

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life

May 2023

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

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



The **Memorial Day Parade** on May 29th will begin at the Cheeseman Memorial Field at Pingree Park at 10am. The parade will make its way down to the Veteran's Memorial site with a wreath laying at 11am. The parade will continue and additional wreaths will be laid at the Civil War monument. Veterans and Active Duty military are cordially invited to join the parade. The parade will proceed to the Wenham cemetery, just past Tendercrop Farm and Wenham Country Club on the left. All veterans past and present will be honored and local Representative Jerry Parisella will say a few words. All are welcome!

Happy Mother's Day to all you mothers out there and thank you for all the selfless work you do, or have done to help us become who we are today. We are excited to start planning for Spring/Summer with Bocce getting underway, gardening and other outdoor activities and we hope you will join us for as much of the festivities as possible. We'll be playing Pickleball at the WVIS courts on Weds at 11:30 am and hosting numerous cookouts and afternoon teas. Keep your eye out for various lectures being held at the Hamilton COA and join in! Jim

Established in 1963, **Older Americans Month** is celebrated every May! It is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of Older Americans Month and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

Embrace the opportunity to change: Find a new passion, go on an adventure, and push boundaries by not letting age define your limits.

Explore the rewards of growing older: With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply.

Stay engaged in your community Everyone benefits when everyone is connected and involved. Stay active!!!

Form relationships: As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives.

Join us for the events we have scheduled to celebrate you! Theresa

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

Hamilton COA Weekly Events

COA Needleworkers

Tuesdays 12:30-3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project with others who like to make things. Lots of help and friendship available. This is a drop-in group so come for all or part of the time.

Quilters Group

Thursdays 9:00 am – 12:00pm

Bring your sewing machine and your latest project and join them in quilting. We have machines to use if needed.

Knitters

Monday 1:00 pm – 3:00 pm

Stop by on Monday from 1:00 pm-3:00pm and join our knitting group. Bring a project you have been working on or start a new project. Beginner or pro, it doesn't matter-knitting with friends is the goal.

Yoga

Tuesday 9:00 am - 10:00 am

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

Balance Class

Monday 11:15am 12:15pm

Join our new Balance Class with Cara Hamilton. Class will focus half on Balance, half on Strength. All skill levels welcome. Cost per class is \$5.00 Please let us know if you plan to attend.

Technology Help:

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

Men's Group

Join us on the first and third Thursday of the month (May 4th & 18th) at 9:00am for a men's group. We will be offering coffee and pastries.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio will meet on Fridays. No experience necessary. Bring your own materials in any medium. Let's just get together to be creative with a supportive community. This is a drop-in open studio, so come when you can. Any questions, please call 978-468-5595

Hamilton Duplicate Bridge

Wednesdays 12:30 pm

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 12:30 pm.

Pickleball

Pickleball is on hold for the summer. Because of the popularity of pickleball/tennis we are finding it difficult to secure outdoor courts. The group will be back-look for more information as we get closer.

Bridge Lessons

Fridays 10:00am

Interested in learning bridge: Stop by on Fridays starting at 10:00 to learn the game. No experience necessary.

Dan Tremblay

Dan Tremblay will be coming every month to show us a film and have discussion. The next day is May 17th and we will have a movie on the White Mountains in New Hampshire.

Wenham COA Weekly Events



Bocce Registration and social get together is scheduled on Thurs, May 11 at 9:00am. If you can't make it but you're interested in playing, just call, so we can add your name to our list. **Opening Day** will be at 9am on Tues, May 16th and will run every Tues and Thurs thru the Summer & Fall.

Our **Walking Group** meets Weds at 9am at the COA. We would like to add some "daily" walkers to join us - just once a week to walk

Art Classes - Try something new!

TWO* Water Color Art Classes with Marion Rayner - Back to back, Weds, May 3 and May 10 from 1-3 pm. Marion Rayner comes to teach us "in-person" about painting with watercolors. Supplies included for this 2 hour class. We start promptly at 1pm. We welcome all H-W and beyond! Call 468-5534 to sign up. \$10/pp

Acrylic Paintnite Day - Aleah will lead our acrylic paint class at the Wenham COA on Fri May 5 from 1 - 3pm. She will run this class and we plan to have these classes a la *paintnite* style, minus the vino, which follows the lead of our resident artist. \$10/pp Check the e-Wenhamite for updates.

Dementia Friends Intro Session Tuesday May 23 at 10 -11 am

Learn about local programs in our area that support people who live with dementia and their caregivers.

Explore the "Five Key Messages" which will help us better understand our loved ones with dementia.

Caregiver Support Group

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

"Zoom" Support Group Mtgs

10:30am every Tuesday
Contact (978) 281-1750 or Susan.Doughty@seniorcareinc.org

- **Walking Group**
Weds, 9-10 am
- **Mahjongg**
Fri, 12:30pm

- **Pickleball (COA)**
Wenham—Weds
11:30am -12:30pm
at the *WVIS Tea House tennis courts*.



Virtual Yoga

classes Mon & Weds at 10:30am *Breathe, Stretch, Balance and Energize* with Margaret. Confirm by email: blisspolarity@gmail.com;

Dianna has her Thurs Zoom yoga class at 9am and her other class for Parkinson's or anyone with mobility challenges on Tuesday at 1:00pm. Contact Dianna for info on these classes at diannadaly@gmail.com or call me (978) 468-5529 with any questions on our exercise program.

May Lunches 12pm "Grab n'Go"

May 4th Thursday

Turkey Cobb Salad, Corn Salad, Pita Bread and Fresh Fruit

May 11th Thursday

Chicken Cordon Bleu, Sweet Potato, Fruit Crisp, Caesar Salad, Onion Roll

May 18th Thursday

Turkey w/Gravy, Mashed Potato, Green Beans, Bread, Applesauce

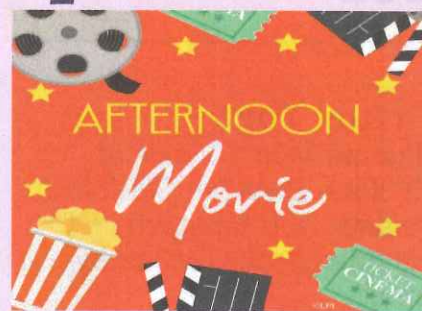
May 24th Wednesday

Chilled chicken Salad, Garden Salad, Orzo Salad, Pita Bread, Yogurt, Juice

May 31st Wednesday

Hot Dogs and Baked Beans

Special Events - Hamilton



Thursday Movies in Hamilton
starts at 1:00pm

May 4: The Banshees of Inisherin

May 11: Hustle

May 18: Where the Crawdads Sing

May 25: A Man Called Otto

Birthday Party

Join us on Monday May 22nd at 2:30pm to celebrate Birthdays in May. Bring a friend and enjoy some cake and birthday trivia.

Ice Cream Social:

Thurs. May 25th @ 10:00am

The Friends of the Hamilton COA will be sponsoring an ice cream social on Thursday May 25th starting at 12:00pm.

Lunch & Learn w/ Hamilton Police Department
Monday May 8th @ 12:00pm

Stop by for lunch and a conversation with the Police

Department. They will introduce themselves, and answer any questions you might have. Reservation required.

Sports Passes Available

The Friends of the HCOA have generously secured free admittance to any H-W High School Athletic Event. Pass is needed to free admittance, get your pass at the COA.

Armed Forces Breakfast

We are inviting all veterans to join us for breakfast on Friday May 26th @ 10:00am. Invites will be mailed the beginning of the month.

Special Events - Wenham

Memory Café with Mini Ponies and Donkeys!

Weds, May 17th @ 10:30am at the H-W Library. They will gather in the large Meeting 14 Union St., S. Hamilton, MA 01984

"Providing Healing and Joy to People - Connecting Hands, Hearts, and Hooves"

Minis with a Mission, Inc. provides opportunities for all people to receive the therapeutic and joyful benefits of connection with our mini horses and donkeys. This is a memory café program--all are welcome to attend! Stay tuned for additional details regarding this program!

I was just thinking...

about baseball, now that the first pitch of the new season is history. When he was being considered for the presidency of Yale University, Bart Giamatti responded that the only presidency that appealed to him was that of the American League. After he served as Yale's President, he became the Commissioner of Baseball. In his book, *Take Time for Paradise*, he refers to baseball as the consummate "metaphor of American life." He muses that baseball, in its ideal form, is timeless. Further, it reveals the tension between order and freedom and thrives on intuition amid the geometry of the diamond and the calculus of balls, strikes and outs. Although stealing occurs it is subject to a penalty- being thrown out. Nevertheless, each inning is laden with opportunities for redemption. Ultimately Giamatti asks the reader to reflect on the notion that baseball's goal is "to come home." For him "going home is where the restoration of right relations among people and things occurs because that is where it matters most." While Giamatti reveals his romantic affection for baseball, he suggests that love prompts a person to not only "come home" but be at home. Something to think about.

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



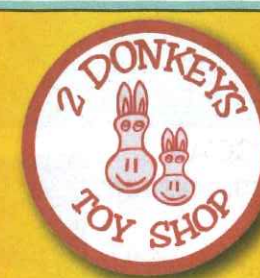
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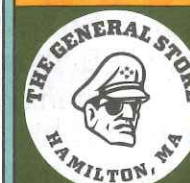


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Health & Wellness

Used Medical Equipment - Both Hamilton and Wenham COA's have used medical equipment such as commodes, rollators, shower chairs, and wheelchairs.

SHINE - Hamilton residents call Theresa (978) 468-5595, Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro on the first Tuesday from 10:00-12:00pm

Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website: actioninc.org

The Good Neighbor Energy Fund contact Tim Morris 468-5595 at Hamilton COA or Jeanne Maurand 468-5534 at the Wenham COA to find out if you qualify for assistance.

Property Tax Work-off programs for Seniors can help reduce taxes. Wenham offers the Senior Tax program to eligible residents. Wenham residents can find applications and information at wenhamma.gov. Search for *Tax Relief*. Hamilton currently has a waiting list for participation.

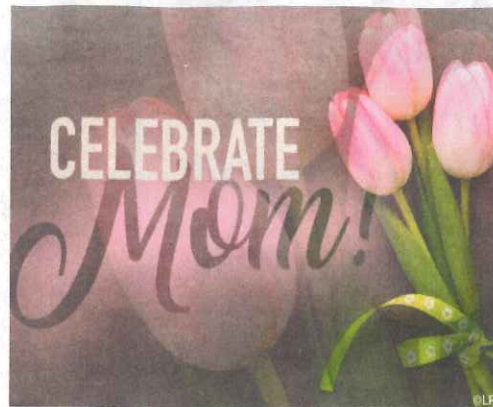
SeniorCare Nutrition Services

Home Delivered Meals (Meals on Wheels) for eligible homebound elders, Monday through Friday. Call SeniorCare and ask the *nutrition dept* for more information.



Podiatrist: Clinics with Dr. Gregory VanEss are held in **Wenham** every other month. 9am-noon, June 5th, call 978-468-5534 for appt.

SeniorCare has begun serving an "in person" lunch at the Hamilton Senior Center on **Wednesday and Thursday**. If you are interested in attending, you can check the menu at the Senior Center for congregate meals and reserve your place with Albie. (978) 468-2616



Blood Pressure Clinic

Clinic lead by Kelly Roller, RN. She will be back during our Birthday Party on May 22nd starting at 2:30pm.

Wenham Transit

Call (978) 468-5534 (Wenham residents **only**) Safe, convenient transportation

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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.

Community Resources

ACORD Food Pantry is OPEN

Weds 9:30–11am; *Senior Hours -Thurs 10:00-11:00am*; Thurs 6:30 - 7:30pm; Sat 9 –11am_PO Box 2203, 69 Willow St, S. Hamilton, MA 01982 Acord FP is for anyone who may need a little help with food assistance. We offer non-perishable food as well as meat, fish, cheese, yogurt, milk, eggs and fresh produce, most of it donated by local farms. Delivery is available for seniors who are unable to visit the pantry in person. Please reach out via email acord.director@gmail.com or phone 978-468-7424 if you have any questions.



Mobile Market

1st and 3rd Monday of every month.

May 1st & May 15th 12:30 to 2:00

Join us on the first and third Monday of every month when we host a mobile market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household, no income limits, no paperwork to fill out (we just ask that you sign in so we can keep a count of how many are utilizing this service). Just stop by and grab what you need. Mobile market starts at 12:30 and runs through the afternoon. Bring your reusable bags.

Test Kits and KN95 Masks are available at both Hamilton and Wenham COA's. Just walk in and talk to staff to get either.

Veteran's Committee of Wenham

Meets the 2nd Tues of every month at WCOA

9 am Business meeting

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



HW Dementia Friends

Introductory Session will be Tuesday May 23rd at 10am at the Wenham COA. Email jmaurand@wenhamma.gov to register or for more information.

Caregiver Support Meeting

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

The 2nd, 3rd & 4th Tues will be phone or on Zoom at 10:30am. Your invite will come by email every week. No cost and our conversations are strictly confidential. Call SeniorCare (978) 281-1750 ask for contact info to sign-up or call 978-468-5529.

SeniorCare, Inc is a consumer centered organization which provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community. They offer information, referral and advocacy on a wide range of aging-related issues. (978) 281-1750

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

(978) 468-5520 Ext. 9

Hamilton Foundation was created to help meet unexpected, urgent, and short-term needs to Hamilton residents due to job loss, death, divorce, or catastrophic illness. It does not replace traditional governmental programs or social service organizations but helps people in ways that those programs cannot. 978-233-1816 (leave a message and someone will return your call.)

Wenham Special Events & Calendar

Book Deliveries

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

Senior Scribblers This writing group works for all levels of experience. Topics are geared to life issues of interest, and/or concern. Every other Thurs 2-4 pm with Barrie Levine essexarrow@aol.com

*Movie Series

Every Thurs in May at 10am. Series: **All Creatures Great and**

Small. A 2021 remake portrays James Herriot as a brand new graduate from Veterinary School who accepts employment in a rural area of Yorkshire, England, with the sometimes gruff, usually eccentric, always lovable Siegfried Farnon, a fellow bachelor serving the animal world of the region.

Pickleball (Wenham)

Outdoors - Weds -Tea House 11:30am to 12:30pm meets at WVIS Tea House tennis courts.

Tech Help - Sched TBD

Paul Therault our resident Tech expert returns in May.

Memory Café with Mini Ponies and Donkeys!

Weds, May 17th @ 10:30 am at the H-W Library



MON	TUES	WED	THURS	FRI
1	2	3	4	5
10:30am Chair Yoga-Zoom w/ Margaret	1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Caregiver Support at COA 10:30am Chair Yoga 11:30-12:30 Pickleball 1-3 pm Watercolor Art	9:00am Yoga Zoom w/ Dianna 10 am *Movie Series 2-4pm Senior Scribblers	10:00am H. D. P for the library 9:30 - 12:30pm Mahjongg 1-3pm—Acrylic Art Class
8	9	10	11	12
10:30am Chair Yoga-Zoom w/ Margaret	9:00 Wenham Vet Com 10:00am Veterans Coffee 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/ Margaret 11:30-12:30 Pickleball 1-3 pm Watercolor Art	9:00am Yoga Zoom w/ Dianna 10 am *Movie Series 11am Bocce "Kick off" Registration	10:00am Home Delivery Program for the library 12:30 - 3:30pm Mahjongg
15	16	17	18	19
10:30am Chair Yoga-Zoom w/ Margaret	9:00 am Bocce (1st day) 10:00 am Sing with Fran 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/ Margaret 10:30am Mini Ponies 11:30-12:30 Pickleball	9:00 am Bocce 9:00am Yoga Zoom w/Dianna 10:00 *Movie Series 2:30-4:30 Senior Scribs	10:00am Home Delivery Program for the library 12:30 - 3:30pm Mahjongg
22	23	24	25	26
10:30am Chair Yoga Zoom w/Margaret	9:00 am Bocce 10:00 am Dementia Friends Presentation 1:00pm Parkinson's Balance Class w/ Dianna	9:00am Walking Club 10:30am Chair Yoga Zoom W/Margaret 11:30-12:30 Pickleball	9:00 am Bocce 9:00am Yoga Zoom w/ Dianna 10 am *Movie Series	10:00am Home Delivery Program for the library 12:30 - 3:30pm Mahjongg
29	30	31		
Closed Memorial Day	9:00 am Bocce	9:00am Walking Club 10:30am Chair Yoga Zoom W/Margaret		

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Hamilton Special Activities & Calendar

Living with Coyotes
Tues May 23rd @ 3:00pm
Join us as we welcome Amy Reilly to talk about Living with Coyotes. We will learn about their habits, behaviors and diets. Join us for this valuable program.

Great Wall of China:
Mon. May 15th @ 3:00pm

Join us for a video on the Great Wall of China and a discussion after.

Senator Tarr
Tues. May 30th @ 3:00pm
Stop by as Senator Tarr answers any questions that you might have!


Seniors Helping Seniors:
Tues. May 30th:
Sign up by May 24th for

any Spring Cleanup needs that you might have.

Bob Brodsky:
Tuesday May 16th @ 3:00pm
Bob spent the summer of 1951 at the Four Corners of NM, Co, Utah & AZ as part of a scientific expedition. He made a slide show of his adventures, he has since restored the slides and his original soundtrack.

MON	TUES	WED	THURS	FRI
1 10:00 Qigong 11:15 Balance Class 12:30 Mobile Market 1:00 Knitters	2 9:00 Yoga 12:00 Grab N Go* 12:30 Needleworkers	3 8:30 COA Board Meeting 10:30 Bingo 12:30 Bridge 12:00 Lunch*	4 9:00 Men's Group 9:00 Quilting Group 12:00 Lunch * 1:00 Movie	5 8:45 Tops 10:00 Bridge Class 12:30 Art Studio
8 10:00 Qigong 11:15 Balance Class 12:00 Lunch & Learn* 1:00 Knitters	9 9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers	10 10:30 Crafts w/ Barbara 12:30 Bridge 12:00 Lunch *	11 9:00 Quilting Class 12:00 Lunch * 1:00 Movie 10:00 Scrabble Tournament *	12 8:45 Tops 10:00 Learn to Play Bridge 10:00 Grandparents support group 12:30 Art Studio
15 10:00 Qigong 11:15 Balance Class 12:30 Mobile Market 1:00 Knitters 3:00 Great Wall of China *	16 9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 3:00 Talk with Bob Brodsky *	17 10:30 Dan Tremblay * 12 Lunch * 12:30 Bridge	18 9:00 Men's Group 9:00 Quilting Class 12:00 Lunch * 1:00 Movie	19 8:45 Tops 10:00 Learn to Play Bridge 12:30 Art Studio
22 10:00 Qigong 11:15 Balance Class 12:30 Mobile Market 1:00 Knitters 2:30 Birthday Party *	23 9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 3:00 Living w/ Coyotes *	24 10:30 Open House 12:00 Lunch * 12:30 Bridge	25 9:00 Quilting Class 12:00 Ice Cream Social * 1:00 Movie	26 8:45 Tops 10:00 Learn to Play Bridge 10:00 Armed Forces Breakfast 12:30 Art Studio
29 Closed- Memorial Day	30 9:00 Yoga 12:00 Grab N Go 12:30 Needleworkers 3:00 Senator Tarr *	31 10:30 Open House 12:00 Lunch * 12:30 Bridge	* If there is a * please call to RSVP	

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Happy Mother's Day. We hope everyone has a great, relaxing day!

Hamilton COA

Town Manager: Joe Domelowicz

Director: Theresa Woodbury
twoodbury@hamiltonma.gov

Outreach Coordinator: Tim Morris
tmorris@hamiltonma.gov

Board:

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Penny Wingate, Secretary
MJ Brown
Catherine Minnetyan
Rosemary Kennedy
Laura Studley
Richard Hewett

299 Bay Road, Hamilton, Ma. 01982
978-468-5595

Wenham COA

Director: Jim Reynolds
jreynolds@wenhamma.gov

Outreach Coordinator:
Jeanne Maurand— jmaurand@wenhamma.gov

Van Scheduling/Administration:
Cathie Tomasello

Van Drivers:
Bob Gray ~ Barry Michaud ~ John Lincoln

Board:

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