

## Monthly newsletter of the Hamilton & Wenham COAs

### H-W Senior Life May 2025

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

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

#### Happy May!

After several years of dedicated service, I am both happy and a little sad to announce that Tim will be retiring from his role as Outreach Coordinator on June 5th. Throughout his time with us, Tim has been a valued member of the team—bringing not only expertise and reliability, but also kindness, wisdom, and a great sense of humor. While we'll miss his presence deeply, we're excited for him as he heads into this well-deserved next chapter. Please join us in celebrating Tim and wishing him all the best in retirement! We will be holding an open house style celebration on **Thursday June 5th** to say goodbye. Stop by between 9:30-11:00am to wish him well!

We have a lot of great programs coming up during the month of May. We are looking forward to a Panel Presentation titled "Should I Stay or Should I Go?" This will take place on Wednesday May 7th, from 10:00 am –1:00 pm at The Residence at Riverbend. Sign up today, reservations required.

Our Friends group is hosting an Ice Cream Social on Tuesday May 20th starting at 12:00pm. Reservations are required for this event as well.

This month our lunch and learn we will welcome Harmeling Physical Therapy, Gregory Walker-Clinic Manager. Gregory will come to discuss common injuries from spring activities (walking, gardening and pickleball), ways to prevent injuries and suggest exercises that help prevent injuries.

Seniors Helping Seniors will take place on Tuesday May 27th starting at 8:30 and running until 12:00 noon. If you need help with Spring Clean up, call to schedule your spot. Reservations can be made by contacting Mrs. Lisa Heitz at 978-468-0496.

And back by popular demand we will be offering the Baked Potato Bar on Tuesday May 27th starting at 12:00 pm. Reservations are required for this event. Call ahead as space is limited.

If you have any questions about programs that we have coming up, please feel free to call the center at 978-468-5595. We hope to see you soon ! Theresa & Tim.

**Let the games begin!** Thurs, May 15th is outdoor **Bocce Opening Day**. Join us for bocce games and a potluck breakfast. No experience is needed. We will meet Tuesdays and Thursdays from 9 to 11:30am every week. We both host and travel to team matches with Marblehead and other teams, usually on Friday mornings, throughout the summer.

**Tuesday May 6th is Lunch & Linger** at The Community House. Joe Leary will perform 60s/70s music. Sign up at WCOA, HCOA or TCH. \$5 donation.

We have many things going on at WCOA in May. **Matter of Balance Class** is back with Abby Considine for 8 weeks on Mondays, May 19th - July 14th, from 11am - 1pm except May 26th Memorial Day. Abby will also hold a 6-week, **Savvy Caregiver Class** in Essex on Weds, May 14th – June 18th from 10am—12pm. Abby can be reached at 978-281-1750 x 581 or by email: [abby.considine@senior-careinc.com](mailto:abby.considine@senior-careinc.com).

**Seniors Helping Seniors** will happen on Tues, May 27th from 8:30am - 12noon. Take advantage of this opportunity for get help with Spring clean-up with a great group of HWR High School seniors. Contact Mrs. Lisa Heitz at 978-468-0496.

**Should I Stay or Should I Go?** is a Panel Presentation hosted by The Residence at Riverbend in Ipswich at 149 County Rd on Weds, May 7th from 10am–1pm. Deciding whether to age-in-place or move to a more manageable home can be tough. A panel of experts will provide valuable insights to help you make the best choice for you and your family. Enjoy a complimentary lunch and enter to win exciting raffle prizes. Jim & Jeanne

# Wenham Calendar - May

MON	TUES	WED	THURS	FRI
			<b>1</b>	<b>2</b>
			<i>Balance in Motion</i> 9am Dianna Daly 10-12 Bocce-Inside HCOA	10:00 - Free Library Book Dely 10am- Cribbage & Games 12:30-3 Mahjong 3-5 pm Acrylic Art
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10:30am Chair Yoga Zoom w/ Margaret 11:30-1pm Social Worker Office Hrs 1:30 Exercise w/ Erin	10am - Sing for fun <b>12-2pm Lunch and Linger with Joe Leary Concert</b> 2:30pm - Movie <i>"This is a Robbery"</i>	9:00am Walking 10:30am-12pm Caregiver Support 10am-1pm <b>Should I Stay or Should I Go at The Res at Riverbend.</b> 1-3pm Watercolor Art Class	<i>Balance in Motion</i> 9am Dianna Daly 10-12 Bocce- Inside HCOA 11-1pm Pickleball Rec Dept 2pm - Senior Scribblers	10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 pm Mahjongg
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
10:30am Chair Yoga-Zoom 12 - 1pm Low Vision Group 1:30 Exercise with Erin	9:00 Vet Meeting 10:00 Vet Coffee 1pm - Tai Chi 2:00 <b>Miles River Walk</b> 2:30pm - Movie <i>"Skyfall"</i>	9:00 Walking Club 9:15am - 10:30am Caregiver Support " 10:30 Chair Yoga (Zoom every week) 10am- Pickleball 1-3 <b>NEW</b> Acrylic Art	<i>Balance in Motion</i> 9am Dianna Daly <b><u>Bocce Opening Day</u></b> <b>Potluck 9:00am</b>	10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 Mahjongg
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10:30am Chair Yoga Zoom w/ Margaret 11am-1pm <b>Matter of Balance</b> Class 1:30 Exercise w/ Erin	9-11:30 Bocce 10:00 Dementia Friends Intro 1pm - Tai Chi for Balance 3:00 pm <b>Kindness Club</b> - Board games	9:00 Walking Club 10:30 Chair Yoga (Zoom every week) 10am - Pickleball 1-3 Watercolor Art	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly 2pm Sr. Scribblers	10:00am - FREE Library Book Delivery 10 am- Cribbage & Games 1-4 pm Mahjongg
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>MEMORIAL DAY</b> (COA Closed)	8:30 Seniors Helping Seniors 9-11:30 Bocce 1pm - Tai Chi 2:30 pm Movie <i>"Thomas Crown Affair"</i>	9:00 Walking Club 9:15am - 10:30am Caregiver Support "You are not Alone" 10:30 Chair Yoga (Zoom every week) 10am—Pickleball	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly	10:00am - FREE Library Book Delivery 10 am- Cribbage & Games 1-4 pm Mahjongg

# Hamilton Calendar – May

MON	TUES	WED	THURS	FRI
			1	2
			9:00 Men's Group 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge 12:30 Art Studio
5	6	7	8	9
10:00 Qigong 12:30 Knitters 3:00 Cooking for 1	9:00 Yoga 10:15 Balance Class 12:00 Lunch * 12:00 Lunch and Linger Community House* 12:30 Needle workers 1:00 Ping Pong 3:00 Nurse Talk	10:30 Bingo 10am-1pm <b>Should I Stay or Should I Go at The Res at Riverbend.</b> 12:00 Lunch* 12:30 Bridge	10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50 3:00 Mothers Day Card Making	8:45 Tops 9:00 Quilting 10:00 Bridge 12:30 Art Studio
12	13	14	15	16
10:00 Qigong <b>11:45 Acord</b> <b>12:00 Lunch w. Friends</b> 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 National Apple Pie Day	10:30 Open House with Tim Morris 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50 All Day: Bring flowers to someone day	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 11:30 National Pizza Party Day 12:30 Art Studio
19	20	21	22	23
10:00 Qigong 12:30 Knitters 3:00 Mothers Day Tea	9:00 Yoga 10:15 Balance 12:00 Lunch 12:00 Friends Ice Cream Social 12:30 Needle worker 1:00 Ping Pong	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
26	27	28	29	30
Closed for Memorial Day	9:00 Yoga 10:15 Balance 12:00 Baked Potato Bar 12:30 Needle worker 1:00 Ping Pong Seniors Helping Seniors	10:30 Crafts w Barbara 12:00 Lunch* 12:30 Bridge	11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio

# 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 until 12:30.

### 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 ( May 1st and May 15th) at 9:00am for a men's group. We will be offering coffee and pastries.

### Dan Tremblay

Dan will be coming on May 21st at 10:30am.

Join us for a movie and discussion after.

# Wenham COA Weekly Events

**Virtual Yoga**  
**Balance in Motion**  
 with Dianna Daly  
 on Thurs at 9am.  
**Email Dianna**  
 diannadaly  
 @gmail. com



**Bocce Gold Medal  
Winners 2024**

**Virtual Yoga**  
**Breathe, Stretch, Bal-  
ance and Energize**  
 with Margaret on Mon &  
 Weds at 10:30am Email:  
 blisspolarity@gmail.com  
**TRY ALL THREE AND  
WIN!**

Bocce outdoors  
 Every Tues and Thurs May 15-  
 Oct 3-4 pick up games played  
 between 9am - 11:30am

Tai Chi Class - DVD Class  
 Every Tues at 1:00pm - 1:45pm

## Art Classes

**Watercolor Classes with Marion Rayner** - On Weds, May 7 & 21  
**from 1-3 pm.** Marion Rayner teaches us watercolor  
 techniques while she demonstrates. Supplies are included. We  
 begin painting at 1 pm and welcome HW seniors & beyond. Invite  
 a friend to join us. Call 468-5534 to sign up. \$10/pp

**NEW! Acrylic Art Class with Marion Wed, May 14, 1-3 pm**

**Acrylic Painting with Aleah** - Aleah's next acrylic paint class is  
**Friday, May 2nd 3-5 PM** Aleah is a great artist/ teacher. Call (978)  
 468-5529 to sign up \$10/pp.

Exercise with Erin  
 Each Monday - 1:30pm at **WCOA**  
**Live.** Balance, Flexibility and more  
 with Erin. Weights (2,3 or 5 lbs. )  
 are available. Erin also meets  
Thurs - 1pm at **Hamilton COA.** Erin  
 is a personal trainer. \$5pp  
 Accessible to all and noticeable  
 improvement for participants!

## Matter of Balance

This 8-week class meets every  
 Monday from May 19th through  
 July 14th from 11am—1pm. This  
 class addresses issues around bal-  
 ance & preventing falls. Call Abby  
 Considine 978-281-1750 x581 or  
 abby.considine@

**Pickleball indoors** will be at the HW Rec Center, next to the  
 HW Library. Thurs. 11-1 free.

**Outdoor Pickleball** 2025 Wenham Tea House Courts begins  
 May 14th at 10:00am

**Outdoor Bocce 2025** begins Thursday May 15th 9 am WCOA  
**Breakfast Potluck.** Then Tues and Thurs 9-11:30 am

## Dementia Friends Intro Session Tuesday May 20 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

## May Movies

Three Tuesdays at  
2:30pm - Fun Film Days  
**May 6th- This is a**  
**Robbery - About Gard-**  
**ner Museum Heist**  
**May 13th- Skyfall**  
**May 27th - Thomas**  
**Crown Affair**

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

**May 7 Weds** - Crustless Quiche  
 (Asparagus & Cheese), Pota-  
 toes, Honey Glazed Carrots,  
 Fresh Fruit Salad, Cinn. Crumb  
 Cake

**May 14 Weds** - Chicken Salad,  
 Spinach Salad, Butternut Salad,  
 Multi-grain bread, cookie and  
 dressing

**May 21 Weds-** Steak Fajita,  
 Peppers & Onions, Black  
 Beans, Spanish rice, Tortilla,  
 Rice pudding

**May 28 Weds-** Hot Dog, Baked  
 Beans, warm Cinnamon Apples  
 and Cole Slaw.

## 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

## •Walking Group

**Weds 9 am**

## •Mahjogg

**Fridays 1-4pm**

**Pickleball - 10am**  
**on Weds at WVIS**  
**Courts @Tea House**



# 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

**May 8th & May 22nd  
@ 10:00am**

We don't have the dates for KevTech but call or stop by the center to get the flyer and sign up. Stop by with your questions, and to learn how to take great photos.

## Men's Group

**Thursday May 1st and 15th  
@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.

## National Melanoma Day

## May 6th @ 3:00pm

Join us for information on how to stay safe this summer. Sun safe tips and tricks.

## Cooking for 1

**Monday May 5th @ 3:00pm**

Join us for a cooking for 1 lesson. Do you find it difficult to make small meals? Do you find yourself eating the same thing night after night? Rachel Orie will be giving us some tricks and demonstrations. Reservations Required.

## Lunch and Linger

**Tuesday May 6th @ 12:00**

This lunch and linger takes place at the Community House. Join us and our friends from Wenham to enjoy a nice lunch and entertainment by Joe Leary. Reservations required.

## Card Making

**Thursday May 8th,  
@ 3:00pm**

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

## Apple Pie Day

**Tuesday May 13th @ 3:00 pm.**

DO you enjoy a nice slice of Apple Pie and vanilla ice cream? Join us on Tuesday May 13th as we celebrate National Apple Pie Day. Reservations are required.

## Bring someone flowers Day

**Thursday May 15th  
All Day (starts at 9:00 until we run out)**

Do you want to make someone

smile but don't know how?

Today is the perfect day to bring someone flowers. Stop by and grab a small bouquet to brighten your day or to pass on to a friend. This is a limited event so stop by early.

## Pizza Party Day

**Friday May 16th @ 11:30**

Join us for a Pizza Party to celebrate National Pizza Party Day on Friday May 16th. Party will start at 11:30. Reservations required.

## Mothers Day Tea

**Monday May 19th @ 3:00pm**

Join us for tea and pastries to celebrate Mothers Day. Bring your favorite memory of your mom or of being a mom. Reservations required.

## Lunch with Friends

**Monday May 12th @ 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. This month we are welcoming Harmleing PT.

## Baked Potato Bar

**Tuesday May 27th @ 12:00pm**

Back by popular demand our baked potato bar with all the fixings. Reservations required, space is limited.

## Ice Cream Social

**Tuesday May 20th @ 12:00pm**

Join us and our Friends group as they are graciously hosting an Ice Cream Social in celebration of the start of summer. Reservations are required. Sign up today.



## Morris FUNERAL HOME

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OWNER/DIRECTOR

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[morrisfh.com](http://morrisfh.com)

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06-5386

# Special Events - Wenham

**Miles River Walk & Talk** with **IRWA**. Tues, May 13th, 2–3:30pm. Meet at NE Biolabs Parking Lot off Rte 1A. Learn about the challenges the Miles River has from pollution and overgrowth. Sign up at WCOA or call 978-468-5534. Free

## Caregiver Support

Our caregiver support group will meet on the first **Weds May 7th at 10:30am**. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750 for more information.

## Low Vision Group

**Mon May 12th 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, **May 5th** from 11:30am - 1pm

## A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. This award winning 8 week program that's hosted by Senior Care and Abby Considine is designed to manage falls and increase activity levels. The class begins on Mon, May 19th and runs through July 14th with Holiday breaks. 11am to 1 pm  
Anyone interested in improving balance, flexibility and strength should attend and learn to view falls as controllable. Call Abby 978-281-1750 ext. 581

**SHINE-** We have a new SHINE counselor Stephanie Kassabian. 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 by contacting me at 978-468-5529. She'll answer any questions you have and will meet in person or if preferred by telephone.

**Wenham Veteran's Meeting** May 13th 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 May 2nd from 3-5pm.

**Watercolor Classes** with Marion Rayner will be held on May 7th and 21st from 1pm–3pm. Join us!

## Acrylic Art Class

On Weds, May 14th, 1 - 3pm  
Marion Rayner will introduce a 2nd acrylic art class. Please call to register. \$10 pp

**Movies -** On three Tuesdays, May 6th, May 13th & May 27th at 2:30pm we will be hosting **This is a Robbery**, a Netflix documentary about the heist at the Gardner Museum. **Skyfall** will be shown on the 13th  
Often considered the best Bond movie due to its blend of classic and contemporary elements, compelling characters, and a story that delves into Bond's past while reaffirming his relevance .Finally on May 27th will watch the 1999 version of the Thomas Crown Affair.

**Lunch & Linger - May 6th**  
**Joe Leary 60's & 70's Music** will be a special Lunch and Concert event held at The H-W Community House on May 6th from 12 noon - 2pm. A seasoned performer Joe will take us on journey with classic acoustic music from the 60s and 70s (*Eagles, Jimmy Buffett, Gordon Lightfoot, Jim Croce, Neil Young, Eric Clapton, Harry Chapin, Van Morrison, Bob Dylan* and more. The food for this event is being provided by **The Current**, a *NEW* Assisted living facility in the heart of downtown Beverly. Sign up at WCOA, HCOA or TCH. \$5

## 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.

## Book Deliveries

Friday home deliveries for anyone interested in memory kits, books, DVD's from the library. Call (978) 468-5577

## Senior Scribblers

## WCOA's Writing Group

Barrie Levine provides prompts for our writers to start us thinking and putting words on paper. No experience necessary . Contact Barrie at her email [essexarrow@aol.com](mailto:essexarrow@aol.com)

Next meetings are Thursday May 8 and 22 from 2-4 pm

**Kindness Club** Tues May 20 at 3 pm Board Games



# 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](http://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](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.



**SeniorCare** is serving "in person" lunch at the Hamilton Senior Center on **Tuesday, Wednesday and Thursday**. If you are interested, check the menu at the end of this newsletter or Senior Center for congregate meals and reserve your place with Albie.

(978) 468-2616



## Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham** date is June 16th 9:-11:00am (978) 468-5534. Dr. VanEss is coming to **Hamilton June 6th** from 9 -11:30pm. Call today for an appointment. (978) 468-5595

## 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



## 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.

# 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!

### DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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# Notes from Outreach, Veterans & State

**Friday morning games at Wenham COA**  
Starting at 10:00 am. Stop by and enjoy the fun.



**Hamilton Friends Sponsored Beach Picnic. Stop by for our Ice Cream Social Sponsored by the Friends.**

## *I was just thinking...*

about Memorial Day. Last year I was in line to purchase a few items. As I checked out the cashier looked at my veteran hat and said, "Happy Memorial Day." Before I could respond I heard, "The word happy doesn't go with Memorial Day, does it?" This question reflects the mixed emotions that are present on Memorial Day. Francis Finch, a judge living in upstate New York during the Civil War, wrote a poem titled, "The Blue and The Gray." He was prompted to write the poem after he read poignant story about a group of women in Columbus, Mississippi who on April 25, 1866 decorated the graves of Confederate and Union soldiers. His words penetrate the heart and help us to honor the dead but not glorify war. The following is the final stanza of his poem. I invite you to read the whole poem.

No more shall the war cry sever, or the winding rivers be red.  
They banish our anger forever when they laurel the graves of our dead!  
Under the sod and the dew, waiting the judgement day;  
Love and tears for The Blue, tears and love for The Gray.

**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 mahjogg, 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

## May 6 **Lunch & Linger** Community House Joe Leary 60s/70s Music \$5 donation

### 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](mailto:acord.director@gmail.com) or phone 978-468-7424



## Mobile Market

**New - 2nd and 4th Mondays**

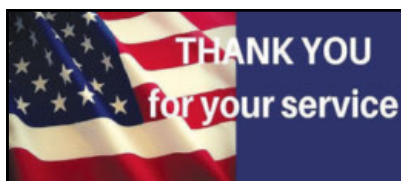
**May 12th (only 1 because of the holiday)**

**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. May 5th 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](http://seniorcareinc.org).

**WISSH - Wenham Issues of Social Service Help.** Confidential financial and social service assistance. The mission of WISSH is to identify the social-service needs of Wenham residents and to coordinate and implement appropriate immediate unmet financial assistance to those in need. (978) 468-5520 Ext.

**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 June 16th Call 978-468-5534 to make your reservation. **HCOA** is June 6 9am -12pm. Call to make an appt. (978) 626-5240.

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






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# May Preliminary Menu – Meals on Wheels and Congregate

## May Regular Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3oz Pork 2oz BBQ sauce ½ cup Sweet Tater Tots ½ cup Cheesy Cauliflower 1pc WW Bread ½ cup Applesauce	<b>2 Two Compartment</b> 1pc Cheese Lasagna 4oz Marinara ½ cup Garlic Spinach 1pc WW Garlic Roll 1pc Cookie
<b>5 Two Compartment</b> 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc WW Dinner Roll ½ cup canned fruit	<b>6</b> 3oz Pork Sausage 2oz Peppers and Onions ½ cup Corn <b>Congregate: corn chowder to replace corn</b> 1/2 cup Sweet Potatoes 1pc Hot Dog Bun ½ cup Applesauce	<b>7 Special</b> 4oz Crustless Quiche (Asparagus & Cheese) 4oz Potatoes O'Brien 4oz Honey Glazed Carrots ½ cup Fresh Fruit Salad 1pc Cinnamon Crumb Coffee Cake	<b>8 Two Compartment</b> 8oz Tuscan Turkey Orzo Casserole* ½ cup Green Beans 1pc Oat Bread 1pc Fresh Fruit	<b>9</b> 3oz Unbreaded Pollock 2oz Pesto ½ cup Lemon Rice ½ cup Capri Blend 1pc MG Bread 1pc Gelatin
<b>12</b> 3 oz Chicken Meatballs 2 oz BBQ & Grape Jelly “sweet BBQ sauce” ½ cup White Rice ½ cup Beets 1 pc Vienna bread ½ cup Pineapple	<b>13 Two Compartment</b> 3oz Ravioli 4 oz Marinara Sauce ½ c Italian Blend Veg 1 pc WW Bread ½ cup mandarins 1pc parmesan cheese	<b>14 Cold:</b> Chicken Salad 3.5oz Diced Chicken, Mayo & Celery ½ cup Spinach Salad ½ cup Butternut Salad 2pc MG Bread 1pc Cookie 1pc Dressing <b>No Margarine</b>	<b>15</b> 1pc Cheese Omelet 1pc Turkey Sausage <b>2pc Sausage for Congregate</b> ½ cup Roasted Potatoes ½ cup Stewed Tomatoes 1pc Muffin ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	<b>16 Two Compartment</b> 8 oz Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1pc WW Dinner Roll 1pc Fresh Fruit
<b>19</b> 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce	<b>20</b> 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts <b>Congregate: Tomato soup to replace brussels sprouts</b> 1pc WW Burger Bun ½ cup Canned Fruit 1pc tartar sauce	<b>21 Steak Fajita</b> 3oz Sliced Beef 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla 1pc Sour Cream ½ cup Rice Pudding <b>No Margarine</b>	<b>22</b> 3oz Chicken Cordon Blue 2oz Supreme Sauce 4oz Roasted Sweet Potatoes 4oz Berry Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons 1pc Oat Bread	<b>23 Two Compartment</b> 10 oz macaroni and cheese ½ cup Peas 1 slice WW Bread 1pc Fresh Fruit (orange)
<b>26</b>  <b>MEMORIAL DAY</b>	<b>27 Two Compartment</b> 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	<b>28</b> 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 <b>No Margarine</b>	<b>29 Birthday</b> <b>Cold:</b> 3oz Egg Salad ½ cup Quinoa Salad ½ cup Garden Salad 1pc Cupcake ½ pc Pita Bread 1pc Salad Dressing <b>No Margarine</b>	<b>30</b> 4oz Cod or pollack 2oz Mediterranean Sauce ½ cup Roasted Potatoes ½ cup Creamed Spinach 1pc WW Dinner Roll ½ cup Gelatin

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 **978-281-1750** and asking for the nutrition or intake department.





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