

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life

August 2024

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-626-5240
Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534

Welcome to August!

Where have the summer months gone? Hopefully, we left the heat wave behind us in July and the days are feeling a little cooler. Or at least cool enough that we can go outside to run our errands.

Great news on the balance class!!!! We have an instructor starting the first Tuesday in August (6th) at 10:30am. She comes to us highly recommended from the Beverly COA. Stop by on August 6th at 10:30am to meet Eme and stay for the balance class.

There are a lot of exciting programs coming to the Hamilton COA in August. We will have another Lunch with Friends. Yoga, qigong, and balance will continue. We are working on a few guest speakers. I encourage you to check out the flyers in the front entrance way and sign up for classes.

We are able to take signups for any programs starting the 1st of the month. I can not stress how important it is to let us know you are coming. For many reasons we ask that you let us know. If for some reason we have to cancel the speaker or the class is cancelled, we want to be able to get in touch with you and let you know. We know that everyone's time is limited and coming out on the hot and cold days isn't always pleasant.

Thank you to everyone that has called in to let us know they can receive the newsletter via email or by coming in. You have saved us a lot of money!!! ~ Theresa & Tim



Ice Cream Social was a huge success with State Rep Jerry Parisella and Kristin McDonald from Sen Tarr's office. August will include processing Charlie Card applications on Tuesday, Aug 6th 11am - 12pm. Sign up and get applications at COA beforehand. We welcome you to come and relax in our very comfortable little resource center. Come see us! ~JR & JM

Wenham Calendar - August

| MON | TUES | WED | THURS | FRI |
|--|--|---|--|---|
| | | | 1 | 2 |
| | | | 9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce | 9:00 AM - Kayaking Salem Willows 10:00 - Free Library Book Del'ry 1-4 pm Mahjongg |
| 5 | 6 | 7 | 8 | 9 |
| 9:15 - 11:30 Podiatrist 10:30am Chair Yoga Zoom w/ Margaret 11:30 - 1pm LICSW Office Hours | 9:00 - 11:30 Bocce 10:00- Sing Together 11—noon - Get your Charlie Card! 1pm - Tai Chi for Balance | 9:00 Walking Club 10:30 Chair Yoga Zoom 10:30am Caregiver Support Group 1-3 Watercolor Art Class | 9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce | 9:00am Pickleball 10:00 - FREE Library Book Del'ry 1-4 pm Mahjongg |
| 12 | 13 | 14 | 15 | 16 |
| 10:30 Chair Yoga Zoom w/ Margaret 12 - 1pm Low Vision Support Group | 9:00 - 11:30 Bocce 9am - Veteran's Board Meeting 10am - Vet Coffee Social Hour! 1pm - Tai Chi for Joints | 9:00 Walking Club 10:30am Chair Yoga Zoom 1pm Bus Leaves NS Music Theatre 1 - 3pm Acrylic Art | 9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce 3 pm Ice Cream Truck at WCOA | 9:00am Pickleball 10:00am - FREE Library Book Del'ry 1-4 Mahjongg |
| 19 | 20 | 21 | 22 | 23 |
| 10:30am Chair Yoga-Zoom with Margaret | 9:00 - 11:30 Bocce 10am - Dementia Friends Discussion 1pm - Tai Chi for Balance | 9:00 Walking Club 10:30am Chair Yoga 1-3 Watercolor Art Class | 9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce | 9:00am Pickleball 10:00am - FREE Library Book Del'ry 1-4 pm Mahjongg |
| 26 | 27 | 28 | 29 | 30 |
| 10:30am Chair Yoga-Zoom with Margaret | 9:00 - 11:30 Bocce 1pm - Tai Chi for Joints | 9:00 Walking Club 10:30am Chair Yoga 12pm Food Truck stops by the WCOA | 9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce | 9:00am Kayaking 9:00am Pickleball 10:00 - FREE Library Book Del'ry 1-4 pm Mahjongg |

Hamilton Calendar

| MON | TUES | WED | THURS | FRI |
|---|--|--|--|--|
| | | | 1 | 2 |
| | | | 9:00-noon Podiatrist 9:00 Men's Group 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 Bridge Class 12:30 Art Studio |
| 5 | 6 | 7 | 8 | 9 |
| 10:00 Qigong 12:30 ACORD 12:30 Knitters 3:00 Root beer float & Choc Chip cookies | 9:00 Yoga 10:30 Balance Class 12:00 Lunch* 12:30 Needle workers 3:00 Talk about AI | 10:30 Bingo 11:15 Pickleball 12:00 Lunch* 12:30 Bridge | 9:00 National Parks Talk 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio |
| 12 | 13 | 14 | 15 | 16 |
| 10:00 Qigong 12:00 Lunch with Friends 12:30 Knitters 3:00 Author Karen Gertch | 9:00 Yoga 10:30 Balance 12:00 Lunch* 12:30 Needle workers 3:00 Show and Tell | 10:30 Crafts w Barbara 11:15 Pickleball 12:00 Lunch* 12:30 Bridge | 9:00 Men's Group 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio |
| 19 | 20 | 21 | 22 | 23 |
| 10:00 Qigong 11:30 Baked Potato lunch 12:30 ACORD 12:30 Knitters | 9:00 Yoga 10:30 Balance 12:30 Needle workers 3:00 Jack Holmes - Portugal | 10:30 Dan Tremblay 11:15 Pickleball 12:00 Lunch* 12:30 Bridge | 10:00 Kev Tech 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 |
| 10:00 Qigong 12:00 Firemans Cookout 12:30 Knitters 3:00 Immunization Talk | 9:00 Yoga 10:30 Balance 12:00 Lunch* 12:30 Needle workers | 10:00 Movie Wednesday 11:15 Pickleball 12:00 Lunch* 12:30 Bridge | 9:30 Amelia Earhart Day 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.

Qi Gong

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 10:30 - 11:15

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.

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.

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.

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.

Fit over 50

Thursday @ 1:00pm

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

Quilters Group

Friday 9:00am - 12:00pm

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

Bridge Lessons

Fridays 10:00am

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

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

Monthly Events

Men's Group

Join us on the first and third Thursdays of the month (August 1st & 15th) at 9:00am for a men's group. We will be offering coffee and pastries.

Book Group

Tuesday August 13, 10:30-12:30

Looking for a no-pressure, no-deadline, social Book Group? Come and join us and share whatever you might be reading-or just come and get ideas on what to read next.

Dan Tremblay

Dan will be coming on August 21st with a movie about Dick Clark's Bandstand. Stop by at 10:30 to see the movie and for discussion.

Wenham COA Weekly Events



Tai Chi Class

Every Tues at 1:00pm

Aug 6, 13, 20, 27

We will follow our Tai Chi master's instructions on DVD. Call Jim at 468-5529. Join us!

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

Dianna has her Thurs **Balance in Motion** virtual yoga class at 9am and her other class for Parkinson's or anyone with mobility challenges on Tuesdays at 1:00 pm. Contact Dianna for information on these classes by contacting Dianna!

diannadaly@gmail.com or call me (978) 468-5529 with any questions on our exercise program. We hope

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On Weds, August 7th and 21st from 1-3 pm. Marion Rayner will teach us watercolor techniques while she demonstrates. Supplies are included. We begin painting at 1 pm. We welcome HW seniors & beyond! Call 468-5534 to sign up. \$10/pp

Acrylic Painting with Aleah - Our next acrylic paint class is at the WCOA. **Wednesday Aug 14th 1-3 PM** Aleah is a great artist/teacher. Call us at (978) 468-5529 to sign up \$10/pp.

Pickleball outdoors will remain every Friday in August at 9:00am, weather permitting. Be aware. We will work with other residents who choose this early time.

Bocce continues on Tuesdays and Thursday from 9 - 11:30am and all Hamilton and Wenham residents are welcome. You can come not knowing anything about bocce and leave knowing 80% of what you need to become a lifetime lover of bocce.

Dementia Friends Intro Session

Tuesday Aug 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 closed.

Walking Group

Weds 9-10 am

Mahjonn

Fridays 1-4pm

Pickleball - COA

(WVIS) Friday

9am - 11am

Caregiver 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



August Lunches

12pm "Grab n'Go"

Aug 7 Weds - Hamburger, Potato O'Brien, Beets, Whole wheat and Gelatin

Aug 14 Weds - Chicken Caesar Salad, Pasta Salad, Whole Wheat Pita Bread and Fruit Whip

Aug 21 Weds - Pot Roast, Mashed Potatoes, Beets, Whole Wheat Bread and Fresh Fruit

Aug 29 - Tortellini Salad with Peas, Garden Salad, Oat Bread & Brownie

Special Events - Hamilton

Cookout with Fireman's August 26th @ Noon

Join us on Monday August 26th for our Cookout with the fireman. Sign up is required as space is limited. Call today for your reservation.

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.

Show & Tell *

Tuesday August 13th 3:00pm
at the HCOA

Have an interesting collection, talent or something you would like to share with others? Bring it in for **Show and Tell** at the Senior Center. Depending on the number of participants you will have 5 mins to talk about your item!

Movie Morning: *

Wed August 28th @ 10:00am

Join us for the movie: IF. IF tells a story of imaginary friends who are adrift in life because their kids have grown up and forgotten them.

KevTech

August 22nd @ 10:00am

Kevin from KevTech is joining us for Back to Basics this month. Stop by for Apple iPhone and iPad 101.

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.

We are combining Chocolate Chip Cookie Day and Root beer Float Day!

Monday August 5th at 3:00pm

Stop by for some chocolate chip cookies and nice root beer float. Sign up is required so we have enough food.

Tuesday August 6th

Artificial Intelligent Talk

Tentatively scheduled AI talk. What is it, what's it about and how does it affect me? Sign up required.

Lunch with Friends

Mon August 12th at 12:00

Join us on the 12th for lunch. Bring a friend or two to relax and enjoy a meal. Reservations required!

Author: Karen Gertch

Monday August 12th @ 3:00pm

Join us as we welcome Karen Gertch to talk about her book 5 wishes. Karen is a local author whom we are excited to meet and talk to. Please register for this program.

Baked Potato Lunch

Monday August 19th @ 11:30

It's potato month (who knew there was a potato month!) and we want to celebrate with a Baked Potato Bar. Reservations Required!

Jack Holmes

Tuesday August 20th @ 3:00pm

Join us in welcoming Jack Holmes as he brings his travel experience to us. Some of us only dream of getting too Portugal. Jack has and will bring his pictures and stories too us.

Reservation required!

Immunization Presentation August 26th @ 3:00pm

Join us as we welcome Judith Ryan to talk about the importance of immunizations. How they protect us and what we should or shouldn't be worried about.

Check back in with us...

We have many things we are working on and hoping to bring to you in August. Unfortunately, planning has been slow going... August is Eye Exam Awareness month...Why do you need to have one done every year? What do they look for? These are questions we hope to have answers for you. Check the



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Special Events - Wenham

Kayak Friday Aug 2nd
9am Meet at Salem Wil-
 lows. \$20 pp all equipment
 supplied. *Coast to Coast.*

Kayaking Fri, Aug 30th
9am Meet at Independence
 Park. \$20 pp same as above.
Coast to Coast.

Bocce continues in August
 every Tues and Thurs from
 9:00- 11:30am at WCOA. No
 experience needed.

Ice Cream Thurs August 15
 at 3pm. We'll have ice cream
 truck stop by. No need to regis-
 ter. Just come and join us!

iPad, iPhone, Laptop
Help with Paul
 Thurs, Aug 8th & Mon, Aug
 26th. Paul's sessions start at
 10am and 11am. Sign up for
 these 1 -hour sessions by call-
 ing 978-468-5534.

Low Vision Group
Mon, August 12th at noon.
 Participants share ideas of new
 technology and assistance for
 those with Low Vision. Speak-
 ers will join us. *Lunch served.*

Sing Together!
 We will sing Camp Songs and
 Show Tunes. **Tues, Aug 6t** at
 10am at WCOA

Tai Chi classes for ages 60+
 David Dorian-Ross leads us on
 screen every Tues at 1 pm.

Jessie Palm, LICW
 First Monday of the month.
 11:30 am to 1:00 pm on August
 5th. Jessie can address issues
 specific to social services,
 housing & advocacy.

Wednesday Walkers
 Join us on our walks around
 Wenham starting at 9am. Sign
 up with Cathie@468-5534
Pickleball (Wenham)
 Tea House Courts - Fri (free)
 9:00am to 11:00am. Some In-
 struction is available. We're all
 still learning the game and all
 are welcome!

Book Deliveries
 Grant funded Friday home de-
 liveries for anyone interested in
 memory kits, books, DVD's
 from the library. Call (978) 468-
 5577.

Charlie Card Aug 6 11-noon
 Coming up Mon Sept 16—Joe
 Scuderi sings Italian songs.

Senior Scribblers - Our
 writing group for all levels. Sum-
 mer break in August. Contact
 Barrie L. essexarrow@aol.com

Caregiver Support
 Our caregiver support group will
 meet as usual on the 1st
 Wednesday or August 7th
 Jenn Flynn from SeniorCare,
 will facilitate this group.

Food Truck at WCOA!
 Weds August 28 at noon.
 Call Cathie to sign up by August
 21st. 978-468-5534

Free Senior Swim Times
Veterans Memorial Pool
Saturdays until Aug 17th
 11am - 11:45am
Sundays Aug 18th
 6:15pm - 7:00pm



The H-W Community House is excited to announce the
2024 Concert season!
Every Sunday, July 7 – August 25, starting at 5 pm at the
Patton Park gazebo.
 Patton Park on Bay Rd. (Route 1A), Hamilton, MA
 *Rain venue: Asbury Grove Tabernacle, Lee Park, Hamilton, MA
Rain Venue Directions
 July 21: **Headlands** – Rock, Americana, Country, and Folk
 July 28: **Jim and Tonic** – Swing, Blues and Early Rock and Roll
 August 4: **Grupo Fantasia** – World Music
 August 11: **Jah Spirit** – African-Reggae with Calypso Jazz
 August 18: **Ben Eramo** – A Billy Joel experience
 August 25: **4Ever Fab** – A Beatles Tribute

Health & Wellness

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

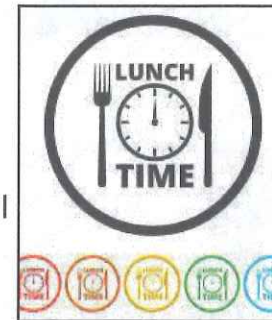
SHINE - Hamilton residents call Theresa (978) 626-5240 Wen-
 ham residents call Jim 978-468-5529 to make an appointment w/
 Mary Lou Fierro on the first Tuesday each month from 10:00-12:00

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

The Good Neighbor Energy Fund contact Tim Morris 978-626-5240
 at Hamilton COA or Jeanne Maurand 468-5534 at the Wenham
 COA to find out if you qualify for assistance.

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

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



Podiatrist:
 Clinics with Dr. Gregory VanEss
 are held in both towns every oth-
 er month. **Wenham is Aug 5th**
 (978) 468-5534. Dr. VanEss is
 coming to **Hamilton on Aug 1st.**
 from 9 -12:00pm. Call today for
 an appointment. (978) 468-5595



SeniorCare is
 serving "in person"
 lunch at the Hamil-
 ton Senior Center
 on **Tuesday,**
Wednesday and
Thursday. If you
 are interested,
 check the menu at
 the end of this
 newsletter or Sen-
 ior Center for con-
 gregate meals and
 reserve your place
 with Albie.
 (978) 468-2616

SAVVY CAREGIVER
Free 6 WEEK *ADRD Caregiv-
 er Training Workshop will start
 again via zoom. Date and Time
 to be determined with Abby Con-
 sidine. These Workshops are
 being scheduled at other COA's
 so call (978) 281-1750 x581 for
 more info. Learn to take control
 and set goals, communicate
 more effectively, learn new
 skills, feel better, strengthen
 family resources and take care
 of you!

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
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 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 ~



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Notes from Outreach, Veterans & State officials

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 can explain your options.

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.

This session will be presented by a certified SHINE Counselor who provides free, unbiased, Medicare health insurance information and will help guide you through your Medicare options so you will be an empowered, educated consumer.

You are invited to attend an “Introduction to Medicare” zoom session with Joan on any of the dates below.

Wednesday, August 14, 4:00-6:00 pm

<https://us02web.zoom.us/join/joinmeeting/register/tZckdeuvqzMvEtG5FoiZHYXBBLtkwnRQ1J1y>

Wednesday, September 18, 6:00-8:00 pm

<https://us02web.zoom.us/join/joinmeeting/register/tZcsfuGrrTMjHNaF-C0HvdSfyxPK8efC2LaS>

Wednesday, October 16, 4:00-6:00 pm

https://us02web.zoom.us/join/joinmeeting/register/tZcvdO6oqzpkHdHYA9GT_KOepTLh4CvmpM1O



I was just thinking...

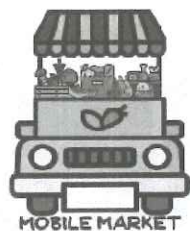
about my father's birthday and the Olympics. My father was born on August 16, 1917. He qualified for the 1940 Olympic Ice Hockey Team. He and my mother married in October of 1940. Just prior to their wedding, my father chose not to join the team. When I started to play hockey, I did not understand his decision. When I married and children came along, I began to understand the reason and the dynamics to his decision. For him family more than fame was important. The 1936 athletes of the USA Olympics team are laden with compelling stories of victory and defeat. Two Jewish athletes who qualified were not permitted to compete. 18 African-American athletes were enveloped in the animosities of world political rhetoric about power and supremacy. The heavy weight crew from the University of Washington, aka The Boys in the Boat, were viewed as being less than the elite crews of the eastern colleges and universities. Dan Brown in his book, *The Boys In The Boat*, identifies three traits that mark the 9 members of the crew. They trusted one another, they were humble, and they worked with tenacious resolve. These three traits provide the stamina for each one of us to forge new patterns for living that resolve to seek that which is good, to build bridges of trust with others, and engage with others with a self forgetful spirit.

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

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 if you have any questions.



Mobile Market

1st and 3rd Mondays on August 5th and 19th

12:30 - 1:30 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.

FISH Volunteers are available to help with transportation to Hamilton Town Meeting on Saturday April 6th.

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 (Leave a message and someone will reply)

Podiatrist - Dr. VanEss. Wenham COA is Mon Aug 5. Call 978-468-5534 to make your reservation. **HCOA** is Thurs Aug 1 from 9am -12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Aug 12 at 12:00pm. We will explore new technology and hear from the Lyons Club.

“How do I know if assisted living is right for my mom?”

When someone you love is struggling to live on their own, you're bound to have questions.

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance to help residents thrive. **To learn more and get answers to your questions, call 978-725-3300.**



575 Osgood Street
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TheWoodlandsInn.org

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August Preliminary Menu— Meals on Wheels and Congregate

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1 Chilled: Roast Beef & Cheese (200) Potato Chips (80) Garden Salad (35) | 2 Chicken Piccata (530) WW Spaghetti(5) |
| 5 Macaroni & Cheese (815) Capri Veg (20) | 6 Chicken Teriyaki*(640) Asian Veggies (25) Veg Rice (85) | 7 Hamburger (425) Potato O'Brien (25) Beets (140) | 8 Seafood Salad (480) Garden Salad (35) Tabouli (70) | 9 BBQ Pulled Pork* (530) Sweet Potato(25) Spinach (145) |
| 12 Frittata (180) Ratatouille (116) Rstd Potato (5) | 13 American Chop Suey (495) Broccoli (10) WW Garlic | 14 Special Chicken Caesar Salad *(645) Pasta Salad (180) WW Pita (170) Fruit Whip (5) | 15 Vegetarian Chili* (835) Brown Rice (5) Cornbread (180) Mandarins (10) | 16 Turkey Pot Pie (415) Mshd Potato(110) Vienna Brd(180) Fresh Fruit (5) |
| 19 Pasta & Meatballs (305) Capri Blend (20) Oat Bread | 20 Pork (290) w/Mushrooms Sweet Potato (70) Cauliflower (15) Roll (260) | 21 Pot Roast (195) Mshd Potato (110) Beets (140) WW Bread (165) Fresh Fruit (5) | 22 Turkey & Cranberry Salad (275) Quinoa (230) Spinach Salad (40) | 23 Breaded Fish (330) Butternut (15) Rice Pilaf (40) MG Bread (150) |
| 26 Marry Me Chicken*(740) Couscous (5) Roll (260) Pineapple | 27 Garlic & Lemon Fish (220) Rstd Potato (5) Pudding (190) | 28 Tortellini Salad w/Peas (310) Garden Salad (150) Brownie (230) Oat Bread (150) | 29 Hot Dog*(540) Bkd Beans (370) Warm Apples (10) Coleslaw (45) Roll (250) | 30 Lasagna (455) w/Meat Sauce Zucchini & S.Squash (10) WW Bread (165) Fresh Fruit (5) |

Looking for Wenham's Grab & Go? It is every Wednesday-Please call 978-468-5534
Hamilton 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 setup by calling Senior Care at 978-281-1750 and asking for the intake department.



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