

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life March 2023

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

Hello -

Here we are looking into Spring!! It is quickly approaching despite what Punxsutawney Phil told us.

March brings a lot of new ideas and programs to the center. We have heard from many that there needs to be more support/ideas/etc. needed for Grandparents active or raising Grandchildren. We have listened and starting on **March 10th at 10:00am** our Regional Social Worker, Jessie Palm will be offering a support group. This will be a safe place for residents to come in and discuss or collaborate together.

Another great need we are seeing is managing stress. We all face many stressors in our life. Again, Jessie will be facilitating a Community Education Series on Wednesday **March 15th from 5:00pm-6:15pm**.

And finally, we are going to start a Lunch and Learn Group on the 2nd Monday of every month. This will give residents a chance to stop by and learn about the good work departments in town are doing. Our first lunch and learn will be on **March 13th starting at 12:00** with wrap sandwiches and the Conservation Commission. RSVP-space is limited.

Theresa



Maple Woods Apartments for Seniors

Maple Woods
Wenham, MA

Applications Available Now at the COA, Town Hall & HWPL!
Applications are also available *now* at the link below.

Information Sessions will be held on April 3, 2023, at 11am and June 1, 2023 at 6pm on Zoom and in-person at the Hamilton-Wenham Public Library, 14 Union Street, Hamilton, MA.

The Lottery will take place on October 3, 2023, at 6pm via Zoom and in-person at Hamilton-Wenham Public Library

Following the lottery, we will have an open application period.

Applications are available starting February 1, 2023, for pick up at Harborlight Homes (formerly Harborlight Community Partners), 283 Elliott Street, Beverly, MA 01915 (Monday-Friday 9a-4p).

Applications will be available electronically (printable PDF), by request through email to print yourself or to receive a copy by mail. You may also request an application via email at applications@harborlighthomes.org or call 978-922-1305 to request one by mail; (TTY/TTD: Dial 711) to request an application.

FREE language assistance available for all applicants.



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 you 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 (March 2nd & 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 12:30 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



Harp & Bard - We are pleased to announce Carol McIntyre, harp, & Michael O'Leary, vocals, to perform a Celtic concert at WCOA Thursday, March 9th 1 pm-an early St. Patrick's Day event!

Carol performs on Celtic harp around the North Shore - solo and with ensembles. You may have heard her at the Wenham Tea House. Michael sings traditional Irish songs & ballads on Cape Ann and the Boston area. He will be performing the next evening upstairs at the Shalin Liu Performance Center in Rockport. WCOA donation \$5.

Art Classes

TWO* Water Color Art Classes with Marion Rayner - Weds, March 8 and March 22 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, March 3 from 1 - 3pm. Aleah Gates will run this class and we 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

Dementia Friends Intro Session Tuesday March 7 at 10 -11 am

Learn about local programs in our area that support people who live with dementia and their caregivers.

Explore Five Key Messages which will help us better understand our loved ones with dementia.

Refreshments! Call 468-5534 to register

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

Walking Group Weds, 9am

Mahjongg Fri, 12:30pm

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

Tuesday Tech Time
from 11am - 12pm we will help people with their iPhones, iPads and other communication devices. Just call to let us know!

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.

March Lunches 12pm "Grab n'Go"

March 9th Thursday

Crab Cakes w/Maryland Sauce, Orzo Pilaf, Mixed veg, Dinner Roll, Fresh Fruit

March 16th Thursday

Corned beef Au Jus & Cabbage, Carrots & cubed turnip, Potatoes w/parsley, Crème de Menthe Bar

March 23rd Thursday

Steak Fajita, Peppers & Onions, Black Beans, Spanish Rice, Tortilla & USDA Fruit

March 30th Thursday

Opening Day: Hot dog, baked beans, warm Cinnamon apples and coleslaw.

Special Events - Hamilton



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

March 2nd: Jerry & Marge go Large

March 9: Queen Bees

March 16: King Richard

March 23: Mrs. Harris Goes to Paris

Birthday Party:

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

Grandparents support Group:

Starting in March we will be offering a Grandparents Support group run by Jessie Palm, Regional Social Worker. Stop by to meet other grandparents helping raise their grandchildren. Groups will meet on Friday ,March 10th starting at 10:00am

Lunch & Learn w/ Conservation March 13th @ 12:00pm

Stop by for lunch and a conversation with the Conservation Commission. They will introduce themselves, what the Commission does, and upcoming bylaw changes. Reservation required.

Sports Passes Available:

The Friends of the HCOA have generously secured free admittance to any H-W High School Athletic Event. Pass is needed to free admittance, get your pass at the COA.

Message Board - Wenham

I was just thinking...

about college applications. Starting in the fall our High School Seniors start to apply to colleges. From January on they wait for "the envelope" to arrive. If it is slim, it usually contains a rejection or a wait list. If it is fat, it likely contains all the acceptance forms. While the college application asks for specific information about interests, experiences and grades, it tends not to inquire about career choices. Job, career, and vocation are words that gain meaning and definition during college. Carved into the entrance arch of a high school in Long Island are the words "character before career." The school, through this statement, states that what is right and good is the foundation for a career. The other word used to define what we do is vocation. Having its root in Latin it means "a calling." We do not talk about vocation much. It is considered an historic oddity. Rather we prepare resumes and discuss "career paths." Frederick Beuchner is a former high school teacher. After teaching, he wrote several books and articles. He makes this observation, "Your vocation in life is where your greatest joy meets the world's greatest needs." If Beuchner is correct, what would our community, country, and world look like, if we followed his words?

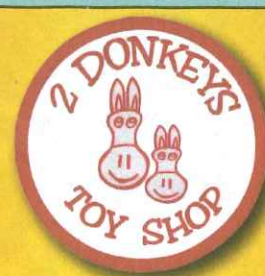
Dean W Pedersen, Captain USN-Ret.

Chair: The Veterans Committee of Wenham



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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 on the first Tuesday from 10:00-12:00pm

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

The Good Neighbor Energy Fund contact 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. 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.



Podiatrist: Clinics with Dr. Gregory VanEss are held in **Wenham** every other month due to insurance purposes. 9am-noon. March 27th, call 978-468-5534 for appt.

SeniorCare 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.

(978) 468-2616



Blood Pressure Clinic

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

Wenham Transit

Call (978) 468-5534
(Wenham residents **only**)
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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 or phone 978-468-7424 if you have any questions.



Mobile Market

**1st and 3rd Monday of every month.
March 6th & 20th**

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 Curcru and other local veterans and learn about their benefits and opportunities.



Caregiver Support

On the first Wednesday of every month 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 March 7th at 10 am.

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

St. Patrick's Day Concert Thursday March 9

1 pm Carol McIntyre-Harp
Michael O'Leary-Vocals
Limited to 35. Please email
jmaurand@wenhamma.gov
for reservations. \$5 Donation

H-W Public Library

Memory Café

Tues March 7 10:30 am

Ventriloquist-Kevin Driscoll

Tues April 11 10:30 am

Art therapist - Erica Curcio

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Pickleball (Wenham)

Indoors - Weds (free)
11:30 to 12:30pm

Location is the HW Rec
Department Gymnasium
behind the HW Library.

MON	TUES	WED	THURS	FRI
		1	2	3
		9:00am Walking Club 10:30am Caregiver Support at COA. 10:30am Chair Yoga 11:30-12:30 Pickleball	9:00am Yoga w/ Dianna 10 am Great Courses- Classic Literature	10:00am H. D. P for the library 9:30 - 11:30 am Mahjongg 1 - 3pm Acrylic Art- Aleah
-6	7	8	9	10
10:30am Chair Yoga-Zoom w/ Margaret	10:00 am Dementia Friends Presentation 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 1 pm Celtic Concert- Harp & Bard	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	St. Patrick's Day 10:00am Home Delivery Program for the library 12:30 - 3:30pm Mahjongg
20	21	22	23	24
10:30am Chair Yoga Zoom w/Margaret	10am Sing with Fran 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
27	28	29	30	31
9-noon Podiatrist 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	9:00am Yoga w/ Dianna 10 am Great Courses- Classic Literature	10:00am H. D. P. for the library 12:30 - 3:30pm Mahjongg

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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

History w/ Dan Tremblay

Wed March 22nd

10:30- 11:30

Join Dan Tremblay as he shows us the history of ShipWrecks off of Gloucester. Dan will be joining us on the last Wed. of every month.

Encore Casino

The Friends are sponsoring a trip to Encore Casino. Join us on March 13th from 9:00-3:00 Transportation will be provided. Signup is limited.

St. Patrick's Day Party

March 20th 2:30-3:30

Join us to celebrate as we welcome back Tom O'Carroll to perform during our St. Paddy's Day party. All are welcome-bring a friend and enjoy the music and refreshments.

MON	TUES	WED	THURS	FRI
		1	2	3
		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	8:45 Tops 10:00 Bridge Class 11:00 Stone Zoo Talk 12:30 Art Studio
6	7	8	9	10
10:00 Qigong 11:00 Albie Sing Along 11:15 Balance Class 12:30 Mobile Market 1:00 Knitters	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	8:45 Tops 10:00 Learn to Play Bridge 10:00 Grandparents support group 12:30 Art Studio
13	14	15	16	17
10:00 Qigong 11:15 Balance Class 12:00 Lunch & Learn 1:00 Knitters Encore Casino	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	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	8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
20	21	22	23	24
10:00 Qigong 11:15 Balance Class 12:30 Mobile Market 1:00 Knitters 2:30 St. Paddy's Day Party	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	8:45 Tops 10:00 Learn to Play Bridge 10:00 Grandparents support 12:30 Art Studio
27	28	29	30	31
10:00 Qigong 11:15 Balance Class 1:00 Knitters 2:30 Birthday Bash	9:00 Yoga 10:30 Services Dogs 12:00 Grab N Go 12:30 Needleworkers	10:30 Open House 12 Lunch 12:30 Bridge	9:00 Quilting Class 10:00 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

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

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978-468-5595

Wenham COA

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