

## Monthly newsletter of the Hamilton & Wenham COAs

# Hamilton Hamlet

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

# FEBRUARY



Hello-

We all survived the holidays and now looking at the year ahead. We want to highlight some programs that may be useful too you during the winter months.

**Snap Applications (and recerts):** Can be done in Hamilton. Monday-Thursdays 8:00am-4:30pm, Fridays 8:00am-12:00pm. Appointments needed call 978-468-5595 or email [twoodbury@hamiltonma.gov](mailto:twoodbury@hamiltonma.gov)

**Acord:** Call 978-468-7424

**Bootstraps:** Call 978-921-4710 or visit their website: [Learn More About Food Assistance from Beverly Bootstraps](#)

**Hamilton COA Mobile Market:** 1st and 3<sup>rd</sup> Monday of the month starting at 12:30pm at 299 Bay Road

**Prescription Advantage:** Application can be done at the COA or online [Apply Online - Prescription Advantage - Massachusetts State \(prescriptionadvantagemass.org\)](#)

**Extra Help:** Applications can be done at the COA or online [Welcome!, Extra Help With Medicare Prescription Drug Plan Costs, Social Security \(ssa.gov\)](#)

Please call Hamilton COA at 978-468-5595 or Wenham COA 978-468-5534 for more information about any of these programs.

## The Wenhamite

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

### Access for All – Library Services and Technology Grant

Last summer, on July 7, 2022 the Library was awarded a two-year \$14,000 grant through the Massachusetts Board of Library Commissioners. The **Access for All** grant is focused on improving accessibility to library services and programs to all members of the community. There are four key components to our grant, outlined below. Please pass it on to anyone that wants a bridge to library services.

#### Assistive Technology

Assistive technology items allow the Library to address the needs of community members with hearing or vision loss. Circulating items include: handheld magnifiers, an electronic magnifier, a sound amplifier, and 10 Launchpads pre-loaded with brain games. Circulating assistive technology is located on the first floor of the library.

#### Memory Cafes & Memory Kits

Memory Cafes provide support and socializing for adults living with dementia or Alzheimer's and their caregivers. These are held once a month at the library and each meeting will have an activity or presenter. Meetings scheduled so far are as follows:

**Wednesday, February 15 – 10:30-11:30 am – Musician Adam McCauley.** [Read more and register.](#)

**Tuesday, March 7 – 10:30-11:30 am – Ventriloquist Kevin Driscoll.** [Read more and register.](#)

Memory Kits are circulating sets of activities for adults living with dementia or Alzheimer's and their caregivers. Each kit has a theme and includes various items to encourage engagement and discussion. Kits can be checked out for three weeks. Themes include: Winter, Spring, Summer, Fall, Birds, America, Sports, Trains, Travel, and Pets. Memory Kits are located on the first floor of the library.

#### Home Delivery

At present for Wenham only on Fridays. Please contact Assistant Director Jane Wolff (978-468-5577 ext. 616, [jwolff@hwlibrary.org](mailto:jwolff@hwlibrary.org)) for more information on this program.

# Hamilton COA Weekly Events

## QiGong and Meditation

Mondays 10:00am -11:00 am

A daily meditation practice can offer a different relationship w/ your mind and help you. Classes are ongoing. Donation of \$5.00 is requested.

## 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 1:00 pm – 3:00 pm

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 - 10:00 am

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.

## Balance Class

Monday 11:15am 12:15pm

Join our new Balance Class with Cara Hamilton. Class will focus half on Balance half on Strength. All skill levels welcome. Cost per class is \$5.00 Please let us know if you plan to attend.

## Men's Group

Join us on the first and third Thursday of the month (February 2nd & February 16th) at 9:00am for a men's group. We will be offering coffee and pastries.

## 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 12:30 pm.

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

Thursday 11:00am

We have moved indoors for the Winter!!! Same day (Thursdays) different time-(11:00). We will be meeting in the Recreation building every Thursday! All experience levels welcome! All equipment is provided!

## Fit over 50 Fitness Classes!

Thursdays 10:00 am

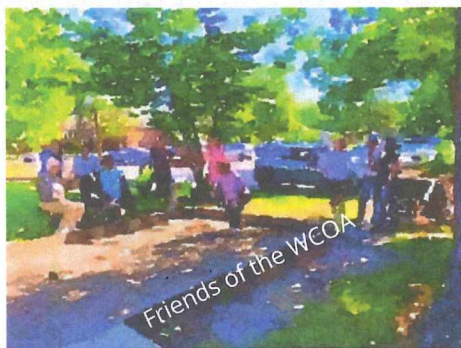
Stop in for a fun fitness program with personal trainer, Erin Brady. First Class is free, after that \$5 per class.

## Bridge Lessons

Fridays 10:00am

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

# Wenham COA Weekly Events



The **FWCOA** our *Friends* group extends thanks to the many who responded in support of programming budget. We appreciate your support very much!

February is Heart Health Month, Black History Month with Lincoln/ Washington's Birthday and Val-

entine's Day all jammed into what portends to be cold and snowy as these mild conditions can't continue. Come by and say hello!

## Art Classes

**TWO\* Water Color Art Classes with Marion Rayner** - Weds, Feb 8th and Feb 22nd 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 Paintnite Day** - We have a new acrylic paint class at the Wenham COA on Fri, Feb 17th 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

**TAI CHI** Mark Warner's Professional Martial Arts Academy holds class at 43 Market St. in Ipswich on Tues and Thurs at 10:30 am for anyone interested from Hamilton/ Wenham.

**SELF DEFENSE** also offered by Mark Warner on 43 Market St. , Ipswich on the 3rd Tues of each month 11:30am - 12:30pm.

### Caregiver Support Group

10 School St, Wenham  
10:30am on 1st Weds each month at the Wenham COA. Lunch provided.

### "Zoom" Support Group Mtgs

10:30am every Tuesday  
Contact (978) 281-1750 or  
[Susan.Doughty@seniorcareinc.org](mailto:Susan.Doughty@seniorcareinc.org)

- **Walking Group**  
Weds, 9am
- **Mahjongg**  
Fri, 12:30pm

- 
- **Pickleball (COA)**  
*Wenham Weds*  
**11:30-12:30 FREE**  
*in Gym behind the*

**Tech Time - Most Tues**  
from 11am - 12pm we  
will help people with  
their iPhones, iPads  
and other communica-  
tion devices. Just call!

**Virtual Yoga classes** Mon & Weds at 10:30am *Breathe, Stretch, Balance and Energize* with Margaret. Confirm by email: [blisspolarity@gmail.com](mailto: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](mailto:diannadaly@gmail.com) or call me (978) 468-5529 with any questions on our exercise program.

## February Lunches 12pm "Grab n'Go"

### Feb 3rd Friday

Sliced Beef, Broccoli, White Rice, Mandarin Blend, Oat bread & Fortune cookie

### Feb 9th Thursday

Turkey Cranberry Salad, marinated Green Beans, Orzo salad, Pita bread and Yogurt

### Feb 14th Tuesday Special

Chicken, Scampi Sauce, Cava-tappi & Parsley, Capri blend vegetable with Parmesan, Garlic dinner roll

### Feb 23th Thursday

Chicken Marsala, Parmesan Risotto, Zucchini, Cupcake and Oat Bread.

# Special Events - Hamilton



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

**February 2nd:** Groundhog Day

**February 9:** No Reservations

**February 16:** The Wedding Planner

**February 23rd:** It's Complicated

## **Hamilton Birthday Party:**

Join us on Monday February 27th at 2:30pm to celebrate Birthdays in February. Bring a friend and enjoy some cake and birthday trivia.

**Kids Test Kitchen** is coming back to the Center! Starting January 12th at 3:15 and running until February 16th we will partner with the HW Recreation Department to offer intergenerational programming. Space will be limited for this program-if you are interested, make sure to call today.

## **Service Dog Project: Tuesday February 28th 10:30 am - 11:30am**

Join us as we welcome the Service

Dog Project. Learn what the dogs need to go through for training in order to become a service dog, How long does the process take to train them and how is a recipient decided?

## **Thank you!!!**

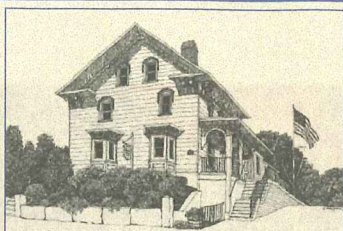
We want to send a very big thank you to the Hamilton Friends of the COA for throwing an incredible Holiday Party. Everyone had a great time and your hardwork is greatly appreciated!! Thank you for your support. To become a friend please call the Senior Center.

# Message Board - Wenham

*I was just thinking...*

about a stamp I have in my collection. It commemorates the sinking of the SS Dorchester which was torpedoed off the coast of Greenland on February 3, 1943. The ship was carrying 900 members of the U S Army. They were headed for the European Theater. 209 survived the attack. Of all those who died that morning four were U S Army Chaplains. They had just completed Chaplains School. Two of them were Protestant ministers, one was a Reformed Rabbi, and one was a Roman Catholic Priest. At the time of the attack the chaplains were seen passing out life jackets to the soldiers. When there were no more, each chaplain gave his life jacket to a soldier. An eyewitness told his rescuers, "I saw the four of them at the stern of the ship holding hands and praying and then they disappeared with the ship. Chaplains Cox, Poling, Goode and Washington are remembered for their self forgetful love of the "the other person." They did not learn this in Chaplains School. They lived it. Their different faith traditions and family backgrounds shaped their response to cries of desperation they heard in the darkness of the North Atlantic. In the words of Martin Luther King, Jr they exhibited "the strength to love."

Dean Pedersen , Capt USN Ret.  
Chair: The Veterans Committee of Wenham



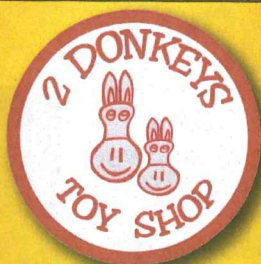
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Hamilton Council On Aging/Wenham Council on Aging 06-5386

# Health & Wellness

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

**SHINE** - Hamilton residents call Theresa (978) 468-5595, Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro.

**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 Tim Morris 468-5595 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. Both towns offer 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 residents need to contact Laurie Wilson at 978-626-5200.

## 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 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.

February is  
American Heart Month



## Blood Pressure Clinic

Clinic lead by Kelly Roller, RN. She will be back during our Birthday Party on February 27th starting at 2:30pm.

## Wenham Transit

Call 978-468-5534  
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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.

# 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

**1st and 3rd Monday of every month.  
February 6th (No market on 2/20 due to holiday)**

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 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 Jan 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

**HW Dementia Friends:** Our Dementia Friends Intro Session in Wenham is on Tues Feb 21 at 11 am. Hamilton will be holding a session on Monday, February 27th at 11:00am.

**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.)

# Wenham Special Events & Calendar

## Great Courses—DVD

Every Thurs Feb 2,9,16,23 at 10am. Topic : *Meeting the Challenge of Great Literature*. Dickens, Flaubert, Tolstoy, Dostoevsky, Conrad, Mann, Kafka.

**Senior Scribblers** This writing group will work for all levels of experience. Hone your skills. Topics are geared to life experience, issues of interest, and/or concern. Every other Thurs

2-4 pm with Barrie Levine  
[essexarrow@aol.com](mailto:essexarrow@aol.com)

## Pickleball (Wenham)

**NEW!** Indoors - Weds 11:30 to 12:30pm

## Pickleball Location:

Rec Dept - Gymnasium behind the HW Library.

Notable activities planned:

- **Virtual Trips - TBD**
- **H - W Public Library Book Deliveries**

Grant funded pilot home deliveries started in Jan/ Feb (978) 468-5577

## Meeting-in-a-Box

Please participate in these posted meetings designed for community groups, neighborhood associations, and friends to gather at convenient times and locations to share ideas that will improve the future for all residents thru our **Wenham Master Plan**.

MON	TUES	WED	THURS	FRI
		1	2	3
		9:00am Walking Club 10:30am Caregiver Support at COA. 10:30am Chair Yoga Zoom W/ Margaret 11:30-12:30 Pickleball	9:00am Yoga w/ Dianna 10 am Great Courses-Classic Literature	10:00am Home Delivery Program for the library  12:30 – 3:30pm Mahjongg
6	7	8	9	10
10:30am Chair Yoga-Zoom w/ Margaret	11:00am Tech Time 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/ Margaret 11:30-12:30 Pickleball 1-3 pm Watercolor Art	9:00am Yoga w/ Dianna 10 am Great Courses-Classic Literature 2 – 4 pm Senior Scribblers --Zoom	10:00am Home Delivery Program for the library  12:30 – 3:30pm Mahjongg
13	14	15	16	17
10:30am Chair Yoga Zoom w/Margaret	9:00 Wenham Vet Com 10:00am Veterans Coffee 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/ Margaret 11:30-12:30 Pickleball	9:00am Yoga w/ Dianna 10:00 Great Courses-Classic Literature	10:00am Home Delivery Program for the library  1 - 3pm Acrylic Art
20	21	22	23	24
<b>President's Day</b> <b>WCOA CLOSED</b>	10am Singing Group 11:00 am Dementia Friends Presentation 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/Margaret 11:30-12:30 Pickleball 1-3 pm Watercolor Art	9:00am Yoga w/ Dianna 10 am Great Courses-Classic Literature 2 – 4 pm Senior Scribblers --Zoom	10:00am Home Delivery Program for the library  12:30 – 3:30pm Mahjongg
27	28			
10:30am Chair Yoga Zoom w/Margaret 11am Dementia Friends Action Team Meeting	1:00pm Parkinson's Balance Class w/ Dianna			

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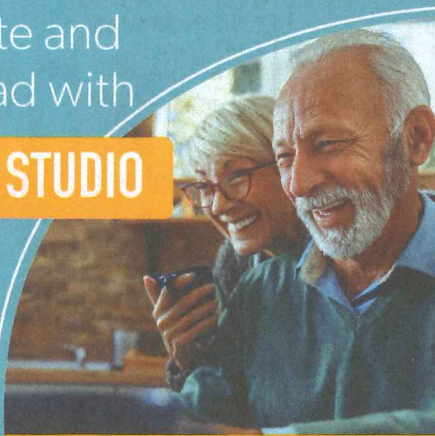
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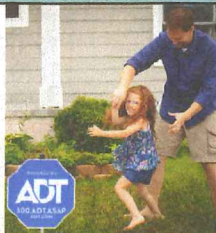


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Hamilton Council On Aging/Wenham Council on Aging

06-5386

# Hamilton Special Activities & Calendar

## Bingo Night

**Saturday March 25th 4:30-6:30pm**

In collaboration with the Recreation Department we are sponsoring a Bingo Night. The event is free for all to attend, but please register to ensure we have enough supplies, snacks and refreshments for all.

Register at  
[www.hwrecreation.com](http://www.hwrecreation.com)

## History w/ Dan Tremblay

**Wed. February 22  
10:30- 11:30**

Join Dan Tremblay as he shows us the history of the Quabbin Reservoir. We will watch a brief movie and then have a question and answer period.

Dan will be joining us on the last Wed. of every month.


## WHDH's own Jeremy Reiner

**Monday Feb. 6th  
1:00pm-2:00pm**

We will be welcoming Jeremy Reiner from WHDH. We look forward to learning more about snow storms, hurricanes, etc.  
Sign up today!

**Valentine's Day  
Tuesday Feb. 14th  
2:30 pm- 3:30pm**

Join us to celebrate Valentine's Day. Sweet treats, trivia, games will fill the hour with fun for everyone. Bring a friend to join you in the fun!

MON	TUES	WED	THURS	FRI
		<b>1</b>	<b>2</b>	<b>3</b>
		8:30 COA Board Meeting 10:30 Bingo 12:30 Bridge 12:00 Lunch	9:00 Men's Group 9:00 Quilting Group 10:00 Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie 3:15 Test Kitchen	8:45 Tops 10:00 Bridge Class 12:30 Art Studio
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:00 Qigong 11:00 Albie Sing Along 11:15 Balance Class 12:30 Mobile Market 1:00 Knitters 1:00 Jeremy Reiner	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	10:30 Crafts w/ Barbara 12:30 Bridge 12:00 Lunch	9:00 Quilting Class 10:00 Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie 3:15 Test Kitchen	8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:00 Qigong 11:15 Balance Class 1:00 Knitters	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 2:30 Valentine's Day Party	10:30 Open House 12 Lunch 12:30 Bridge	9:00 Men's Group 9:00 Quilting Class 10:00 Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie 3:15 Test Kitchen	8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Closed	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	10:30 Dan Tremblay 12:00 Lunch 12:30 Bridge	9:00 Quilting Class 10:00 Fit Over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie 3:15 Test Kitchen	8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
<b>27</b>	<b>28</b>			
10:00 Qigong 11:15 Balance Class 1:00 Knitters 2:30 Birthday Bash 3:00 Dementia Friends	9:00 Yoga 10:30 Services Dogs 12:00 Grab N Go 12:30 Needleworkers			

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