 appointments at 10am, 11am, 12pm & 1pm on Monday December 5th and Wednesday December 7th.

Hamilton Residents are encouraged to call 978-468-5595 to schedule a SHINE appointment with Theresa.

Used Medical Equipment - Both Hamilton and Wenham COA's have used medical equipment such as commodes, rollators, shower chairs, and wheelchairs.

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:
978-281-1750



Podiatrist: Clinics with Dr. Gregory VanEss are held in **Wenham** every other month due to insurance purposes on January 9th 9:00am-12:00pm call 978-468-5534 for appt.



Senior Care has begun serving an "in person" lunch at the Hamilton Senior Center on **Wednesday and Thursday**. If you are interested in attending, you can check the menu at the Senior Center for congregate meals and reserve your place with Albie at 978-468-2616.



Blood Pressure Clinic

Clinic lead by Kelly Roller, RN. She will be back during our Birthday Party on December 12th starting at 2:30pm.

Wenham Transit

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

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

Monday thru Friday 8am - 4pm
9am— 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.

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 St, S. 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 of it 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 if you have any questions.



Mobile Market

First and Third Mondays, 12:30pm to 2pm December 5th & 19th

Join us on the first and third Monday of every month when 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, no paperwork to fill out (we just ask that you sign in so we can keep a count of how many are utilizing this service). Just stop by and grab what you need. Mobile market starts at 12:30 and runs through the afternoon. Bring your reusable bags.

Test Kits and KN95 Masks are available at both Hamilton and Wenham COA's. Just walk in and talk to staff to get either.

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

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. 9

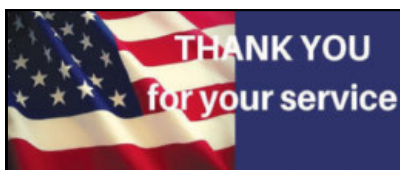
Hamilton Foundation was created to help meet unexpected, urgent, and short-term needs to Hamilton residents due to job loss, death, divorce, or catastrophic illness. It does not replace traditional governmental programs or social service organizations but helps people in ways that those programs cannot.

978-233-1816 (leave a message and someone will return your call.)

Dementia Friends: Our Dementia Friends Session is on hold for December. Check back in our January issue for when our next sessions will be offered.

Veteran's Committee of Wenham

Meets on the 2nd Tues of every month at the WCOA from 9 -10am. Coffee and pastries will be served at 10am. Veterans are invited to come and meet Cape Ann Veterans Services Director Adam Curcuru and other local veterans and learn about their benefits and opportunities.



Caregiver Support

On the first Wednesday of Nov there will be an In-Person Caregiver Support Group at 10:30 at the Wenham COA.

By phone or Zoom Call. These are every Tuesday. Time 10:30am. Your invite will come by email every week. No cost and confidential. Call SeniorCare 978-281-1750 ask for contact info to sign-up or call 978-468-5529.



Wenham Special Events & Calendar

The Great Courses

Every Thurs, starting Dec 8th at 10am. Topic : **Classic Novels Meeting the Challenge of Great Literature - 45 min video**

Singing with Fran Pierce

Tues., Dec 20th at 10am
Song sheets provided.
Holiday songs.



Xmas Open House Thurs,

Dec 15th 10:30am - Noon
Our favorite musician will lead us in all our favorite Christmas Carols.

Come join us and enjoy an assortment of baked goods, egg nog, pastries and other goodies.




Holiday Display Class

Weds. Nov 30, 1pm \$10pp
Call Jeanne or Cathy to sign up. 978-468-5534.

Limited to 12 participants

Senior Scribblers Mon, Dec 1 at 2pm. This writing group will work for novice and experienced writers.

Hone your skills. Topics are geared to life experience, issues of interest, and/or concern. Barrie Levine essexarow@aol.com

MON	TUES	WED	THURS	FRI
		Nov 30	1	2
		1—3 Centerpieces 	9:00am Yoga w/ Dianna 10 am Great Courses 2 - 4 pm Senior Scribblers	12:30 - 3:30pm Mahjongg
5	6	7	8	9
10-2 Shine* 10:30am Chair Yoga -Zoom w/Margaret	1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Caregiver Sup. 10:30am Chair Yoga Zoom W/ Margaret 1-3pm Watercolor Art	9:00am Yoga w/ Dianna 10 am Great Courses	12:30 - 3:30pm Mahjongg
12	13	14	15	16
10:30am Chair Yoga Zoom w/Margaret	10:00am Veterans Coffee 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/ Margaret 1-3pm Watercolor Art	9:00am Yoga 10:30 Holiday OPEN HOUSE - Baked goods, Egg Nog and singing carols w/Joe	12:30 - 3:30pm Mahjongg
19	20	21	22	23
10:30am Chair Yoga Zoom w/Margaret	10am Singing Group w/ Fran Pierce & Jeanne M. "Caroling" 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/Margaret 1 - 3pm Acrylic Art	9:00am Yoga w/ Dianna 10 am Great Courses	12:30 - 3:30pm Mahjongg
26	27	28	29	30
WCOA Closed	1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10am-1pm SHINE* 10:30am Chair Yoga Zoom W/ Margaret	9:00am Yoga w/ Dianna 10 am Great Courses	12:30 - 3:30pm Mahjongg
8	HAMILTON & WENHAM COUNCILS ON AGING		NOVEMBER 2022 NEWSLETTER	

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Hamilton Special Activities & Calendar

Colonial Christmas:

Join us on **Tuesday December 13th** as we welcome Dan Tremblay from **2:00-3:00pm**. The film Colonial Christmas will reflect what Christmas was like in New England in the 1700's, the Halifax Nova Scotia tree donated to Boston and a visit from Santa at the North Pole.

We will also Celebrate Hot Cocoa Bomb Day with Chocolate Bombs.

Winter Workshop with H-W Garden Club

December 8th @ 10:00am :

A day of creativity and camaraderie, this is one of HWGC's most popular workshops! Materials, container and plants supplied by the HWGC. This is a hands-on workshop. Together, you will create your own centerpiece in time for the holidays. Join us for a fun time! Bring clippers and gloves. Limited to 20 participants. Sign up at the COA.

Holiday Party

Join us on **December 20th** as we celebrate the holiday season at the Community House! The festivities will begin **at 1:00** and will include a holiday luncheon and entertainment. Our Holiday Luncheon is **hosted by the Friends of the Hamilton Council on Aging**. Space is limited. Tickets will be available with priority given to Hamilton residents and members of the Friends of the Hamilton COA. Sign up today!

MON	TUES	WED	THURS	FRI
			1	2
			9:00 Men's Group 9:00 Quilting Group 10: Fit over 50 12: Lunch 1:00 Movie	8:45 Tops 10: 00 Bridge Class 11: Seaglass Art 12:30 Art Studio
5	6	7	8	9
11:00 Albie Sing Along 12:30 Mobile Market 1:00 Knitters	9:00- Yoga 12:00 Grab N Go 12:30 Needleworkers 2:30 Cookie Decorating	10:30- Bingo 12:30 Bridge 12:00 Lunch 2:30 Pearl Harbor 4:30 Vax Clinic	9:00 Quilting Class 10:00 Garden Club 10: Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie	8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
12	13	14	15	16
1:00 Knitters 2:30 Birthday Party 2:30 Blood Pressure	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 2:00 Dan Tremblay Film	10:30 Crafts w/ Barbara 12 Lunch 12:30 Bridge 4:30 Vax Clinic	9:00 Men's Group 9:00 Quilting Class 10 Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie	8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
19	20	21	22	23
12:30 Mobile Market 1:00 Knitters	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 1:00pm Holiday Party	10:30 Open House 12: Lunch 12:30 Bridge 4:30 Vax Clinic	9:00 Quilting Class 10:00 Fit Over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie	8:45 Tops 12:30 Art Studio
26	27	28	29	30
Closed	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	10:30 Open House 12 Lunch 12:30 Bridge 4:30 Vax Clinic	9:00 Quilting Class 10:00 Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie	8:45 Tops 12:30 Art Studio

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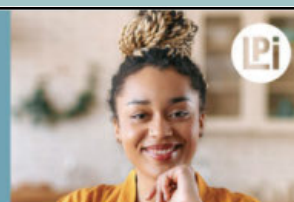


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twoodbury@hamiltonma.gov

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tmorris@hamiltonma.gov

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Penny Wingate, Secretary
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Catherine Minnetyan
Rosemary Kennedy
Laura Studley
Richard Hewett

299 Bay Road, Hamilton, Ma. 01982
978-468-5595

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Cathie Tomasello

Van Drivers:
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