

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life

September 2024

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

Here we are in September! I can't believe that the summer months have come and gone. It truly feels like it has flown by.

During September I start to plan for Medicare Open Enrollment. Open Enrollment starts on October 15th and runs until the first week of December. For the next couple of months, I will be posting reminders about the date, I strongly suggest that anyone who has Medicare plans, reach out during open enrollment. Now is the time to reevaluate your Prescription Plan, which should be done every year. As a reminder, Prescription plans change from year to year, medications that you are taking may no longer be covered or they might be a higher tier from the previous year. This is the time you can make the changes to your Prescription Plan. Appointments can be made starting on September 23rd, and will be limited this year. Open enrollment officially starts on October 15th.

Additionally, we have a lot of fun programs coming in September. We are planning a Back to School Ice Cream Social, National Cheese Pizza Day Lunch, a Magician, and National Swap Ideas Day. Please make sure that you make reservations, if you are planning to come to the events. Our new sign in sheets have been working great (you can find the binder with the sign ups for the month on the front desk).



We have had a great summer with many memorable events some which proved our sense of humor was fully intact! (Rain filled cookout and toy ice cream trucks) September looks to be fun. We are planning on Pickleball twice a week Weds and Fri at 9am and we will continue to share this time with our neighbors. Mahjong is training 6 new players in September and Doris Gallant has done an amazing job running this growing group of 12-16 players of this tile-based game that was developed in the 19th century and has spread throughout the world.

As Theresa mentions, Open Enrollment is coming and we will both start talking about various options when it comes to Medicare and your healthcare options—Advantage Plans and Supplemental Insurance, as well as review of prescription drug plans. We have our friend and licensed insurance agent, Steve Silverthorn coming to help us discern the options on Thurs, September 26th at 10 am.

Bocce season on Tues & Thurs continues through the month of September and it's been a great summer! You are welcome to come and watch, meet our cast of characters. It's been great fun and many thanks to Joe Scuderi and everyone who has contributed there time, money and effort making what we have special. As *Friends of the WCOA*, checks are payable to **FWCOA**, 10 Schools St., Wenham, MA 01984.

JR

Wenham Calendar - September

MON	TUES	WED	THURS	FRI
2	3	4	5	6
Labor Day COA Closed	9:00 - 11:30 Bocce 10:00- Sing for Fun - Folk/ Rap 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 10:30 Chair Yoga Zoom 10:30am Caregiver Support Group	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce	9am Pickleball 10:00 - Free Library Book Del'ry 1-3 pm Mahjongg 3-5 pm Acrylic Art
9	10	11	12	13
10:30am Chair Yoga Zoom w/ Margaret 12 - 1pm Low Vision Grp Mass EDP 1:30 Fit Over 50	9:00 - 11:30 Bocce 9am - Veteran's Board Meeting 10am - Vet Coffee Social Hour! 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 9:15 Savvy Caregiver Support 10:30 Chair Yoga Zoom 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce	9am Pickleball 10:00am - FREE Library Book Del'ry 1-4 pm Mahjongg
16	17	18	19	20
10:30 Chair Yoga Zoom w/Margaret 11am - Joe Scuderi sings Italian-American 1:30 Fit Over 50	9:00 - 11:30 Bocce 1pm - Tai Chi for Joints 10am - Dementia Friends Talk	8:30am Walking Club 9am Pickleball 10:30am Chair Yoga Zoom	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce <i>2-4 pm Senior Scribblers</i>	9am Pickleball 10:00am - FREE Library Book Del'ry 1-4 Mahjongg
23	24	25	26	27
10:30am Chair Yoga-Zoom with Margaret 1:30 Fit Over 50	9:00 - 11:30 Bocce 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 9:15 Savvy Caregiver Support 10:30am Chair Yoga 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 10am - Medicare 9:00 - 11:30 Bocce	9am Pickleball 10:00am - FREE Library Book Del'ry 1-4 pm Mahjongg
30				
10:30am Chair Yoga-Zoom with Margaret 1:30 Fit Over 50				

Hamilton Calendar- September

MON	TUES	WED	THURS	FRI
2	3	4	5	6
Closed for Labor Day.	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 2:30 Ice Cream Sundaes	9:00 COA Board 10:30 Bingo 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 12:00 Lunch*- Cheese Pizza 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge Class 12:30 Art Studio
9	10	11	12	13
10:00 Qigong 12:00 Lunch with Friends 12:30 Knitters 3:00 Magician	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 3:00 Round Table	10:30 Crafts w/ Barbara 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	10:00 KevTech 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
16	17	18	19	20
10:00 Qigong 12:30 Acord 12:30 Knitters 3:00 Dental History Presentation	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 Needle workers 3:00 Sign Language	10:30 Dan Tremblay 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
23	24	25	26	27
10:00 Qigong 2:30 Knitters 3:00 Tess Lucky Fruitlands Museum	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle workers 3:00 Pastries and Trivia Spanish Heritage	10:30 Open House 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	9:00 Show and Tell 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 5:00 Game night with grandkids
30				
10:00 Qigong 12:30 Knitters 3:00 World Migration Talk				

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 10:15 - 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.

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 (September 5th & 19th) at 9:00am for a men's group. We will be offering coffee and pastries.

Book Group

Tuesday September 10th, 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 September 18th. Stop by at 10:30 to see the movie and for discussion.

Wenham COA Weekly Events



Tai Chi Class

Every Tues at 1:00pm

Sept 3, 10, 17, 24

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, September 11th and 25th 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. Friday Sept 6 3-5 PM Aleah is a great artist/ teacher. Call us at (978) 468-5529 to sign up \$10/pp.

Pickleball outdoors will happen twice a week on both Weds and Fri at 9am, weather permitting. Be aware. We will work with other residents who choose this early time but please join us!

Bocce continues on Tuesdays and Thursday from 9 - 11:30am thru Sept 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.

September Lunches 12pm "Grab n'Go"

Sept 4 Weds - Meatloaf with Gravy, Mashed potatoes, Peas, Vienna bread & fruit

Sept 11 Weds - Hot dog and Baked Beans, Cinnamon Apples & Coleslaw

Sept 18 Weds - Turkey & Cranberry Salad, Garden Salad, Tabouli, Bread and Fresh Fruit

Sept 25 Weds - Grilled chicken w/Barbecue Sauce, Corn & Peppers, Potato salad, Gelatin Parfait w/ Blueberries

Dementia Friends Intro Session Tuesday Sept 17th 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 8:30 - 9 am

•Mahjonn

Fridays 1-4pm

•Pickleball - COA

(WVIS) Weds & Fri
9am

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



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.

Show & Tell *

Thursday September 26th @

9:00 am 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.

KevTech

September 12th & September 26th @ 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.

Ice Cream Sundaes

Tuesday September 3rd @ 2:30pm

Join us as we celebrate back to school day with an ice cream social. Summer is officially over, the kids are heading back to learn and we are celebrating. Reservation required!

National Cheese Pizza Day Celebrate on Thursday September 5th- Noon

We will be serving Cheese Pizza for lunch. Sign up is required.

Monday September 9th @3:00pm

Magician is coming to the center. Join us for an afternoon of magic. Please sign up in advance.

National Swap Ideas Day Tuesday September 10th @3:00pm

Join us for a roundtable discussion for ideas you want to see come to the senior center. It can be an afternoon talk or an ongoing series. Help us plan programming.

Dental Movie:

Monday September 16th @ 3:00pm

Mass General has been a pioneer in all things health. This includes dental. Join us for a movie produced by Mass General about the history of dental services.

International Day of Sign Language:

Tuesday September 17th @ 3:00pm

We are working on getting a sign language expert in to teach us some basic sign language. Stay tuned for more

information.

Lunch with Friends: Monday September 9th @ 12:00

Bring a friend to the center for lunch or come on your own and meet a new friends. Lunch with friends is a special lunch sign up is required.

Tess Lukey from Fruitlands Museum: Monday September 23rd @ 3:00pm

We are working to schedule a talk with Tess Lukey from the Fruitlands Museum to come out and talk about American Indian Art. Stay tuned for more information.

Pastries and Trivia Spanish Heritage Month Tuesday September 24th @ 3:00pm

Join us for authentic pastries and trivia based around Spanish Heritage Month. Reservations are required

Intergenerational Board Games:

Friday September 27th from 5:00pm-7:00pm

Watching the grandchildren for the night? Want a fun activity to do with them? Stop by for board games and pizza. Reservations are required.

World Migration Day: Monday September 30th @ 3:00pm

We are looking at having a professor come in and talk to us about immigration This program is in the works please call for more info.



Morris
FUNERAL HOME

John A. Morris
FUNERAL DIRECTOR

978-356-2422

www.morrisfh.com

45 North Main St., Ipswich

SUPPORT OUR ADVERTISERS!

COMMUNITY LIVING AT ITS BEST

Be Independent for Life

Nichols Village
AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@picommunities.com

(800) 477-4574 x6377

SeniorCare

Elder Services | Information | Solutions

Serving the

North Shore Senior Community Since 1972

Call Us First! 978-281-1750

www.seniorcareinc.org

SUPPORT THE ADVERTISERS
that Support our Community!

Special Events - Wenham

Mon Sept 9 noon - MASS Equipment Distribution Program

Meet Glen Schultz-MA EDP -who will explain the adaptive phone program for those with vision, auditory or cognitive impairment. Landline and iPhones. Free for those with a permanent disability

Low Vision Group

Mon Sept 9 at noon. Participants share ideas of new technology and assistance. Speaker this month is Glen Schultz and adaptive phones. Lunch served. **Please register at 978-468-5529**

Bocce continues through Sept every Tues and Thurs from 9:00- 11:30am at WCOA. No experience needed. Coming—**Bocce Championship in October!**

iPad, iPhone, Laptop Help with Paul

Paul's sessions start at 10am and 11am. Sign up for these 1 - hour sessions by calling 978-468-5529.

Sing Together!

We will sing camp Songs, folk songs and show tunes. **Tues, Sept 3** 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

Jessie can address issues specific to social services. housing & advocacy. 9/9 11:30-1pm

Wednesday Walkers

Join us on our walks around Wenham starting at 8:30am. Sign up with Cathie@468-5534

Pickleball (Wenham)

Tea House Courts - Wed and Fri 9:00am. Pickleball will be Weds & Fri this Sept. We're all still learning the game and all are welcome!

Book Deliveries

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

Senior Scribblers - Our writing group for all levels.

Meets on Sept 19th 2-4pm. Contact Barrie L. essexar-row@aol.com

Caregiver Support

Our caregiver support group will meet as usual on the 1st Wednesday - Sept 4. 10:30am.

Jenn Flynn from SeniorCare, will facilitate this group



Italian American Songs

will be echoing from the COA on Mon, September 16th at 11am. Our *live* performance comes to us from our own Joe Scuderi singing his favorite romantic Italian American songs. We'll have on hand some of our favorite Italian cookies to share.

Medicare Overview will be held by Steve Silverthorn, our friend who is an independent licensed insurance agent on Thurs, September 26th at 10.

NEW! Fit over 50 class at WCOA! Every Mon, 1:30pm



Thank You!

A huge thank you to Veronica Johnson and Helen Garrett for faithfully watering our plants all summer. Special thanks to Mardi Lowery and the H-W Garden Club for vegetables and flowers in our raised planters at WCOA. Please feel free to clip the herbs and take home cherry tomatoes as harvest season winds down.

Thank you - Julie Clay for completing the new WCOA flyer to be given out by Wenham's Fire & Emergency Services depts. Dean Pedersen for each month for "I Was Just Thinking", Cal Kline for his help with Grab & Go meals weekly, and our wonderful crew who fold our COA Newsletters and for all donations of time and money.

Health & Wellness

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

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

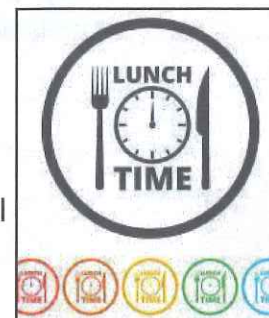
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website actioninc.org

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.



Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham is TBD** (978) 468-5534. Dr. VanEss is coming to **Hamilton on October 11** from 9 -12:00pm. Call today for an appointment. (978) 468-5595

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

SAVVY CAREGIVER

Free 6 WEEK *ADRD Caregiver Training Workshop will start again via zoom. Date and Time to be determined with Abby Conside. 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 (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 ~



Notes from Outreach, Veterans & State officials

Confused about Medicare? Considering enrollment? Unsure about what to do? The SHINE Program can help.

SHINE: Serving Health Insurance Needs of Everyone... 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.



I was just thinking...

about the words “All gave some; some gave all.” It is attributed to Howard Ostercamp, a soldier who fought “the Forgotten War” in Korea and received the Purple Heart. At first glance, it is a commentary on military history. However, the words are applicable to our life together as families, communities and countries. The words beckon us to engage with others in ways that are self forgetful and non-transactional. Twenty-three years ago on a beautiful September Day thousands of people were beginning their day’s activities. In a little over an hour 2,996 people died when planes crashed into The NYC Trade Towers, The Pentagon in DC and a field in Shanksville, Pennsylvania. On September 11, 2001 many brave people gave their all for the good of others. Bruce Springsteen in his album The Rising sings, “Into The Fire.” It is a song that embodies self forgetfulness. The hundreds of volunteers who worked on “The Pile” but succumbed to the toxic elements buried in the debris gave their all. The hearts of thousands who were affected by 9-11 have been tattooed with compassion for others who are in distress. All gave some: some gave all.

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

Please join us for our Wenham Veteran’s gathering on September 10th, the 2nd Tues of every month at 10am. It’s a rare opportunity to share time with fellow Veteran’s and neighbors in Wenham. At that time, you can address any questions with our regional representatives from Cape Ann Veteran Services headquartered in Gloucester. MaryAnn Nay from State Rep Senator Tarr’s office will be available that same day in Hamilton from 11am - 12pm if you have any questions or issues you would like to make known or discuss with the Senator.

Director, Jim Reynolds

SUPPORT THE ADVERTISERS that Support our Community!



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 September 16th. Please note that it will only be once this month due the holiday.

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.



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 TBD Call 978-468-5534 to make your reservation. **HCOA** is Friday October 11th from 9am -12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Sept 9 at 12:00pm. We will learn about adaptive phones from Glen Schultz from Mass EDP (Equipment Distrib Program).

“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
North Andover, MA 01845
TheWoodlandsInn.org

Edgewood is a not-for-profit 501(c)(3) organization.

GLENN BATTISTELLI

Since 1974
For all repairs - major or minor - deal directly with the owner!
ROOFING • CARPENTRY • PAINTING
VINYL SIDING • WINDOWS & MORE
978-922-6338
www.glennbattistelli.com

THINKING OF SELLING YOUR HOME?

Call Pam Carney Today.

PAM CARNEY

Hamilton Wenham Sales Specialist Since 1987



CARNEY REAL ESTATE

office 978-468-7074 • cell 978-578-3578
51 Cherry St. Wenham • carneyrealestate@comcast.net

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

September Preliminary Menu— Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday No Meals Served	3 Two Compartment 10 oz macaroni and cheese ½ cup stewed tomatoes 1 slice Oat Bread ½ cup applesauce	4 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc Vienna Bread 1pc Fresh Fruit	5 COLD: 3oz Tuna Salad Congregate: Tomato Soup ½ cup Garden Salad w/ tomato	6 3oz Pulled Pork 2oz BBQ sauce ½ cup Roasted Sweet Potatoes ½ cup Sautéed Garlic Collard Greens 1pc Burger Bun 1pc Cookie No Margarine
9 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots	10 1pc Cheese Omelet 1oz Turkey Sausage ½ cup Potatoes O'Brien ½ cup Beets	11 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw	12 Two Compartment 3oz Grilled Chicken 4oz Piccata sauce ½ cup WW spaghetti	13 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips ½ cup Garden Salad
16 Two Compartment 1 pc Lasagna 4 oz Marinara ½ cup Zucchini & Summer Squash 1pc WW Bread ½ cup Mandarins 1 pkt Parmesan cheese	17 4oz Potato Crunch Fish ½ cup Mashed Sweet Potatoes ½ cup Green Beans 1pc MG Bread 1pc Raisins 1pc Chocolate Pudding 1pc Lemon Packet	18 COLD: 4oz Turkey & Cranberry Salad ½ cup Garden Salad Congregate: Minestrone Soup to replace tabouli ½ cup tabouli 1pc Fresh Fruit 2pc LS Wheat Bread 1pc Menu Magic Dressing No Margarine	19 Special: Chicken Aloha 1pc Chicken Breast w/Pineapple & Peppers & Soy Sauce ½ cup Fried Rice ½ cup Warm Pineapple Rhubarb ½ cup Latin Slaw 1pc Dinner Roll	20 1pc Hamburger 2oz Au jus ½ cup Tater tots ½ cup Beets 1pc WW Burger Bun ½ cup applesauce 1pc Ketchup No Margarine
23 1pc Frittata ½ cup Ratatouille ½ cup Roasted Potatoes 1pc WW Bread ½ cup mixed Fruit 1pc Ketchup	24 Two Compartment 10oz Vegetarian Chili with Northern & Red Beans 4oz Brown Rice 1pc Cornbread ½ cup Mandarins	25 3oz Grilled Chicken 2oz BBQ Sauce ½ cup Corn & Peppers ½ c Warm German Potato Salad ½ cup Red gelatin Parfait with non-dairy topping & blueberries 1pc Burger Bun No Margarine	26 Birthday: Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc Baked Good	27 Two Compartment Turkey pot pie 3oz Diced Turkey ½ puff Pastry ½ cup peas and carrots 3oz sauce 1pc Fresh Fruit ½ cup Mashed potato 1pc Vienna Bread 1pc Cranberries
30 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 2 oz Marinara ½ cup Pasta				

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.



ACE HANDYMAN SERVICES
 An ACE Hardware Company
 Home Repairs & Improvements
 Carpentry • Painting • Stairs • Doors
 Floors • Gutters • Fences • Drywall repair
 Call 978-775-2210
 essexcountynorth@acehandymanservices.com
 www.AceHandymanServices.com

BEVERLY CRAFTSMAN HOME SERVICES
 -Drywall -Carpentry -Painting
 -Small Jobs -Home Repairs
978-233-1767
 BeverlyCraftsman@gmail.com
 Licensed and Insured

THE RESIDENCE
 at Riverbend
*Independent, Assisted
 & Memory Care Living*
 978-356-1300
 149 County Rd, Ipswich



Amazon
 LANDSCAPE DESIGN AND INSTALLATION
 & PROPERTY MAINTENANCE
978-879-3846
 FREE ESTIMATES
 WWW.AMAZONLANDSCAPINGMA.COM

- PATIOS • WALKWAYS
- DECKS • STONE
- STAIRS • RETAINING WALLS • FENCES
- EXCAVATION

WE ALSO DO EXTERIOR PAINTING

ADT-Monitored Home Security
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets 833-287-3502

DOG COACH
 Stay Safe & Agile: Train Your Dog
 CoachYourDog.com/COA
 Obedience - Behavior Modification

Remodeled. Reimagined. Refined.
 Now Open Under New Ownership.

THE CURRENT
 BEVERLY
 Schedule a Tour Today!
978-993-5196
 www.thecurrentbeverly.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

OUR COMMUNITY NEWSLETTER
 OCTOBER EDITION

Visit ipicomunities.com

Scan to contact us!

SUPPORT OUR ADVERTISERS!

Hamilton COA
299 Bay Road
S. Hamilton, Ma. 01982

Pre-Sorted Standard
U.S. Postage Paid
Permit #24
Hamilton, MA 01936



Deliver to addressee or current resident

Hamilton COA

Town Manager: Joe Domelowicz

Director: Theresa Woodbury
twoodbury@hamiltonma.gov

Outreach Coordinator: Tim Morris
tmorris@hamiltonma.gov

Board:

Rosemary Kennedy, Chair
Richard Hewett, Vice Chair
Penny Wingate, Secretary

Peter Meo
Catherine Minnetyan
Kelly Roller
Laura Studley

299 Bay Road, Hamilton, Ma. 01982

978-626-5240

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:
Debbie Aminzadeh
Gretchen Muschamp

10 School St, Wenham, Ma. 01984

978-468-5534