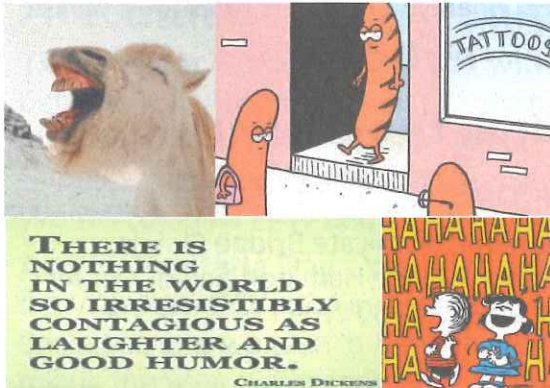


## H-W Senior Life

### April 2023

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

APRIL IS  
**NATIONAL  
HUMOR  
MONTH**



Daylight savings time happened in March and now we're looking forward to Spring and planning to laugh our way through April, despite the decline in state home healthcare employment. Our COA Director's monthly meeting was all about "consumer - directed" homecare programs which allows you to hire friends and family who in turn will be compensated through a state funded program. Virtual homecare is here by way of AI communication by a tablet that sits near those living alone at home for some portion of their day. There is a live person on the other end who will come when called. See: <https://www.care.coach>. If you're interested, call SeniorCare at (978) 281-1750 and ask for I & R.

Town Meeting and Elections happen in the early part of this month and we encourage the participation of all residents and obviously calling on our 60+ constituents to make your voices heard. Many thanks to all who participated in the Master Planning process.

The FWCOA, our *Friends* group will be contributing to our Spring Lunch Thurs 4/20 starting at 11:30am at the **Wenham Tea House**. Thanks for your support through our healthy non-profit helping hand of the Wenham COA. *Jim*

Good Afternoon-

We have successfully made it past the worst of the winter months. As Jim mentioned previously Town Meeting is coming up for Hamilton. We will be holding our Town Meeting on Saturday April 1st starting at 9:00am at Hamilton-Wenham High School. Town elections will be on Thursday April 6th, 2023. Polls are open from 7:00am -8:00pm at the Hamilton Wenham Recreation Center Gym, 16 Union St. Hamilton. If you need a ride for either of these please reach out at soon as possible-978-468-5595 and we will do our best to help with transportation.

We have many things in the works at the Hamilton Senior Center. Pickleball will be moving back outside the middle to end of April. This will allow for more playing time all around. We will be continuing our Lunch And Learn Program. We have the Fire Department, Police Department and Health Department already lined up in the upcoming months to talk. We are looking at adding a couple of evening classes as we are getting into the summer months. And you might notice that we have a Scrabble Tournament coming up this month. We hope to slowly introduce a gaming afternoon. We will provide the board games, you provide the friends to play with. Our next sponsored Friends trip will be coming up in May. Enjoy the first days of Spring.

Theresa W.





# Hamilton COA Weekly Events

## 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.

## Technology Help:

WE are working to get the technology help back to the senior center. It will be once a month for an hour and a half. Stay tuned for our Facebook Page/Website for updates.

## Men's Group

Join us on the first and third Thursday of the month (April 6th & 20th) 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.

## 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

## 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.

**Tues, April 11, 10:30-11:30 am – Art Therapist Erica Curcio**

**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.

## Art Classes - Try something new!

**TWO\* Water Color Art Classes with Marion Rayner** - Back to back, Weds, April 5 and April 12 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. We welcome all H-W and beyond! Call 468-5534 to sign up. \$10/pp

**Acrylic Paintnite Day** - We hope to have our acrylic paint class at the Wenham COA on Fri April 7 from 1 – 3pm. Our teacher 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. \$10/pp Check the e-Wenhamite for updates.

## Dementia Friends Intro Session

Tuesday April 25 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, 9-10 am

## Mahjongg

Fri, 12:30pm

## Pickleball (COA)

Wenham Weds

11:30-12:30 **FREE**

in Gym behind the H-W library

## 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](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.

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

### April 6th Thursday

Salmon Dill Salad, Garden & Quinoa Salad, Oatbread, Yogurt and juice

### April 13th Thursday

Baked Ham, Au gratin potatoes, Peas and Pearl onions and Coconut cake

### April 20th Thursday

Meatloaf & gravy, mashed potatoes, Garden Salad and Berry Crisp

### April 27th Thursday

Breaded Chicken, Mozzarella cheese w/ marinara sauce, Pasta, Zucchini, Garlic roll, Parmesan and Fruit



## Special Events - Hamilton



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

**April 6:** Mack & Rita

**April 13:** Ticket to Paradise

**April 20:** The Royal Treatment

**April 27:** Enough Said

### Birthday Party:

Join us on Monday April 24th at 2:30pm to celebrate Birthdays in April. Bring a friend and enjoy some cake and birthday trivia.

### Grandparents support Group:

Group will be ongoing in April 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, April 14th &

April 28 starting at 10:00am  
**Lunch & Learn w/ Hamilton Fire Department**  
**April 10th @ 12:00pm**

Stop by for lunch and a conversation with the Fire Department. They will introduce themselves, and answer any questions you might have. 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.

## Special Events - Wenham

### Wenham Town Meeting

Saturday April 1st at Buker Elementary School  
Starting at 1pm

### Wenham Town Elections

Thursday April 6th at Town Hall  
7am - 8pm

### EARLY VOTING HOURS

Tues, Mar 28 - 12pm - 6:30pm

Weds, Mar 29 - 10am - 4pm

Thurs, Mar 30 - 10am - 4pm

Mon, Apr 3 - 10am - 4pm

**Tax Work-off** applications are available at the COA and administrated by the COA. Contact Jim Reynolds or come by if you have skills you feel would be helpful in Town Hall



WENHAM  
TEA HOUSE

thanks to

FWCOA or

Friends of the Wenham COA.

We are celebrating Spring.

**RSVP** (978) 468-5534

Seating limited to 35.

**Bocce players** - Mark your calendars for our kick-off party scheduled for 11am on May 11 and the following week we will start playing every Tues & Thurs from 9am - 12pm every week, weather permitting. Come meet the cast of charac-

Join us for  
**Lunch at the Tea House**  
Thurs, April

11:30 Entrée,  
Bev & Des-

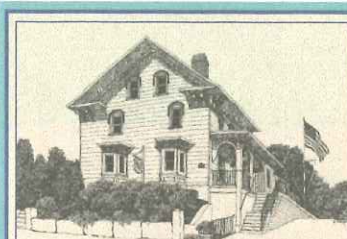
\$20 PP

### Heritage Tree Program

Preserving our tree canopy has many benefits for the environment and our community. Beyond that, the program will formally identify and protect public trees of unique size or age, rare native species, or documented history. Privately owned trees may be listed - do you have a favorite one you would like to protect? Our Conservation Coordinator Kate Mallory, with volunteer help will be building the database and a "Wenham Trees Story Map" for public education and use.

### Recommended Reading

*The New Rules of Aging Well* by Frank Lipman, MD and Danielle Claro



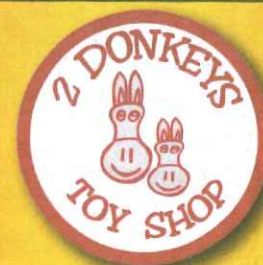
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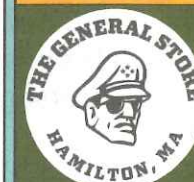
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# Health & Wellness

**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](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. 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 currently has a waiting list for participation.

## 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. May 29th, 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

## 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.

"DESPITE THE FORECAST,  
LIVE LIKE IT'S SPRING."

LILLY PULITZER



## Blood Pressure Clinic

Clinic lead by Kelly Roller, RN. She will be back during our Birthday Party on April 24th 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 - Friday  
8am - 4pm



# 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.**

**April 3rd 12:30 to 2:00 (not on April 17 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

**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 the 2nd Tues of every month at WCOA

9 am Business meeting

10 am Coffee **All Veterans** are invited to come and meet Cape Ann Veteran Services Director Adam Curcuro and learn about their benefits and opportunities.



## HW Dementia Friends

Introductory Session will be Tuesday April 25th at 10am at the Wenham COA. Email [jmaurand@wenhamma.gov](mailto:jmaurand@wenhamma.gov) to register or for more information.

## Caregiver Support Meeting

The 1st Wed of every month there will be an In-Person Caregiver Support Group meeting at 10:30 .

The 2nd, 3rd & 4th Tues will be phone or on Zoom at 10:30am. Your invite will come by email every week. No cost and our conversations are strictly 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

**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.)

**H-W Climate Action Team** Presents: **Heat Pumps 101** at the Hamilton COA. Tues, April 4 from 7 - 8:30pm. Introduction to the energy savings and benefits of heat pumps by the HW Climate Action Team.



# Wenham Special Events & Calendar

## H-W Public Library

Memory Café

Tues, April 11 10:30 am

**Art Therapist—Erica Curcio**

For those w/Dementia and their caregivers.

## Book Deliveries

Grant funded Friday home deliveries Call (978) 468-5577. Ask for Jane Wolff

**Senior Scribblers** This writing group works for all levels of experience. Topics are

geared to life issues of interest, and/or concern. Every other Thurs 2-4 pm with Barrie Levine [essexarrow@aol.com](mailto:essexarrow@aol.com)

## Movie Series

Every Thurs in April at 10am. Series: *All Creatures Great and Small*. A 2021 remake portrays James Herriot as a brand new graduate from Veterinary School who accepts employment in a rural area of Yorkshire, England, with the sometimes gruff, usually eccentric, always lovable

Siegfried Farnon, a fellow bachelor serving the animal world of the region.

## Pickleball (Wenham)

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

Location is the HW Rec Department Gymnasium behind the HW Library and as soon as possible moving to the Wenham WVIS Tea house courts.

## Tech Help - Sched TBD

Paul Therault our resident Tech expert returns in April.

MON	TUES	WED	THURS	FRI
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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 Caregiver Support at COA 10:30am Chair Yoga 11:30-12:30 Pickleball 1-3 pm Watercolor Art	9:00am Yoga Zoom w/ Dianna 10 am Movie Series 2-4pm Senior Scribblers	10:00am H. D. P for the library 9:30 – 12:30pm Mahjongg 1-3pm—Acrylic Art Class
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:30am Chair Yoga-Zoom w/ Margaret	9:00 Wenham Vet Com 10:00am Veterans Coffee 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 Zoom w/ Dianna 10 am Movie Series	10:00am Home Delivery Program for the library 12:30 – 3:30pm Mahjongg
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
WCOA closed Patriot's Day	10:00 am Sing with Fran 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 Zoom w/Dianna 10:00 Movie Series <b>11:30am - Wenham Tea House Lunch</b> 2:30-4:30 Senior Scribblers	9:00– 10:00 Laughing Hour 10:00am Home Delivery Program for the library 12:30 – 3:30pm Mahjongg
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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	9:00am Yoga Zoom w/ Dianna 10 am Movie Series	10:00am Home Delivery Program for the library 12:30 – 3:30pm Mahjongg

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# Hamilton Special Activities & Calendar

## History w/ Dan Tremblay Wed April 19th 10:30- 11:30

Join Dan Tremblay as he shows us the Colonial Times. Dan will be joining us on the last Wed. of every month.

**Friends Group:**  
Our Friends Group is actively seeking new Friends. They have offered some great benefits to the Senior Center.

Sponsoring our Holiday Dinner, the ride to Encore, and future trips. Support them by becoming a friend today!

**From Nahant to the Moon:**  
Come learn about Nahant residents, Ellen Steeves & and her father Bob Steeves' role in the Apollo 11 Lunar Mission.  
Exhibit will be April 10-April 13  
Julie Tarmey, Executive Director

of Nahant Historical society will talk about the exhibit on April 11th from 3:00-4:00pm.

**Indigenous History of Old Ipswich**  
April 18th, from 2:00-4:00pm we will have Mary Ellen Lepionka here to present on Indigenous history of Old Ipswich. She recently presented at our men's group and had a great response!

MON	TUES	WED	THURS	FRI
3	4	5	6	7
11:15 Balance Class 12:30 Mobile Market 1:00 Knitters	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	8:30 COA Board Meeting 10:30 Bingo 12:30 Bridge 12:00 Lunch 4:30 Vax Clinic	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 12:30 Art Studio
10	11	12	13	14
11:15 Balance Class 12:00 Lunch & Learn 1:00 Knitters  Space Exhibit	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 3:00 Space Talk  Space Exhibit	10:30 Crafts w/ Barbara 12:30 Bridge 12:00 Lunch  Space Exhibit	9:00 Quilting Class 10:00 Fit over 50 11:00 Pickleball 12:00 Lunch 1:00 Movie 10:00 Scrabble Tournament	8:45 Tops 10:00 Learn to Play Bridge 10:00 Grandparents support group 12:30 Art Studio
17	18	19	20	21
Closed for Patriots Day	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 2:00 Indigenous History of Ipswich	10:30 Dan Tremblay 12 Lunch 12:30 Bridge 4:30 Vax Clinic	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
24	25	26	27	28
11:15 Balance Class 12:30 Mobile Market 1:00 Knitters 2:30 Birthday Party	9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	10:30 Open House 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

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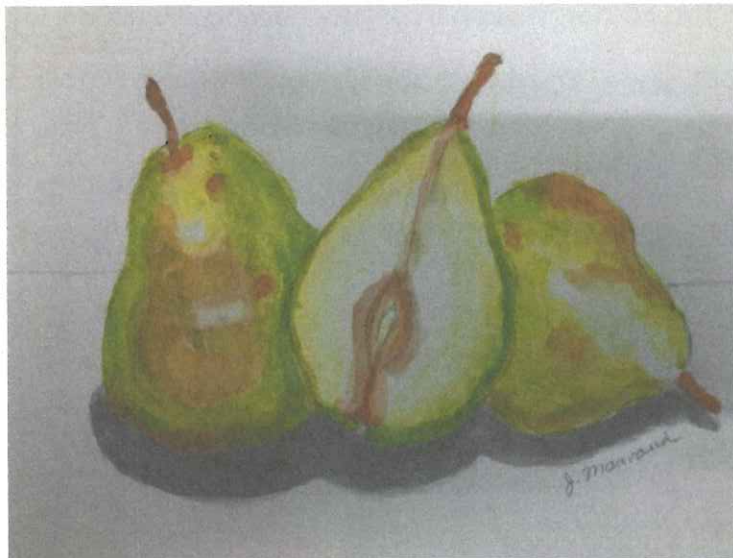
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