

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life April 2025

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-626-5240

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



"April hath put a spirit of youth in everything" so said William Shakespeare, whereas TS Eliot thought "April the cruelest month" a famous line from *The Waste Land*, suggesting a time of painful rebirth.

The Wenham COA has someone new joining our team! We welcome Mary Rubenis, as our new Administrative Assistant. She comes with excellent communication experience, which will serve her well in our *Aging Resource Center*. Please join me by saying hello to Mary. She will be in the office 9am-2pm, Monday through Thursday.

Tuesday, April 1, **Seeds of Change** will be run by Ipswich River Watershed Assoc 3-4:30 at WCOA.

On Saturday, April 12th at 10:30am, Rick Roche is coming to talk about **Optimization of Social Security for Women** at the Hamilton Council on Aging. There is considerable survey evidence that shows 45% of near retirees (ages 55-65) do not know their full retirement age (FRA) and that 41% did not know they may be eligible to collect on an ex-spouse's Social Security earnings. Come have coffee the second Saturday in April at the Hamilton COA. All are welcome!

We added an **Acrylic Art Class** on Weds, April 16th from 1-3pm with Marion Rayner. We will be airing three great **Movies** on Tuesdays at 2:30pm. Tues, April 8th will feature *The Odd Couple*, April 15th *The Bucket List* and April 29th *Book Club*. On Tues, April 22nd at 2:30pm Kate Hayashi and her Buker School Kindness Club will come to play games with us, which will put a smile on your face!

Free tablets and training from a wonderful **NEW** technology trainer at SeniorCare is available. For those interested contact us. We have another **NEW** Mosaic Art Class with Renee using Mosaic tiles to make a decorative flower pot, just in time for Spring. Finally, if you are worried about getting your **Spring Clean Up** done, now is the time to mark your calendar for Tuesday, May 27th - 8:30 - 12noon. Small teams of **Seniors Helping Seniors** will be available for Spring Clean Up! To request a team of high school seniors, call Mrs. Lisa Heitz at 978-468-0496 and leave a message before May 20th.

Jeanne & Jim

Spring has arrived at last!

I want to first give a huge shout out to the Friends of the Hamilton COA. Thank you for the beach picnic. A great time was had by all.

April is packed with more activities. Last year we had a very successful seed lending library. It was so popular that we are bringing it back again this year. Stop by the Center to grab seeds for planting or drop off extras that you have. Town Meetings in Hamilton begin at 9am at the HWRHS and in Wenham at 1pm at the Buker School. All are welcome!

Things happening in Hamilton include: National Caramel Day, KevTech iPhone Class, Easter Card Making, Grilled Cheese Day, Public Health Nurse - Ticks/Mosquito Season, Disability Resource Center, Earth Day Talk, *Joe Scuderi Italian-Am Love Songs, National Blueberry Pie Day and Intl Astronomy Day.

*Join us to hear a variety of songs sung by Hamilton's own, Joe Scuderi. Thursday April 24 at 11:30 am at the Hamilton COA. And stay for lunch. Seniorcare offers lunch every Tuesday, Wednesday and Thursday at HCOA. Contact Albee a few days before to make your reservations. 978-468-2616. Bocce and Pickleball will be moving back outside in May. Stay tuned for more information about when and where these two activities will take place. Wenham

Theresa & Tim

Wenham Calendar - April

MON	TUES	WED	THURS	FRI
	1	2	3	4
	10am - Sing along with Amanda Tye! 1 pm - Tai Chi for Balance Seeds of Change 3:00-4:30 pm Native plants	9:00am Walking Club 10:30 Chair Yoga (Zoom every week) 10:30am - Caregiver Support Grp/Lunch	9am Yoga (Zoom) 10-12 Bocce-Inside HCOA 10-12:30 Renee Mosaic Tile Class	10:00 - Free Library Book Dely 10am- Cribbage & Games 12:30-3 Mahjongg 3-5 pm Acrylic Art
7	8	9	10	11
10:30am Chair Yoga Zoom w/ Margaret 11:30-1pm Social Worker Office Hrs 1:30 Exercise	9am - Veteran's Board Meeting 10am - Vet Coffee 10am-Mary Ann Nay "Sen Tarr's Aide" 1pm - Tai Chi for Balance 2:30pm - Movie "The Odd Couple"	9:00am Walking Club 9:15am - 10:30am Caregiver Support "You are not Alone" 1-3pm Watercolor Art Class	9am Yoga Dianna (Zoom) 10-12 Bocce-Inside HCOA 11-1pm Pickleball Rec Dept 2pm - Senior Scribblers	10am- Cribbage & Games 1-4 pm Mahjongg 12 SAT 10am at WCOA Soc Sec Optimization
14	15	16	17	18
9am Podiatrist 10:30am Chair Yoga-Zoom 12 - 1pm Low Vision Group 1:30 Exercise	10:00 Dementia Friends Discussion 1pm - Tai Chi for Joints 2:30pm - Movie "The Bucket List"	9:00am Walking Club 10:30 Chair Yoga (Zoom every week) 1-3 NEW Acrylic Art Class with Marion Rayner	9am Yoga Dianna (Zoom) 10-12 Bocce-Inside HCOA 11-1pm Pickleball	10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 Mahjongg
21	22	23	24	25
PATRIOTS DAY COA Closed	1pm - Tai Chi for Balance 2:30 pm Kindness Club - Games with Buker Kids	9:00am Walking Clb 9:15am - 10:30am Caregiver Support "You are not Alone" 10:30 Chair Yoga (Zoom every week) 1-3 Watercolor Art	9am Yoga (Zoom) 10:00 Earth Day Discussion 10-12 Bocce-Inside HCOA 11-1pm Pickleball 2pm Sr. Scribblers	10:00am - FREE Library Book Delivery 10 am- Cribbage & Games 1-4 pm Mahjongg
28	29	30		
10:30am Chair Yoga-Zoom with Margaret	1pm - Tai Chi for Balance 2:30 pm Movie "Book Club"	9:00am Walking Club 10:30 Chair Yoga (Zoom every week) 1:00 pm Floral		

Hamilton Calendar – April

MON	TUES	WED	THURS	FRI
	1	2	3	4
	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 Be Kind to Your Spider	10:30 Bingo 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge 11:00 National Caramel Day 12:30 Art Studio
7	8	9	10	11
10:00 Qigong 12:00 Lunch with Friends 12:30 Knitters	9:00 Yoga 10:15 Balance Class 12:30 Needle workers 1:00 Ping Pong 3:00 Armchair chat	10:30 Crafts W/ Barbara 12:00 Lunch* 12:30 Bridge	10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 3:00 Card Making	8:45 Tops 9:00 Quilting 10:00 Bridge 11:00 National Grilled Cheese Day 12:30 Art Studio
14	15	16	16	18
10:00 Qigong 11:45 Acord 12:30 Knitters 3:00 Public Health Nurse-Ticks/ Mosquito Season	9:00 Yoga 10:15 Balance 12:30 Needle workers 1:00 Ping Pong 3:00 Disability Resource Center Talk	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
21	22	23	24	25
10:00 Qigong 12:30 Knitters 3:00 Tea Party	9:00 Yoga 10:15 Balance 12:30 Needle worker 1:00 Ping Pong 3:00 Earth Day Talk	10:30 Open House 12:00 Lunch* 12:30 Bridge	10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 11:30 Joe Scuderi 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
28	29	30		
10:00 Qigong 11:45 Acord 12:30 Knitters 3:00 National Blueberry Pie Day	9:00 Yoga 10:15 Balance 12:30 Needle worker 1:00 Ping Pong 3:00 International Astronomy Day	10:30 Open House 12:00 Lunch* 12:30 Bridge		

Hamilton COA Ongoing Events

Weekly Events

Knitters

Monday 12:30 - 2:30 pm

Stop by on Mondays and join our knitting group. Bring a project you have been working on or start a new project.

Qigong

Monday 10:00am - 11:00am

Taught by Nancy Doyle, the class is geared towards all levels of experience. Drop in class \$5 donation

Yoga

Tuesday 9:00 - 10:00 am

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

Balance

Tuesdays 10:15 - 11:00

Strengthen your body and your balance all in one class! The stronger your balance is, the safer daily activities become. This low impact class is designed to increase muscular strength and develop confidence through different balance activities. \$5.00 donation requested

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project. This is a drop-in group.

Duplicate Bridge

Wednesday 12:00pm

Join our bridge group on Wednesdays at 12:00 pm for a game of duplicate bridge.

ACORD

Please note that the date and time of Acord has changed. Acord Mobile Market will now be on the 2nd and 4th Mondays of the month starting at 11:45am.

Ping Pong Table

Tuesday at 1:00pm

Did you know we have a brand new ping pong table? Thank you to our **Friends Group who purchased it!!!** Ping pong is played every Tuesday at 1:00pm. Bring a friend for some friendly competition.

Fit over 50

Thursday @ 1:00pm

Join Erin on Thursdays for her popular Fit over 50 Exercise class. \$5 donation requested

Pickleball:

Thursday at 11:00 am Rec Center

Pickleball is starting back up. No reservations required, no instruction provided, great for all abilities.

Quilters Group

Friday 9:00am - 12:00pm

Bring your sewing machine and your latest project for a morning of quilting. Machines are available.

Bridge

Fridays 10:00am

Stop by at 10:00 am to brush up on your Bridge skills.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio meets on Fridays. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-626-5240

Men's Group

Join us on the first and third Thursdays of the month (March 6th and 20th) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

Dan will be coming on April 16th at 10:30am.

Colonial Militia

Wenham COA Weekly Events

Virtual Yoga

Balance in Motion

with Dianna Daly on Thurs at 9am.

Email Dianna diannadaly@gmail.com



Virtual Yoga

Breathe, Stretch, Balance and Energize

with Margaret on Mon & Weds at 10:30am Email: blisspolarity@gmail.com
TRY ALL THREE AND WIN!

Mosaic Tile Art Class

with Renee will be held on Thurs, April 3 from 10:00-12:30pm. Tile a small planter or picture frame. \$10 materials fee. Register. 978-468-5534

Tai Chi Class - DVD Class

Every Tues at 1:00pm
April 1, 8, 15, 22 & 29

Exercise with Erin

Each Monday - 1:30pm at **WCOA Live**. Balance, Flexibility and more with Erin. Erin also meets Thurs - 1pm at **HCOA**. \$5pp Accessible to all and noticeable improvement for participants!

AARP TAX HELP last week!

Limited appts. Call today

- Beverly COA 978-921-6017

Mondays by appt.

- Danvers COA 978-762-0208
- Or call SeniorCare 978-281-

April Lunches

12pm "Grab n'Go"

April 2 Weds - Grilled Chicken, Citrus & Fennel sauce, Parm. Risotto, Broccoli & Cookie

April 9 Weds - Steak Fajitas—sliced steak, peppers& onions, Black beans, Spanish Rice and Tortilla, Rice Pudding

April 16 Weds- Egg Salad, Quinoa salad, Beets, Pita and Gelatin

April 23 Weds- Hot Dog. Baked Beans, Warm Cinnamon Apples, Latin Slaw, and Roll

April 30 Weds- Turkey and Swiss, 2 slices of Bread, 3 Bean Salad and Fresh Fruit.

Art Classes

Watercolor Classes with Marion Rayner - On Weds, April 9 & 23 from 1–3 pm. Marion Rayner will teach us watercolor techniques while she demonstrates. Supplies are included. We begin painting at 1 pm. We welcome HW seniors & beyond! Call 468-5534 to sign up. \$10/pp **NEW Acrylic Art class Wed Apr 16 1-3 pm w/Marion**

Acrylic Painting with Aleah - Aleah's next acrylic paint class is **Friday, April 4th 3-5 PM** Aleah is a great artist/ teacher. Call (978)

Pickleball indoors will be at the HW Rec Center, next to the HW Library. Thurs. 11-1 free. Also offered by Rec Dept \$30 for residents \$40 for non-residents for 10X punch card. *Intermediate/Advanced* Mon & Weds 9-11am. *Beginner/Advanced beginner* Tues & Thurs 9-11am.

Indoor Bocce 2025 is now at Hamilton COA from 10am - 12pm. They will play every Thursday throughout the winter.

Dementia Friends Intro Session Tuesday April 15 from 10–11 am

How do we talk to a loved one showing memory loss? What resources are available? These concerns will be discussed at this session to help us better understand how to support those with dementia. *Refreshments will be served* Call 468-5534 to register

Caregiver LIVE Support Group

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

"Zoom" Support Group Mtgs

10:30am every Tuesday
Contact (978) 281-1750 and leave a message for Jenn Flynn

April Movies

Three Tuesdays at 2:30pm - Fun Film Days

- **The Odd Couple** on April 8th
- **The Bucket List** on April 15th
- **Book Club** on April 29th

Walking Group

Weds 9 am

Mahjonn

Fridays 1-4pm

Pickleball - COA

FREE HW Rec Center
Thurs 11:00-1:00pm

Special Events - Hamilton



Tablet Update

We still have tablets and Chromebooks available to lend out. We ask that you sign them out for a month at a time. When you bring it back as long as there isn't a waiting list you can borrow another one. You are able to get online, send emails, read books and other things with the tablets/Chromebooks.

Did you know?

Not all of our events are planned out before the deadline to submit to the newsletter. But we do make up flyers that are now in the entry way of the Center. We also try our best to post on Facebook.

KevTech April 10th & April 24th @ 10:00am

Kevin from KevTech is joining us for two very important sessions this month. The first is on April 10th, when we will explore outdoor photography. On April 24th we will be editing our photos. Stop by with your questions, and to learn how to take great photos.

Men's Group Thursday April 3rd & 17th @9:00 am

Men's group will meet at the COA to discuss current affairs. Join us with a topic in mind or just come to socialize.

Public Health Nurse Monday April 14th @ 3:00pm

Prepare for Tick & Mosquito Season

Did you know Tues, April 1st is be kind to your spider day?

Join us as we talk about the benefits of spiders at 3 pm. Spiders are an important part of our ecosystem.

National Caramel Day Friday April 4th @ 11:00 am

Join us as we celebrate National Caramel Day. Caramel salted cookies, vanilla ice cream with caramel sauce. We will have it all. Reservations

Easter Cards Thursday April 10th @ 3:00pm

Join us as we welcome Christine M to help us design and make Easter Cards. All materials and supplies will be provided. We do as for a donation of \$5.00 per card. Reservation required.

Disability Resource Center Talk Tuesday April 15th @ 3:00 pm.

The disability resource center will be joining us to talk about what services are available to you in the community. Stop by with your questions. Reservations are required.

Tea Party

Monday April 21st, @ 3:00pm
We are hosting a Spring Tea Party. Stop by for a nice cup of tea and some treats. Reservations are required.

Earth Day Talk

Tuesday April 22nd, @3:00pm
Join us for a talk about the Earth and how we can continue to save the planet. All welcome to our open discussion. Please let us know if you are coming.

Music by Joe S. Thursday April 24th @ 11:30 am

We will be welcoming Joe Scuderi from Hamilton as he shares his singing talent with us. All are welcome, light refreshments will be provided. Reservations required.

National Blueberry Pie Day Monday April 28th, @ 3:00pm

Do you enjoy a nice slice of blueberry pie and vanilla ice cream? Join us on Monday April 28th as we celebrate National Blueberry Pie Day. Reservations are required so that we have enough.

Lunch with Friends Monday April 7th @ 12:00pm

Bring a friend as lunch is on us. Reservations are required. Menu will be determined a week prior please let us know if you have any allergies.

**Senator Tarr Office Hours
Tuesday May 13 @ 11:00 am**
Join us in welcoming Mary Ann Nay from Senator Tarr's office.



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Special Events - Wenham

Welcome Spring with some practical steps to make our watershed more climate resilient. **Tues, April 1st, 3pm - 4:30.** Learn about **Miles and Ipswich Rivers, Wenham's MVP grant** & project, the role native plants play in our ecosystem, and make a "seed ball" to take home. Open to all ages 5 to 105. Our partner is *Ipswich River Watershed Association*.

Sing Along with Amanda **Tues, April 1** at 10am
Join us for a fun hour singing with **Samantha Tye, music instructor**, at WCOA.

Caregiver Support
Our caregiver support group will meet on the first **Weds April 2nd at 10:30am**. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750 for more information.

Low Vision Group
Mon April 14 at noon.
Participants share ideas of new technology and assistance .
Lunch served. Please register at 978-468-5529

Jessie Palm, LICW
Jessie can help address issues specific to all aspects of social services, housing & social service advocacy. On Monday, **April 7** from 11:30am - 1pm

AARP Tax Aid
If you need last minute help with taxes AARP has centers to help seniors. Please call today, Danvers (978) 762-0208 or SeniorCare 978-281-1750

Kindness Club - Games with Buker School students on Tues, April 22nd at 2:30pm.
Kate Hayashi from Buker School, Club Moderator
Book Deliveries
Friday home deliveries for anyone interested in memory kits, books, DVD's from the library. Call (978) 468-5577.

Senior Scribblers - Our writing group for all levels. We will met again in April 10 & 24, Thursdays from 2-4pm. Barrie Levine essexarrow@aol.com

Cribbage & Rummikub group is having fun! Join us Fridays at 10am to Noon. Please call and sign up if you're interested. Let us know if you would like to play Scrabble, Trivial Pursuit or other games.

SHINE Marylou Fierro conducts phone interviews the 1st Tuesday of every month following Medicare's Open Enrollment period. If you have questions about your application for Medicare as you turn 65. Please call us 3 months in advance of your 65th birthday and make an appointment. She'll answer any questions you have with a phone call we schedule here.

Wenham Veteran's Meeting April 8 at 10am and we welcome any veterans to share time with this great group of veterans and staff from Cape Ann Vet Services.

Acrylic Art with Aleah! class the 1st Fri on April 4th from 3-5pm.

Watercolor Classes with Marion Rayner will be held on Mar 12 & 26 from 1pm-3pm. Join us!

New Acrylic Art Class
On Weds, April 16th, 1 - 3pm
Marion Rayner will introduce another acrylic art class. We're looking forward to having two classes starting in April. Please call to register. \$10 pp

Movies - On three Tuesdays, April 8th, April 15th & April 29th at 2:30pm we will be hosting **The Odd Couple, The Bucket List and Book Club**, and toning it down a bit from the last few months of movies.

FREE Floral Arranging class with Pat Fleming from the Hamilton Wenham Garden Club on Wednesday, April 30th at 1:00pm at the Wenham COA. Participants will learn how to create a floral arrangement to take home.

- Each person must bring snips or clippers, and a ruler or measuring tape.

You must register for this class.
EMAIL: fleming.3patricia@gmail.com or sign up at the Wenham COA by April 25th. Class limit 12.

The Wealth Effects: Social Security Optimization for Women On Saturday April 12 at 10:30 am Financial Advisor Rick Roche will host an interactive presentation that reveals the primary factors that drive financial precarity and why it's vital to coordinate Social Security benefits with spouses to maximize your monthly checks.

Health & Wellness

Used Medical Equipment - Wenham COA has used medical equipment such as commodes, rollators, shower chairs, transport chairs and wheelchairs. (978) 468-5529

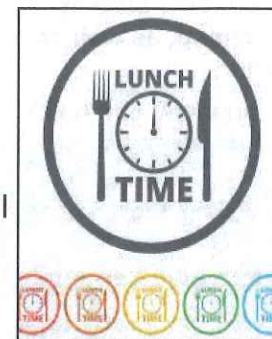
SHINE - Hamilton residents call Theresa (978) 626-5240 Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro on the first Tuesday each month from 10:00-12:00

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 978-626-5240 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. 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 both towns every other month. **Wenham** date is April 14th 9-11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton April 18** from 9 -11:30pm. Call today for an appointment. (978)

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.

The Cabot Theatre - FREE Roman Holiday
Monday, April 14 at 1:00 pm

SAVVY CAREGIVER
Free 6 WEEK *ADRD Caregiver Training Workshop will be held at different locations on the North Shore. To do this work caregivers need special skills. Learn to take control and set goals, communicate more effectively, learn new skills, feel better, and strengthen family resources! For more info: contact Abby Considine at 978-281-1750 ext. 581 for next program.

Blood Pressure: If you would like to have your blood pressure checked please reach out to the center so we can connect you with Kelly Roller our nurse.

Wenham Transit
Call (978) 468-5534
(Wenham residents *only*)
Safe, convenient transportation. Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Wenham Transit - Weekly Shuttle Service

Wenham Transit will be making trips to various popular shopping centers in some cases twice a month. We also have plans to bring trips back to various local museums and historic sights once a month. \$5 per trip.

- Walmart Danvers - 2nd & 4th Thurs leaving at 1pm from Wenham
- Market Basket, Ocean State, Job Lot & Savers - 3rd Thurs leaving at 1pm
- Aldi, Target, Best Buy, Trade Joes & TJ Maxx - 1st & 3rd Fri at 1pm
- Dollar Tree in Beverly by the RR track on Cabot St - 2nd Friday at 1pm
- Dollar Family and Big Lots, off Route 1, near Home Depot in Danvers - 2nd Tues 1pm

~ CALL TO RESERVE A SEAT. (978) 468-5534 ~



Friends of the Hamilton COA

It's that time a year again! The Friends of the Hamilton COA are back to meeting and planning events for this year. As a reminder the Friends help support activities at the Senior Center.

Last year they sponsored an Ice Cream Party, Casino Trip, a new Ping Pong table and the Holiday Party in December. This year they helped spruce up our Coffee Bar and will again be sponsoring our Holiday Party.

It is now time to renew your Friends Membership! Renewing is simple - stop by the Senior Center and fill out the information. Being a member helps support the different programming, as well as helps with incidental purchases for the Senior Center.

Stop by for more information on how you can help!

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Notes from Outreach, Veterans & State

Earth Day Discussion - Wenham COA - Thursday April 24 - 10am -11am

Let's talk—Reduce Waste, Conserve Water, Benefits of Heat Pumps, Solar Panels and more!

Wenham Senior Exemptions - For anyone 65 & over below income limits (single \$69K, head of household \$86K, married \$103K) you will need to fill out Applications for the **Statutory Exemptions** and the Property **Tax Deferral**, due, on or before April 1st, 2025 or 3 months after actual tax bills are mailed. If you have any questions contact our Assessor, Terese Fontaine at (978) 468-5520 Ext. 5 or in person on the 2nd Floor in Town Hall.

Home Energy Assistance

Household income cannot exceed 60% of Massachusetts' estimated State Median Income.

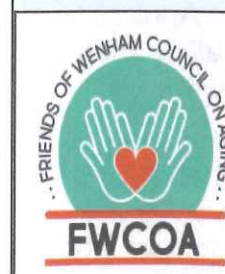
The online application opened on **October 1** for the upcoming heating season (November 1, 2024 – April 30, 2025). You can submit an application **online**, **in person** at the HEAP agency in your area, or by **mail**.

First time applicants must participate in an intake appointment, to get started please submit an online application or **contact** your local agency. Applications are mailed to households after the first year and can be **renewed online**, in person, or by mail.

I was just thinking...

about tomorrow, not any particular tomorrow. It could be the next day from this day. It could be the moment when longings and hopes merge into a "new day." Viktor Frankl thought about tomorrow as he was in the prison at Auschwitz. Frankl was an imminent neurologist and psychologist. He was Jewish serving Jewish families living in Vienna, Austria until he, his wife, parents and other family members were arrested in 1942 and sent to Dachau and Auschwitz. At the end of April 1945 Hitler took his own life. Prior to his suicide The Nazi's abandoned several prisons and murdered hundreds of prisoners. The Third Reich was crumbling. Frankl survived the holocaust. However his wife, father, mother along with many more of his relatives did not. He returned to Vienna and wrote, "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: The salvation of man is through love and in love." This idea was hammered out on the anvil of hate and suffering he experienced in Auschwitz. What was forged is his book titled, Man's Search for Meaning. For Frankl the seeds of tomorrow are sewn in today. I wonder what will be planted this year?

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



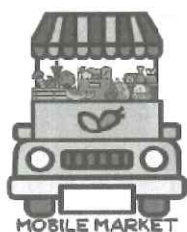
The **Friends of Wenham Council on Aging** are proud to financially support the Wenham COA which keeps our programs vibrant and relevant. Did you know that 30% of Wenham residents are over 60 years old? The Wenham Council on Aging has become an important resource for some of these residents. The **Friends** support a variety of programs, including partial support for group lunches, museum and trip tickets, games, like mahjonn, many Board group meetings and lecturers, NSMT theatre tickets, painting & craft materials, exercise classes, kayaking, picnic tables, benches, entertainment and music. Your contributions are tax deductible. Please make checks payable to: **FWCOA, 10 School St, Wenham, MA 01984.**

Community Resources

Save the Date!— May 6 Lunch 60s/70s Music Joe Leary at the Community House

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 Street South 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 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

New - 2nd and 4th Mondays

April 14th and 28th

11:45 am - 12:30 pm Join us as 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. Just stop by and grab what you need. Mobile market starts at 12:30 and runs only until 1:30. Please bring your reusable bags.

Veteran's Committee of Wenham

Meets the 2nd Tuesday of every month at WCOA
9 am Business meeting
10 am Coffee **All Veterans** are invited to come and meet, Vee, from **Cape Ann Veteran Services** to learn about their benefits and opportunities.



What is **FISH**? **FISH** (Friends in Service Helping) is an international volunteer organization founded by members of St. Andrews Church in Oxford, England. The first **FISH** group in the U.S. was organized in West Springfield, MA in 1964. We are excited to welcome **FISH** to our Hamilton Seniors. We are a group of volunteers looking to provide rides to appointments, shops and activities.

Jessie Palm, LICSW has office hours in Wenham to discuss any social service issues you are having. April 7th from 11:30am-1pm

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.

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.

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

Podiatrist - Dr. VanEss comes to Wenham COA in April 14th Call 978-468-5534 to make your reservation. **HCOA** is April 18th also, 9am -12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, April 14th at 12:00pm. We will explore **NEW** topics for our lunch discussion. We hope to have our friend from MABVI.

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April Preliminary Menu – Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
	1 5oz Turkey A la King with mushrooms ½ cup Mashed Potatoes ½ cup Corn 1pc Biscuit ½ c Pineapple	2 1pc Grilled Chicken 2oz Citrus & Fennel Sauce ½ cup Parmesan Risotto ½ cup Broccoli Congregate: Cream of broccoli soup 1pc Cookie 1pc Oat Bread	3 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup Steamed Potatoes 1pc MG Bread ½ cup tapioca pudding	4 Lent Two Compartment 4oz Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese ½ cup Pasta ½ cup Capri Blend 1pc LS WW Bread 1 pkt Parmesan cheese ½ cup mandarins
7 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Roman Blend Veg 1 slice MG bread ½ cup Pineapple	8 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts 1pc Burger Bun ½ cup Canned Fruit 1pc tartar sauce No Margarine	9 Steak Fajita 3oz Sliced Steak 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla 1pc Sour Cream ½ cup Rice Pudding No Margarine	10 Specials: 3oz Baked Ham 2oz Pineapple Glaze 4oz Potatoes Au Gratin or 4oz Cheesy Mashed Potatoes (cheddar) 4oz Apple Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons 1pc Onion Roll (Congregate) 1pc LS Wheat Bread (HDM)	11 Lent Two Compartment 10 oz macaroni and cheese ½ cup Peas 1 slice WW Bread 1pc Fresh Fruit (orange)
14 Passover 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce	15 Passover Two Compartment Beef Burgundy 3oz Sliced beef 4 oz Burgundy sauce (with mushrooms) on top of ½ cup Egg Noodles ½ cup Broccoli 1pc WW Bread ½ cup canned fruit	16 Passover Cold: 3oz Egg Salad ½ cup Quinoa Salad ½ cup Marinated Beets 1/2 cup Gelatin ½ pc Pita Bread No Margarine	17 Passover 3oz Stuffed Chicken (Broccoli & Cheese) 2oz Supreme Sauce 4oz Roasted Sweet Potatoes 4oz Berry Crisp 4oz Garden Salad 1pc Menu Magic Dressing 1pc Oat Bread	18 Last day Lent 4oz Cod 2oz Mediterranean Sauce ½ cup Rice Pilaf ½ cup Creamed Spinach 1pc WW Dinner Roll 1pc Fresh Fruit
21 Holiday No Meals Served	22 6oz Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Carrots Congregate: Tomato soup instead of carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup	23 1pc Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	24 Birthday 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Garlic Green Beans 1pc MG Bread 1pc Birthday Cake	25 Two Compartment Chicken Stir Fry 3oz Chicken Strips 4oz Sweet & Sour Sauce 4oz Mandarin Veg Blend ½ cup Brown Rice ½ cup Pineapple 1pc Oat Bread
28 Two Compartment Deconstructed Shepherd's Pie 3oz Beef 2oz Gravy 3oz Corn ½ cup Mashed Potatoes 1pc Biscuit ½ cup chocolate pudding	29 3oz Grilled Chicken 2oz Balsamic Sauce ½ cup Mashed Butternut ½ cup Sautéed Garlic Kale 1pc WW Dinner Roll ½ cup canned fruit	30 Cold: 2 oz Turkey 1 oz Swiss Cheese ½ cup Spinach Salad ½ cup Three Bean Salad Congregate: Minestrone soup instead of three bean salad 2 slices LS WW Bread 1 pkt mustard 1pc Salad Dressing (raspberry) 1pc Fresh Fruit NO Margarine		

Looking for **Wenham's Grab & Go?** It is every Wednesday! Please call: 978-468-5534
The **Hamilton COA** offers congregate lunches on Tuesday, Wednesday and Thursday of every week. Reservations are required, and can be made by calling Albie at 978-468-2616

Looking for **Meals on Wheels:** Meal's on Wheels can be easily setup by calling SeniorCare at



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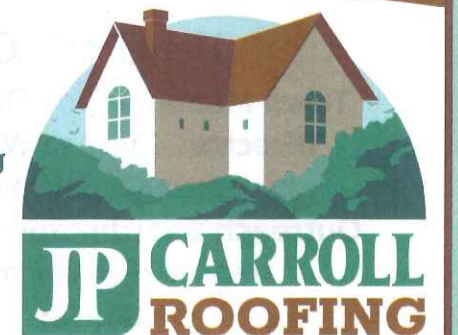


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Kelly Roller
Rosemary Kennedy

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978-626-5240

Wenham COA

Director: Jim Reynolds
jreynolds@wenhamma.gov

Outreach Coordinator: Jeanne Maurand
jmaurand@wenhamma.gov

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