

# Hamilton Hamlet & The Wenhamite

## Monthly newsletter of the Hamilton & Wenham COA

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



Left to Right: Director's Theresa Woodbury (Hamilton COA), Amy Beck (Hopkinton COA), Jim Reynolds (Wenham COA ), recent Dementia Friendly Communities - MCOA Annual Meeting

At the June MCOA Annual Meeting, Asst Secretary Carole Malone officially recognized the most recent communities including Hamilton & Wenham working to become dementia friendly. Across the Commonwealth, as of June - 86 communities were certified! This link <https://dfmassachusetts.org/steps/> will also take you to information about how a community can become recognized as working to become dementia friendly. Our three communities received their recognition certificates at the annual meeting. We will be presenting 2-3 times per month to educate and inform community groups, local businesses and other organizations about Alzheimer's Disease and other kinds of dementia, so people with dementia feel understood and welcome!

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# Hamilton COA Weekly Events

## Men's Group

Join us on the first and third Thursday of the month (November 3rd and 17th) at 9:00am for a men's group. We will be offering coffee and pastries. Meet with old friends and new friends to talk about current events, sports, the joys or woes of retirement, grandchildren and any other topics that come to mind.

## 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:

Thursday 9:00 am– 12:00pm

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

## Knitters Group

Monday 1:00pm – 3:00pm

Stop by on Monday from 1:00pm-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.

## 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.

## Yoga

Tuesdays 9:00am– 10:00am

Join us on Tuesdays from 9:00am-10:00am while Victoria Harriss leads us through an hour of yoga and relaxation. We ask for a donation of \$5.00 for each class. Class is ongoing.

## Fit over 50

## Fitness Classes are Back!

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

# Wenham COA Weekly Events

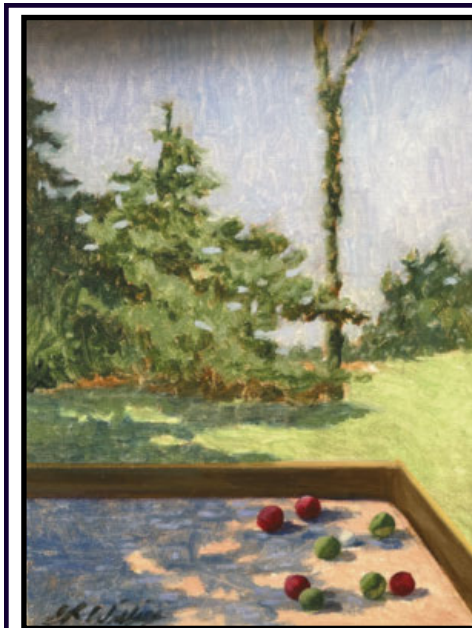


"Our Wenham mission is to advocate for Wenham senior citizens and to develop, implement and promote programs and services that support their independence, health and well-being. All senior residents of Wenham are invited to make use of our transportation services and participate in the scheduled activities and programs that have been developed in Wenham and surrounding communities for your enjoyment and benefit."

## Art Classes

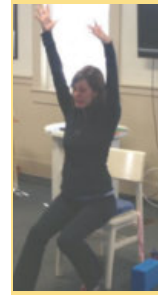
**TWO\* Water Color Art Classes with Marion Rayner** - Weds, Nov 2nd and Nov 16th from 1–3 pm. Marion Rayner comes to teach us "in-person" about painting with watercolors. Supplies included for this 2 hour class. We start promptly at 1pm. Come one and all. Call 468-5534 to sign up. \$10/pp

**Acrylic Paint Day** - We have a new acrylic paint class at the Wenham COA on Weds, Nov 9th 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



## For more info on:

- Walking Groups
  - Mahjonn
  - Great Courses
  - Pickleball
  - Bocce
- (978) 468-5529



**Virtual Yoga classes** Mon & Weds at 10:30am *Breathe, Stretch, Balance and energize* with Margaret.

Email her directly at [blisspolarity@gmail.com](mailto:blisspolarity@gmail.com) for the link; Dianna Daly has her Thurs yoga class at 9am and two other classes for Parkinson's or anyone with mobility challenges on Tuesday at 1:00pm. Contact Dianna for info on these classes at [diannadaly@gmail.com](mailto:diannadaly@gmail.com) or call me (978) 468-5529 with any questions on our exercise program.

## November Lunches 12pm

**Nov 2nd Weds** ([Root.org](http://Root.org))

Pork Cutlet Piccata, Polenta, Roasted veggies, Butter roll and Cannoli

**Nov 10th Thurs**

Egg salad, Potato salad, Three bean salad, Yogurt, Juice and Multi grain Bread & butter

**Nov 17th Thanksgiving Meal**

Roasted Turkey with gravy and whipped potatoes and squash, cranberry & pumpkin pie.

**Nov 30th Weds**

Meatloaf—Beef/turkey with gravy, Mashed potatoes, mixed vegetable and cookies



# Special Events-Hamilton

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

**November 3rd:** Willy Wonka and the Chocolate Factory

**November 10th:** TBD

**November 17th:** Rain Man

## **Hamilton Birthday Party:**

Join us on Monday November 28th at 2:30pm to celebrate Birthdays in November. Bring a friend and enjoy some cake and birthday trivia.

## **Medicare Open Enrollment:**

Do you have questions about Open Enrollment? Join me on

**Monday November 14th at 4:30pm** for Medicare 101.

## **Technology Help**

**Monday November 28th @4:00om**

Join the Poulo's, a local Hamilton family, for a monthly session on common technology issues we all face. From taking great pictures with your mobile device to protecting your privacy online, they'll cover a dedicated topic each month in an informal and informative session followed by general help offered for anything you're interested in learning more

about. Our first session in November will be dedicated to searching for and downloading apps, as well as tips on how to navigate the registration process many apps require.

David Poulo is the Systems Support Specialist at Shore Country Day School and Ruby Poulo is an eighth-grade student there. They look forward to meeting more people in our local community and having some fun banter and helping our local seniors increase their comfort with all things tech.

## Wenham Notes of Interest

*I was just thinking...*  
about the value of two minutes in the course of a day, but not any day. It is a day deeply embedded in the Armistice which ended WW I. When the Armistice was declared at 11 am on November 11, 1918, two minutes of silence was observed followed by the ringing of church bells. Shortly after the Armistice, President Woodrow Wilson signed a bill in 1919 that made Armistice Day a Federal Holiday. In 1954, Congress passed a bill that recognized all veterans past, present and future. As a result, the name was changed from Armistice Day to Veterans Day. Over time, Veterans Day became more a day for shopping and less a day to

remember our veterans. As in the past, we are invited to the Cheeseman Memorial in Pingree Park at 10:15 am and at The Veterans Memorial at 11:00 am, to pause and remember the veterans who preceded us and the 131 veterans who reside in Wenham. I wonder, what could happen if we, as a nation used two minutes each day to pause and remember?

Dean W Pedersen, Captain USN Ret. and Chairman of the Veterans Committee - Wenham

The Veterans Committee of Wenham meets on the 2nd Tues of every month at the WCOA at 10am. Coffee and pastries will be served.

## **MEDICARE OPEN ENROLLMENT:**

**October 15 - December 7**

Every year, you have an opportunity to review and make changes to your Medicare plans with a SHINE counselor. Our SHINE counselor, Marylou Fierro is offering this service by phone.

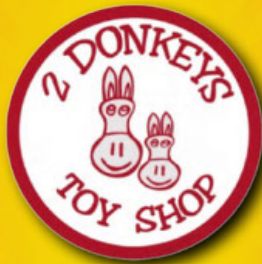
We will book up to 4 appts at 10am, 11am, 12pm & 1pm on each of the following days: Weds, Nov. 2 & 16; Mon, Nov. 21; and Weds, Nov. 30; Call me at the Wenham Senior Center at (978) 468-5529 to make an appointment with our SHINE counselor, Marylou Fierro who is awesome!



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When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2-3 months it actually works! It changed my

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 counsellor Marylou Fierro is available hourly and we are booking up to 4 appointments at 10am, 11am, 12pm & 1pm on Weds, Nov. 2 & 16; Mon, Nov. 21; and Weds, Nov. 30

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:



**Podiatrist:** Clinics with Dr. Gregory VanEss are held in **Wenham** every other month due to insurance purposes in Dec. - Date TBD.



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

Join us in Hamilton on Monday November 28th starting at 2:30 for a Blood Pressure Clinic lead by Kelly Roller, RN. She will be back again during our Birthday Party on October 24th starting at 2:30pm.

## Wenham Transit

Call 978-468-5534  
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## 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](mailto:acord.director@gmail.com) or phone 978-468-7424 if you have any questions.



## Mobile Market

**First and Third Monday, 12:30pm to 2pm**

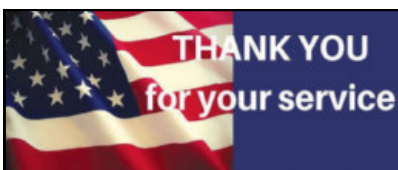
Join us on the first and third Monday of every month when we host a mobile market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household, no income limits, no paperwork to fill out (we just ask that you sign in so we can keep a count of how many are 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.

### Veteran's Committee of Wenham

Meets on the 2nd Tues of every month at the WCOA 10am.

Coffee and pastries will be served at 10am. Veterans are invited to come and meet Cape Ann Veterans Services Director Adam Curcuro 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.



**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. 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 some will return your call.)

### Senior Charlie Card Pass

Apply by calling either COA if you need a Senior rate (65+) pass which can be used for discounted travel on all MBTA transportation services.

# Wenham Special Events & Calendar

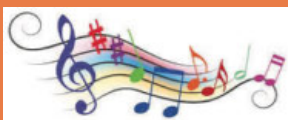
## Medicare Conversations

Tues., Nov 1 at 10am  
Open enrollment begins  
Oct 15 and ends Dec 7. If  
you have any questions or  
would like to participate in  
a conversation with open  
Q&A time please call and  
come join us.

## The Great Courses

Every Thurs., Nov 3 at  
10am Topic : **Classic  
Novels Meeting the  
Challenge of Great  
Literature** 45 min video  
**Singing with Fran Pierce**

Tues., Nov 15th at 10am  
Song sheets provided.



## Dementia Intro Session

Tues., Nov 22nd at 10am  
**Open House - AM**  
Weds., Nov 23 at 10am  
**Coffee and Biscotti**  
Thanksgiving send-off with  
assorted goodies and  
perhaps a Holiday raffle.

**Estates, trusts, tax  
planning and asset  
protection strategies**  
Heritage Law - Matthew  
Karr @ H-W Library  
Tues., Nov 29th at 6pm  
Our COA will host this  
evening presentation and  
conversation about estates  
& trusts followed by Q&A.  
**Holiday Display Class**  
Weds. Nov 30  
1pm \$5pp



MON	TUES	WED	THURS	FRI
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	10am Medicare Conversations  1:00 Parkinson's Balance <b>Class w/Dianna</b>	9 Walking Group 10am-1pm SHINE* 10:30 Caregiver Group 10:30 Chair Yoga Zoom 12pm Grab n'Go Lunch 1pm -3pm Watercolor	9:00am Yoga w/ Dianna  10 am Great Courses  2 - 4 pm Senior Scribblers	12:30pm - 3:30pm Mahjongg
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10-4 Shine* 10:30am Chair Yoga- Zoom	10:00am Veterans Coffee <b>VOTING DAY</b> 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30pm Chair Yoga Zoom W/ Margaret 1-3pm Acrylic Art	9:00am Yoga w/ Dianna  10 am Great Courses	<b>VETERANS DAY</b> <i>WCOA Closed</i>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:30am Chair Yoga Zoom	1:00pm Parkinson's Balance Class w/ Dianna 10am Singing Group w/ Fran Pierce & Jeanne M.	9:00am Walking Club 10am-1pm SHINE* 10:30pm Chair Yoga Zoom W/ Margaret 1pm -3pm Watercolor	9:00am Yoga w/ Dianna 10 am Great Courses 2 - 4 pm Senior Scribblers	12:30pm - 3:30pm Mahjongg
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10am-1pm SHINE (*Call to schedule times) 10:30am Chair Yoga Zoom	10am Dementia Friends Presentation - WCOA  1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30pm Chair Yoga Zoom W/Margaret 9:30AM OPEN HOUSE Coffee & Biscotti (COA)	<b>Thanksgiving</b> <i>WCOA Closed</i>	<i>WCOA Closed</i>
<b>28</b>	<b>29</b>	<b>30</b>		
10:30 am Chair Yoga Zoom	1:00pm Parkinson's Balance Class w/ Dianna 6pm Trusts & Estates & Asset Protection at Ham -Wen Library	9:00am Walking Club 10am-1pm SHINE* 10:30pm Chair Yoga Zoom W/ Margaret 1pm - Holiday Display		



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Hamilton Council On Aging/Wenham Council on Aging

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# Hamilton Special Activities & Calendar

## National Author Day

Tuesday November 1st

2:00pm-3:00pm

Join us as we welcome Dyke Hendrickson author of 7 books, most recently "Plum Island: A Vulnerable Gem" After a brief presentation we will have time for questions and answers.

## Pie-giving:

Join us on **Wednesday November 23rd**, as we celebrate Thanksgiving with Friends. Starting at 2:30 we will have pie, trivia and fun with friends. Bring a friend or meet new friends at the center. Either way we will have pie for everyone!  
RSVP so we have enough pie.  
978-468-5595.

## Bosoma Dance:

Is coming back again on **Friday November 18th at 4:30pm**. We will welcome the girls and boys from the dance studio as they show us the dances they have been working on this year.

We will watch their performance, then have a pizza party with the kids.

Space is limited-RSVP's are required. Please call 978-468-5595 to reserve your spot.

MON	TUES	WED	THURS	FRI
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	9:00-Yoga 12:00- Lunch 12:30-Needleworkers 2:00 Nation Authors Day	10:30 Bingo 1:00 Bridge 12:00 Lunch 4:30 Vax Clinic	9:00 Men's Group 9:00 Quilting Group 10: Fit over 50 12: Lunch 1:00 Movie	8:45 Tops 12:30 Art Studio
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
11:00 Albi Sing Along 12:30 Mobile Market 1:00 Knitters	9:00- Yoga 12:00 Lunch 12:30 Needleworkers	10:30- Crafts w/ B 1:00 Bridge 12:00 Lunch 4:30 Vax Clinic	9:00 Quilting 10 Fit over 50 11:30 Pickleball 12:00 Lunch 1:00 Movie	Veteran's Day-Closed
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:00 Dementia Friends Session 1:00 Knitters 4:30 Medicare 101	9:00 Yoga 12:00 Lunch 12:30 Needleworkers	10:30 Open House 12 Lunch 1:00 Bridge 4:30 Vax Clinic	9:00 Men's Group Quilting 10 Fit over 50 11:30 Pickleball 12:00 Lunch 1:00 Movie	8:45 Tops 12:30 Art Studio 4:30 Bosoma Dance
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
12:30 Mobile Market 1:00 Knitters	9:00 Yoga 12:00 Lunch 12:30 Needleworkers	10:30 Open House 12: Lunch 1:00 Bridge Pie Giving 4:30 Vax Clinic	Thanksgiving-Closed	Thanksgiving-Closed
<b>28</b>	<b>29</b>	<b>30</b>		
1:00 Knitters 2:30 Birthday Party 4:00pm Technology	9:00 Yoga 12:00 Lunch 12:30 Needleworkers	10:30 Open House 12 Lunch 1:00 Bridge 4:30 Vax Clinic		

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### Hamilton COA

**Town Manager:** Joe Domelowicz

**Director:** Theresa Woodbury  
twoodbury@hamiltonma.gov

**Outreach Coordinator:** Tim Morris  
tmorris@hamiltonma.gov

#### **Board:**

Sherry Leonard, Chair  
Penny Wingate, Secretary  
MJ Brown  
Catherine Minnetyan  
Rosemary Kennedy  
Laura Studley  
Richard Hewett

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

### Wenham COA

**Director:** Jim Reynolds  
jreynolds@wenhamma.gov

**Outreach Coordinator:**  
Jeanne Maurand- jmaurand@wenhamma.gov

**Van Scheduling/Administration:**  
Cathie Tomasello

**Van Drivers:**  
Bob Gray ~ Barry Michaud ~ John Lincoln

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