

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life August 2025

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

Hi Everyone-

I am excited to report that we have a new Assistant Director at the Hamilton Senior Center. Let's send a warm welcome to Hannah Lonergan. Hannah was born and raised in Salem, Massachusetts and recently graduated from UMass Amherst with a Bachelor's degree in Public Health Sciences. While at UMass Amherst, Hannah interned at East Longmeadow Senior Center.

Hannah is one of five siblings and truly values the time she spends with her family. She has a furry friend of 15 years—her sweet cat, Piglet!

Hannah is passionate about mental health and volunteers her free time with a local nonprofit called Mental Makeover. She also enjoys trying new foods, reading and soaking up the sun at the beach. If you see her around town, don't hesitate to say hello—she loves meeting new people and making new friends! She's truly looking forward to connecting with and getting to know all the wonderful residents of Hamilton. We will be having a welcome party for Hannah on **Tuesday August 12th @ 3:00pm. Stop by and say hi!**



It's August, the Sunday of Summer, named for Augustus Caesar

Come down to Wenham COA and enjoy our cool AC on these very hot days! We are an official Cooling Station in Wenham. And remember to stay hydrated, too.

Bocce! Join us for bocce games every Tuesday and Thursday from 9:00 - 11:30. No experience needed. Joe Scuderi will teach you the basics of the game in a few minutes.

We have one more **Kayak trip** on **Friday Aug 22, 9:00 am**. This is a perfect trip for moderate and beginner level kayakers. We will meet Coast to Coast at Independence Park in Beverly. \$20 pp.

Matter of Balance Class will be offered at the **Rose Baker Senior Center in Gloucester** with Abby Considine for 8 weeks from Wed Aug 20 to Wed Oct 8. Abby can be reached at 978-281-1750 x 581 or by email: abby.considine@seniorcareinc.com.

Lunch & Linger at The Community House will continue this Fall on **Tuesday September 9 at noon**. We will enjoy a hot catered meal followed by a fun-filled game of Trivia with prizes! Sign up at WCOA, HCOA or The Community House. \$5 donation.

The Savvy Caregiver Class will be offered at Wenham COA on Friday mornings starting September 12 and ending October 17 at 9am. In this class you will become better equipped to care for a loved one living with dementia. Caregivers will gain new knowledge, learn specialized skills and develop a positive attitude towards this challenging work. To register, call Abby Considine 978-281-1750 ext 581. Or email her. abby.considine@seniorcareinc.org

Thank you to our summer volunteers - Veronica, Helen, Joe and many more! Jim & Jeanne

Wenham Calendar - August

MON	TUES	WED	THURS	FRI
				1
				9-11 - Pickleball at Tea House Courts 10am- Cribbage & Games 12:30-3:00pm Mahjongg 3-5 Acrylics w Aleah
4	5	6	7	8
10:30am Chair Yoga Zoom w/ Margaret 11:30-1pm Social Worker Office Hrs	9-11:30 Bocce 10am - Sing for Fun 11:00 Exercise with Erin 1pm - Tai Chi	9:00am Walking 10:30am-12pm Caregiver Support 10:30 Chair Yoga Z 12 -Grab&Go Lunch 1-3pm Watercolor Art Class	<i>Balance in Motion</i> 9am Dianna Daly 9-11:30 Bocce Rec Dept 2pm - Senior Scribblers	9-11 - Pickleball at Tea House Courts 10:00am - FREE Library Books 10am- Cribbage & Games 1-4 pm Mahjongg
11	12	13	14	15
10:30am Chair Yoga-Zoom 12 - 1pm Low Vision Group	9-11:30 Bocce 9:00 Wenham Vet Com Meeting 10:00 Vet Coffee 11:00 Registry of Deeds—Property Fraud 1pm - Tai Chi	9:00 Walking Club 9:15—10:30 YANA 10:30 Chair Yoga (Zoom every week) 12 -Grab&Go Lunch 1-3 Acrylic Art 2:00 pm “Grease”	<i>Balance in Motion</i> 9am Dianna Daly 9-11:30 Bocce	9-11 - Pickleball at Tea House Courts 10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 pm Mahjongg
18	19	20	21	22
10:30am Chair Yoga Zoom w/ Margaret	9-11:30 Bocce 10:00 Dementia Friends Intro 11:00 Exercise with Erin 1pm - Tai Chi for Balance	9:00 Walking Club 10:30 Chair Yoga (Zoom every week) 12 -Grab&Go Lunch	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly	9 am Kayak 9-11 - Pickleball at Tea House Courts 10am- Cribbage & Games 1-4 pm Mahjongg
25	26	27	28	29
10:30am Chair Yoga Zoom w/ Margaret	9-11:30 Bocce 11:00 Exercise w/ Erin 1pm - Tai Chi	9:00 Walking Club 9:15am - 10:30am “You are not Alone” 10:30 Chair Yoga (Zoom every week) 12 -Grab&Go Lunch	9-11:30 Bocce <i>Balance in Motion</i> 9am Dianna Daly	9:00 am Kayak 9-11 - Pickleball 10 am- Cribbage & Games 1-4 pm Mahjongg

Hamilton Calendar – August

MON	TUES	WED	THURS	FRI
				1
				8:45 Tops 9:00 Quilting 10:00 Bridge 12:30 Art Studio
4	5	6	7	8
10:00 Qigong 12:30 Knitters 3:00 Watermelon Day	9:00 Yoga 10:15 Balance Class 12:00 Lunch * 12:30 Needle workers 1:00 Ping Pong 2:30 Adult Coloring	10:00 Bingo 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge 12:30 Art Studio Dr. VanEss
11	12	13	14	15
10:00 Qigong 11:45 Acord 12:30 Knitters 3:00 Book Lovers Day	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 Welcome Party	10:30 Crafts with 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
18	19	20	21	22
10:00 Qigong 12:00 Lunch with Friends 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle worker 1:00 Ping Pong	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 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
25	26	27	28	29
10:00 Qigong 11:45 Acord 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle worker 1:00 Ping Pong 3:00 Lego Club	10:30 Open House 12:00 Lunch* 12:30 Bridge	11:00 Pickleball 12:00 Lunch* 12:30 Fit over 50 1:30 Movie Day	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio

Hamilton COA Ongoing 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. . \$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

ACORD Mobile Market will now be on the 2nd and 4th Mondays of the month starting at 11:45am until 12:30.

Lego Club

4th Tuesday of the Month @ 3:00pm

Join us as we start a Lego club at the center. We supply the Legos for you to build your creations. They will be on display for the month.

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 Patton Park

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 (Aug 7 and 21) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

Dan will be coming on Aug 20 at 10:30am. Join us for a movie and discussion afterwards

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

Dedication for
Cathie Tomasella's Bench
Thurs Sept 4 at 11:30 am
 We will remember Cathie and the gifts she brought to all of us at WCOA as our Administrative Assistant for twelve years. A beautiful bench has been purchased from donations given in her memory. Please join us for this special occasion.
Lunch following

Art Classes

Acrylic Painting with Aleah - Aleah's next acrylic paint class is **Friday, Aug 1 from 3-5 PM** Aleah is a great artist/ teacher. Call (978) 468-5529 to sign up \$10/pp.

Watercolor Classes with Marion Rayner - On Weds, **Aug 6 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

Acrylic Art Class with Marion Wed, Aug 13 from 1-3 pm

Outdoor Bocce 2025

WCOA Tuesdays and Thursdays 9-11:30 am

Tai Chi Class - DVD Class

Every Tues at 1:00pm - 1:45pm

Pickleball Fridays 9 -11 am Wenham Tea House Courts

Friendly pick-up games.

Dementia Friends Intro Session

Tuesday Aug 19 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

•Walking Group

Weds 9 am

•Mahjonn

Fridays 1-4pm

Pickleball - 9 am
on Fridays at WVIS
Courts @Tea House

Exercise with Erin

Each Tuesday - WCOA

11:00 am to noon (Except 8/12)
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!

Aug Lunches

Noon "Grab n' Go"

Aug 6 Weds - Grilled Chicken Strips, Teriyaki Sauce, Green Beans, Rice, Bread and Pineapple

Aug 13 Weds - COLD Tuna Salad, 3-Bean Salad, Garden Salad, Wheat bread, Menu Magic Dressing

Aug 20 Weds - Cheese Omelet, Turkey Sausage, Roasted potatoes, Ratatouille, Vienna Bread. Pineapple Fruit Whip

Aug 27 Weds - Tortellini Salad w/Peas, Tomato & Cucumbers, Oat Bread & Fresh Fruit

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

Thurs August 7th @ 10:00am
all or stop by the center to get the flyer and sign up. Stop by with your questions. RSVP required sign up today.

Men's Group

Thursday August 7 & 21
Tim is coming back to help run the Men's Group. Stop by and see what he has in store for speakers and discussions. Men's group starts at 9:00am

Lunch with Friends

Monday August 18th @ 12:00pm

Join us for lunch with friends on Monday August 18th.
Reservations are required.

New Art Classes

Fridays from 11:00-12:00

Please join us for Watercolor classes on Fridays (starting the first week in September), from 11 -12 noon now starting on Friday September 5th. Reservations required.

The classes will be led by professional artist and instructor Karen Keough from Ipswich. Karen will guide the group in basic watercolor techniques, color mixing and composing lovely seascapes, landscapes and florals.

Come with your ideas and imagination and we will create some beautiful watercolor artwork!

Watermelon Day

Monday August 4th @ 3:00pm
Join us as we celebrate National Watermelon Day. Stop by for some nice refreshing watermelon.
Reservations required.

Book Lovers Day

Monday August 11th @ 3:00
Join us as we celebrate Book Lovers Day. Stop by and share your favorite book and why it is your favorite book. Light refreshments will be served. Leave with several suggestions of new books to read. Reservations required.

Lego Club:

Tuesday August 26th @ 2:30 pm
Join us as we start a Lego club. They will meet once a month. Make a creation to have on display at the center. Reservations required. We will supply all the Legos you bring the ideas.

Adult Coloring Book Day

Tuesday August 5th @ 3:00pm
Coloring isn't just for kids—it's a simple, science-backed way to reduce stress, improve focus, and heal your nervous system. Paired with powerful affirmations, mindful coloring becomes a brain-changing tool for emotional wellness.

Movie

Thursday Aug 28th @ 1:30
Join us for a showing of The Six Triple Girls. During World War II, 855 women joined the fight to fix the three-year backlog of undelivered mail. Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time.

New Art Class:

Fridays at 11:00am
Art classes will now be starting on September 5th. Sign up today!

Welcome Party

Wed August 12 at 3:00 pm.
Stop by as we welcome Hannah as our new Assistant Director of the Senior Center. We will have light refreshments.



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Hamilton Council On Aging/Wenham Council on Aging

06-5386

Special Events - Wenham

Acrylic Art with Aleah!

Friday **August 1** from 3-5pm. Try something new!
\$10 pp

Caregiver Support Group

We meet on **Weds Aug 6** at 10:30am. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750 for more information.

Low Vision Group

Mon Aug 11th at 12 noon. Participants share ideas of new technology and assistance. *Lunch served.* Register at 978-468-5529

Jessie Palm, LICW

Mon Aug 4th

from 11:30am - 1pm
Jessie can help address issues specific to all aspects of social services, housing & social service advocacy.

SHINE

Our SHINE counselor is Stephanie Kassabian. If you have questions about your application for Medicare as you turn 65. Call us 3 months in advance of your birthday and make an appointment by contacting me at 978-468-5529. Meet in person or if preferred by telephone.

Veteran's Coffee Aug 12

at 10am. Come share time with this great group of veterans and staff from Cape Ann Vet Services.

Kayak Trip Fri Aug 22

We will leave from Independence Park in Beverly. Meet at 9:00 am \$20 pp Supported by FWCOA

Do you love to Sing?

Join us **Tues August 5** 10-11 am. Songs from the 60's & 70's. Song sheets provided

Watercolor Classes with Marion Rayner will be held on **August 6** from 1-3pm. \$10 pp

Acrylic Art Class

On **Weds, Aug 13**, 1 - 3pm
Marion Rayner will introduce a 2nd acrylic art class. Please call to register. \$10 pp

Lunch & Linger –

Tues, Sept 9 Noon at The Community House. Hot catered meal followed by Trivia fun! Sign up at WCOA. HCOA or The Community House. \$5 Donation

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 other games.

Senior Scribblers

WCOA's Writing Group
Barrie provides us prompts for writing to start us thinking and putting words on paper. No exp. necessary. Contact Barrie by email: essexarrow@aol.com
Thurs 2-4 pm dates TBD

Property Fraud!

Tuesday, Aug 12 - 11am
Southern Essex Registry of Deeds Spokesperson will explain this serious issue and how to protect your home.

Savvy Caregiver Class

with Abby Considine
Fridays 9-11 am at WCOA
Sept 12 to Oct 17

This class has helped many caregivers learn how to help their loved ones with dementia. Special skills are needed and there are so many resources to help. Call Abby 978-281-1750 ext.581 to register or email: abby.considine@seniorcareinc.com.

A Matter of Balance

Next Class will be held at Rose Baker Senior Center in Gloucester.

Wed 9:30-11:30 am

August 20th to Oct 8th

Many older adults experience concerns about falling and restrict their activities. This award winning 8-week program hosted by Abby Considine through Senior Care is designed to help manage falls and increase activity levels. Anyone interested in improving balance, flexibility and strength should attend. Learn to view falls as controllable. Call Abby at 978-281-1750 ext. 581

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.



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 Aug 18th 9:-11:00am (978) 468-5534. Dr. VanEss is coming to **Hamilton August 8th** 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 Transport

Wenham Transit encourages Wenham seniors to call 978-468-5534 Monday thru Friday at least 24 hours in advance to set up a ride - medical appointments, shopping or other errands. \$5 per round trip. \$1 extra for each additional stop.



Friends of Wenham COA 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.**

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.

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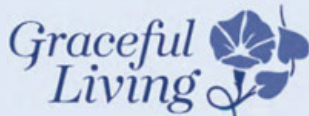
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Notes from Outreach, Veterans & State

Sundays in Patton Park - Every Sunday at 5:00 pm

Aug 3 *The In-Betweeners*- Acoustic/Electric Rock Covers

Aug 10 *Jah Spirit*- African-Reggae with Calypso Jazz Blues & Rock

Aug 17 *Jambalaya Horns*-New Orleans-Flavored Blues, Soul & Funk

Aug 24 *Lisa Love Experience*-Favorite Hits from the 70's to today



I was just thinking...

about music and how it evokes feelings and prompts actions. During the 1770's "Yankee Doodle" became the informal national anthem. In 1814 Francis Scott Key wrote the words of the "Star-Spangled Banner." Katherine Lee Bates wrote "America the Beautiful" in 1893 after spending several weeks in Colorado. Key's words were drawn from the flag's permanence and the people's resistance during a time of armed conflict with Great Britain. Bates' words reflect the love people have for the strength and beauty of their land. "The Star-Spangled Banner" stirs powerful feelings as the flag is unfurled over "the land of the free and home of the brave." "America the Beautiful" stresses the inner peace of a confident people. Its words embody a "patriot dream that sees beyond the years," "of heroes who more than self their country loved and mercy more than life," of "a thoroughfare for freedom," and "till all success be nobleness." Congress voted to make the "Star Spangled Banner" the national anthem in 1931. Since then, two bills have petitioned congress to change the national anthem from "The Star-Spangled Banner" to "America the Beautiful." The bills were quite controversial and engendered lively conversation about justice, freedom and love. However, they did not gain enough support.

If you were a member of Congress, how would you have voted?

I wish you well and bid you peace.

Dean W. Pedersen CAPTAIN USN RET

Hamilton in the news: The Town of Hamilton is pleased to announce that longtime resident David Wanger is volunteering to assist residents who have questions/concerns/need assistance through regular open office hours each Wednesday from 11:00 am—12:00 pm at the Patton Homestead. These sessions are designed to help residents better understand how the town operates and find the assistance and support they need to get their problems or concerns addressed.

Office hours will take place from 11 A.M. to 12 P.M. at the Senior Center 299 Bay Road. For more information, please contact the Hamilton Town Hall at 978-626-5202.

SHINE: Confused about Medicare? Considering enrollment? Unsure about what to do?

The SHINE Program can help. SHINE: **S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone...on or eligible for Medicare

Are you, a friend or a loved one turning 65 or already 65, considering retirement, and/or simply confused about Medicare? You are not alone! A SHINE counselor will explain your options and answer your questions.

Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle, and your Medicare insurance needs. Sessions will be presented by a certified SHINE Counselor who provides unbiased Medicare health insurance information and will help guide you through your Medicare options.

Join an Intro to Medicare session with a SHINE counselor on a **Wednesday evening on Zoom, 5:00-7:00 pm:**

July 16, August 13, September 17, October 22, November 19, December 17.

Call SHINE at 978-946-1374 to request the link to be sent to you via email, or to talk with a SHINE counselor.

After registering, you will receive a confirmation email containing information about joining the meeting.

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 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

Mobile Market

2nd and 4th Mondays

Aug 11 and Aug 25

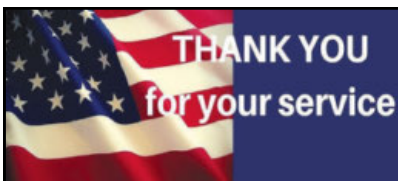
11:45 am - 12:30 pm Join us as we host a mobile market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household - no income limits. Just stop by and

grab what you need. Mobile market starts at 11:45 and runs only until 12:30. Please bring your reusable bags.

Free Senior Swim - Sun 6:15 pm, Wed 7:30 am, Sat 11 am. Patton Pool

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 Aug 4 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 Mon, Aug 18. Call 978-468-5534 to make your reservation. **HCOA** TBD Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Aug 11 at 12:00pm. We will explore *NEW* topics for our lunch discussion. We hope to have our friend from MABVI.




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Hamilton Council On Aging/Wenham Council on Aging

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August Preliminary Menu – Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
				1 3oz Grilled Chicken 2oz Piccata sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc WW Bread ½ cup chocolate pud- ding
4 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup No Margarine	5 4oz Potato Crunch Fish ½ cup Chuckwagon Corn ½ cup Mashed Potatoes 1pc Dinner Roll 1pc Cookie 1pc tartar sauce No Margarine	6 3oz Grilled Chicken (Chicken Strips) 2oz teriyaki Sauce ½ cup Green Beans ½ cup Vegetable Rice 1pc MG Bread ½ cup Pineapple	7 Cold: Two Compart- ment Turkey Chef salad 2oz Deli Turkey 1 oz shredded cheddar cheese 1 cup Mixed Green Salad	8 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On tip of ½ cup Pasta ½ Capri Blend 1pc LS Wheat Bread ½ cup mandarins
11 Two Compartment 1pc Grilled Chicken 4oz Greek Sauce (spinach, peppers, feta, olives) over ½ cup Risotto 1pc MG Bread ½ cup apple Slices	12 Two Compartment 1 1oz American Chop Suey 3oz Ground beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc Fresh Fruit	13 COLD: 3oz Tuna Salad ½ cup Three Bean Salad ½ cup Garden Salad 2 slices Wheat Bread 1pc Menu Magic Dress- ing	14 Special: BBQ Pulled Pork ½ cup warm peach cob- bler Corn chowder ½ cup Potato Salad	15 1pc Broccoli & Cheese Egg Bake ½ cup Potatoes O'Brien ½ cup Carrots 1pc Fruit Loaf or muf- fin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
18 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/ onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower	19 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½	20 1pc Cheese Omelet 1pc Turkey Sausage 2pc Sausage (congregate) 1pc Roasted Potatoes ½ cup Ratatouille (no mushrooms) 1pc Vienna Bread	21 Cold: 3.5 oz Diced Chicken Salad with celery ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2pc MG Bread 1pc Cookie	22 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butter- nut 1pc Biscuit 1pc Fresh Fruit
25 Thai Beef & Basil 3oz Ground Beef, soy & oyster sauce with 2oz Peppers ½ cup Broccoli 4oz Brown Rice 1pc WW Bread	26 Hot dog (LS Beef/ pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish	27 Two Compartment: Cold 1 cup Tortellini Salad w/peas ½ cup Tomato & Cu- cumbers 1pc Fresh Fruit 1pc Oat Bread	28 Birthday 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Cupcake 1pc Dinner Roll	29 3oz Unbreaded Fish 2oz Garlic & Lemon Butter ½ cup Corn ½ cup Creamed Spin- ach

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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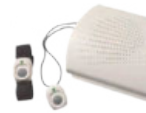
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