

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life July 2025

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



July 4th and celebrations surrounding our Independence Day come at a good time. Our vegetables and flowers are planted. **Bocce** is in full swing on Tuesday and Thursday mornings. Our friends from Marblehead will be here on occasion as their new court is under construction. We have a **cookout** planned for Wed, July 16th at noon. **Grab n Go** lunches will be on **Thursdays** each week in July. **Exercise with Erin** has changed to Tuesdays at 11:00 -noon.

We will be **kayaking** from Salem Willows on Fri, July 25th at 9am. We have four **art** classes this month. **Pickle-ball** has begun at the Tea House Courts. July dates and time TBD. We play a friendly non-competitive version of the game which allows for all skills levels to play for exercise and fun!

Many thanks to our volunteers and staff for bringing such life and vitality to our small aging resource center. We appreciate your incredible support! Special thanks to Joe Scuderi for his Bocce leadership and Ve-

Happy July!

The beginning of June we celebrated the years of service that Tim has dedicated to the Town of Hamilton. Thank you to everyone that came out to celebrate this important milestone. Don't worry if you didn't make the party. Tim is still stopping by for lunch and activities. You can still wish him luck.

July is filled with many activities. Friday July 4th we will be closed to celebrate the 4th of July.

Monday July 7th we will be celebrating World Chocolate Day. Wednesday July 9th (this month only) Dr. Van Ness will be here on a Wednesday. We still have a couple of times left-call if you need an appointment.

Monday July 21st we are welcoming the Assessors Office to go over what services they can offer us. And on the 28th of July we will have the Registry of Deeds.

Theresa



Wenham Calendar - July

MON	TUES	WED	THURS	FRI
	1	2	3	4
	9-11:30 Bocce 9:30 –10:30 Sing! 11-12pm - Exercise with Erin 1pm - Tai Chi 2:30pm - Board Games w/Friends	9:00 Walking Club 10:30 Chair Yoga (Zoom every week)	<i>Balance in Motion</i> 9am Dianna Daly 9 - 11:30 Bocce 10:00 Write your own story Noon - Grab n Go Lunch	COA CLOSED Happy 4th!
7	8	9	10	11
10:30am Chair Yoga-Zoom 11:30-1:00 Jessie Palm, Regional Social Worker, office hours	9-11:30 Bocce 9 am Vet Com mtg 10 am Vet Coffee 11-12pm - Exercise with Erin 1pm - Tai Chi 2:30pm - Board Games w/Friends	9:00 Walking Club 10:30am-12pm Caregiver Support 10:30 Chair Yoga (Zoom every week) 1-3pm Watercolor Art Class	<i>Balance in Motion</i> 9am Dianna Daly 9 - 11:30 Bocce 10:00 Write your own story Noon - Grab n Go Lunch	10:00am - FREE Library Book Delivery 10am- Cribbage & Games 12:30 - 3 pm Mahjongg 3-5pm Acrylic Art with Aleah
14	15	16	17	18
10:30am Chair Yoga-Zoom 12 - 1pm Low Vision Group	9-11:30 Bocce 11-12pm - Exercise with Erin 1pm - Tai Chi 2:30pm - Board Games w/Friends	9:00 Walking Club 9:15am - 10:30am Caregiver Support “ 10:30 Zoom Yoga 12pm - COA Summer Cookout	<i>Balance in Motion</i> 9am Dianna Daly 9 - 11:30 Bocce 10:00 Write your own story Noon - Grab n Go Lunch	10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 Mahjongg
21	22	23	24	25
10:30am Chair Yoga Zoom w/ Margaret	9-11:30 Bocce 11-12pm - Exercise with Erin 1pm - Tai Chi for Balance 2:30pm - Board Games w/Friends	9:00 Walking Club 10/11 - Tech Help w/Paul 10:30 Chair Yoga (Zoom every week) 1-3 Acrylic Art	<i>Balance in Motion</i> 9am Dianna Daly 9 - 11:30 Bocce 10:00 Write your own story Noon - Grab n Go Lunch	10:00am - FREE Library Book Delivery 10 am- Cribbage & Games 1-4 pm Mahjongg
28	29	30	31	
10:30am Chair Yoga Zoom w/ Margaret	9-11:30 Bocce 11-12pm - Exercise with Erin 1pm - Tai Chi 2:30pm - Board Games w/Friends	9:00 Walking Club 9:15am - 10:30am Caregiver Support “You are not Alone” 10:30 Chair Yoga (Zoom every week) 1-3 Watercolor	<i>Balance in Motion</i> 9am Dianna Daly 9-11:30 Bocce 10:00 Write your own story Noon - Grab n Go Lunch	

Hamilton Calendar – July

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	10:30 Bingo 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	Closed for Holiday Happy 4th of July
7	8	9	10	11
10:00 Qigong 12:30 Knitters 3:00 World Chocolate Day	9:00 Yoga 10:15 Balance Class 12:00 Lunch * 12:30 Needle workers 1:00 Ping Pong	10:30 Crafts with Barbara 12:00 Lunch* 12:30 Bridge Dr. Van Ness	11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge 11:00 Art Class 12:30 Art Studio
14	15	16	17	18
10:00 Qigong 11:45 Acord 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 11:00 Pickleball 12:00 National Hot Dog Day 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 11:00 Art Class 12:30 Art Studio
21	22	23	24	25
10:00 Qigong 12:00 Lunch & Learn - Hamilton Assessor 12:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle worker 1:00 Ping Pong 3:00 Social Worker Talk	10:30 Open House 12:00 Lunch* 12:30 Bridge	9:00 Amelia Earheart 11:00 Pickleball 12:00 Drive Rx Steering Clear at 60+: 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 11:00 Art Class 12:30 Art Studio
28	29	30	31	
10:00 Qigong 11:45 Acord 12:30 Knitters 12:00 Lunch w/ Southern Essex Registry of Deeds	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle worker 1:00 Ping Pong	10:30 National Cheesecake Day 12:00 Lunch* 12:30 Bridge	10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	

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 (July 3rd & July 17th) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

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

Join us for a History of Haunted Hoosac Tunnel, W. Mass. 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



Virtual Yoga
Breathe, Stretch,
Balance and Ener-
gize with Margaret
 on Mon & Weds at
 10:30am Email:
 blisspolarity@gmail.com

Bocce outdoors 2025
 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

Acrylic Painting with Aleah Friday, July 11, 3-5 PM - Aleah's next acrylic paint class is Aleah is a great artist/ teacher. Call (978) 468-5529 to sign up \$10/pp.

Watercolor Classes with Marion Rayner on Weds, July 9 & 30, 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 Class with Marion on Wed, July 23, 1-3 pm

Pickleball 2025 will be played at the Wenham Tea House Courts. Days and Time TBD. **Special Bocce events**-Fridays TBD

Exercise w/Erin~ Tues 11-12 Balance Flexibility, Strength. Erin will lead us in our workout with or without a

Exercise with Erin
 Each Tues—11am - 12pm 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 participants



July Lunches
12pm "Grab n'Go"
NEW-THURSDAYS

July 3 Thurs - Chicken Cordon
 Blue with Supreme Sauce,
 Sweet potatoes, Berry Crisp,
 Caesar Salad, Oat Bread
July 10 Thurs - Yankee Pot
 Roast Au Jus, Beets, Mashed
 butternut, Biscuit, Fresh Fruit

July 17 Thurs - Breaded
 Chicken with Sauce, Couscous,
 Green beans, dinner roll & an
 orange.

July 24 Thurs - Pulled Pork
 with BBQ sauce, Roasted
 Sweet potato, Collard Greens
 and Birthday Cake

July 31 Thurs - Roast Beef
 with Provolone cheese, Potato
 Chips, Garden Salad & Bread &
 an orange.

Dementia Friends Intro Session Tuesday July 22 from 10-11 am

How do we talk to a loved one with memory loss? What resources are available? These concerns will be discussed at this session to 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

•Mahjongg

Fridays 1-4pm

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

Special Events - Hamilton



Closed: July 4th

Please note that the center will be closed on July 4th as we celebrate the 4th of July Holiday!!! Be safe and Enjoy your day!!!

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 Thursday, July 31st @ 10:00am

Call or stop by the center to get the flyer and sign up. Bring your questions. RSVP required. Sign-up today.

Men's Group Thursday July 3rd & July 17th

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 July 21st @ 12:00

Join us as we welcome the Assessors office to discuss what abatements and programs they have to help you with your property tax bill.

Lunch with Southern Essex Registry of Deeds Monday July 28th @ 12:00pm

Join us on July 28th when we have a visit from the Southern Essex Registry of Deeds. They will stop by and talk about services that they offer and how you can protect your biggest asset - your property.

National Hot Dog Day July 17th @ 12:00pm

Join us as we celebrate National Hot Dog Day. Sign up today to join us for a hot dog, bring a friend and have a lunch date.

Sign up Required.

Drive Rx: Steering Clear at 60+: Thursday July 24th @ 12:00pm

Join Amanda Holt & Renee D'Antuono, occupational therapists specializing in driver

rehabilitation & owner's of DriveRx Adaptive Driving Program, for expert insights on maintaining safe driving skills despite common age-related changes. Learn how to recognize and adapt to changing abilities, extend your time behind the wheel, and discover adaptive tools that can be used to increase safety and comfort with driving.

Pizza will be served: RSVP required.

New Art Classes Fridays from 11:00-12:00

Please join us for Watercolor classes on Fridays, from 11 -12 noon on July 18, 25, August 1, 8th.

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. Karen has been teaching at The Northeast Regional Metropolitan Vocational School in Wakefield for 15 years. She also teaches in her home/studio in Ipswich and teaches in Naples, Florida in the winter. She is a member of the Rockport Art Association and the Newton Watercolor Society. Karen loves working with all levels of art, especially beginners!

All supplies are included in the class. Come with your ideas and imagination and we will create some beautiful watercolor artwork!

Special Events - Wenham

Summer Cookout **Wed July 16th at noon**

Hamburgers, Hot Dogs or Chicken!. Join us for a fun lunchtime event! Sign up by Monday July 14th.

WCOA's New Writing Group **Every Thursday at 10am**

We will write for an hour at WCOA. Write your memories or anything else. We provide you a place to be creative. Bring your notebook & pen, laptop or iPad. For the summer.

Caregiver Support

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

Low Vision Group

Mon, July 14th 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. **Mon, July 7th at 11:30am - 1pm**

SHINE— Our SHINE counselor is Stephanie Kassabian. She can answer your questions about your application for Medicare options, coverage and issues by phone or in person by appointment. If you are turning 65 and would like help getting started with Medicare, please call 3 months in advance of your birthday. Contact Jim or Jeanne to set-up an appointment. (978) 468-5529

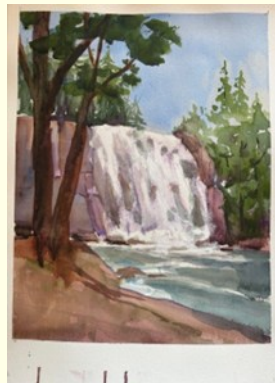
Wenham Vet. Com Meeting

July 8th 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 will be held on Fri, July 11th from 3-5pm.

Watercolor Classes with Marion Rayner will be held on July 9th and 30th from 1pm–3pm. Join us!



Acrylic Art with Marion

On Weds, July 23rd, 1 - 3pm
Marion Rayner will introduce a 2nd acrylic art class. Please call to register. \$10 pp

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 will not meet this summer. They are on hiatus for the summer. Join us at the end of August.

Free Senior Swims at **Patton Park Pool**

Sun 6:15 -7:00 pm

Wed 7:3 - 8:30 am

Sat 11:00 -11:45 am

iPhone, iPad Help

Paul Theriault will meet with you one-on-one to help with any concerns. Bring your devices to the WCOA. Sign up for his next sessions. Dates TBD

Call 978-468-5534.

Kayak with Coast to Coast on July 25th at 9am.

We will meet at Salem Willows. You will see kayaks at the furthest point of the Willows right on the shore line. Both beginners and experienced kayakers can join us. Out of town guests are welcome. \$20pp. In **August**, we'll plan to meet at 9am on **Friday, Aug 22**. We meet Independence Park in Beverly.

Important Discussion coming in August

♦ **Property Fraud**

Tues Aug 12th at 11 am

A Representative from the Southern Essex Registry of Deeds and Mary Ann Nay of Senator Tarr 's office will come to educate seniors about property fraud and how to avoid this problem..

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/ Stephanie Kassabian.

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 TBD in August from 9:-11:00am (978) 468-5534. Dr. VanEss is coming to **Hamilton July 9th** 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!

Notes from Outreach, Veterans & State

Please join us for the 2025 concert season!

Every Sunday, July 6 – August 24, starting at 5 pm at the Patton Park gazebo.

Concert Schedule:

July 6 – Mike McGeown Band: R&B and American Rock

July 13 – Grupo Fantasia: World Music

July 20 – Decades of Rock: Classic Rock Band

July 27 – Horizon and the Horns: Classic Favorites

Patton Park on Bay Rd. (Route 1A), Hamilton, MA

Rain venue*: Asbury Grove Tabernacle, Lee Park, Hamilton



I was just thinking...

about visiting my Danish relatives on July 4, 1994. Prior to going to Denmark my wife and I were in southern Norway visiting our Norwegian relatives. On July 2 we boarded a ferry that brought us to northern Denmark. On July 4 we were in the town of Rebild, Denmark. To our surprise we learned that the people of Rebild have been celebrating the Fourth of July since 1912. Many immigrants to the USA returned to Denmark with the traditions of July 4th deeply embedded in their family festivals. After WWII the Fourth of July celebration became a festival of Thanksgiving. Danish citizens and Danish-American citizens gathered to celebrate not only the end of WW II, in 1945 but also the support and aid the US provided to Denmark as the Danes resisted the Nazis through a myriad of clandestine actions. Furthermore, as the history of Danish resistance became published, it was clear that Danish citizens helped hundreds of Jewish families to freedom and safety from the ravages of the Holocaust. My wife and I had a small Danish and American flag which we waved as the fireworks lit up the sky. As we made our way to Copenhagen and eventually to Boston our appreciation of the Fourth of July took on a new meaning. I wonder what meaning will be given to Fourth of July this year. I wish you well and bid you peace.

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



Hamilton in the news: The Town of Hamilton is pleased to announce 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 to find assistance and support 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.

The Hamilton Select Board has officially approved the scheduling of a Special Town Meeting to be held on Monday, July 14, 2025, at 6:30 P.M. The meeting will take place at the Hamilton-Wenham Regional High School auditorium. Please bookmark this informational page as updates will be made as they become available >> <https://hamiltonma.gov/stmjuly14>

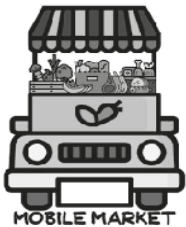
The Hamilton Wenham Rec. Department announces the Patton Homestead Summer Series, kicking off in June at 5:45 PM outside at the Patton Homestead. This free series includes live music, theater, and entertainment under the open sky. <https://hamiltonma.gov/patton-homestead-summer-series.../>

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



New - 2nd and 4th Mondays

July 14th & July 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. **Free Senior Swim** at Patton Park Pool—Sun 6:15-

7:00 pm Wed 7:30-8:30 am Sat 11:00-11:45 am

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. July 7th from 11:30am-1pm

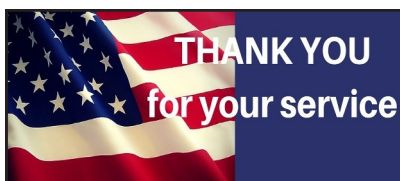
SeniorCare, Inc is a consumer centered organization which provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community. They offer information, referral and advocacy on a wide range of aging-related 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 Aug TBD. Call 978-468-5534 to make your reservation. **HCOA** is July 9 9am -12pm. Call to make an appt. (978) 626-5240.

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



July Preliminary Menu – Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
	1 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts	2 Steak Fajita 3oz Sliced Steak 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla	3 3oz Chicken Cordon Blue 2oz Supreme Sauce 4oz Roasted Sweet Po- tatoes	4 Holiday No Meal
7 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/ onions ½ cup Mashed Sweet Potatoes	8 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend	9 Special: Finger Sandwiches 1.5oz Chicken Salad 1.5oz Egg Salad 4oz Orzo Salad 4oz Cole Slaw	10 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butter- nut	11 1pc Cheese Omelet 1pc Turkey Sausage Congregate: 2pc Sau- sage 1pc Roasted Potatoes ½ cup Ratatouille
14 Two Compartment 7oz Ground Beef and Cabbage* ½ cup Roasted Potatoes & Red Peppers 1pc Rye Bread ½ cup Canned Fruit	15 3oz Unbreaded Fish 2oz Garlic & Lemon Butter ½ cup Corn Congregate: Corn Chowder instead of corn ½ cup Creamed Spinach 1pc MG Bread ½ cup Gelatin	16 Two Compartment: Cold 1cup Tortellini Salad w/ peas ½ cup Tomato & Cu- cumbers 1pc Cookie Brownie 1pc Oat Bread	17 1pc Breaded Chick- en 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Dinner Roll 1pc Fresh Fruit (Orange)	18 Two Compartment 10oz Ground Turkey Chili 4oz Brown Rice 1pc Cornbread ½ cup Mandarins
21 3oz Grilled Chicken 2oz Hawaiian Sauce with Peppers & Pineap- ple ½ cup White Rice ½ Asian Blend Veggies ½ cup Canned Fruit 1pc WW Dinner Roll	22 1pc Bateman meat- loaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc MG Bread 1pc Fresh Fruit	23 COLD: 3oz Seafood Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dress- ing 1pc Juice (no milk) No Margarine	24 Birthday 3oz Pulled Pork 2oz BBQ sauce ½ cup Roasted Sweet Potatoes ½ cup Sauteed Collard Greens 1pc Burger Bun 1pc Birthday Cake No Margarine	25 Two Compartment 10 oz macaroni and cheese ½ cup stewed tomatoes 1 slice Oat Bread ½ cup Canned Fruit
28 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1pc LS Wheat Bread ½ cup Canned Fruit Congregate: 1pc Cranberry Sauce	29 Two Compartment 1 pc Lasagna 4 oz Marinara ½ cup Riviera Blend Veg 1pc Garlic Roll 1pc Cookie 1 pkt Parmesan cheese	30 Hot dog (LS Beef/ pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	31 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips Congregate: Potato Leek Soup instead of chips ½ cup Garden Salad	

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

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