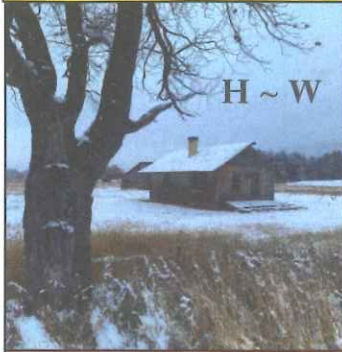


Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life

February 2025

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



Sentiments are overwhelmingly favorable toward our new weekly local paper and our compliments to all those involved. Taking a moment from the barrage of content coming through our electronic devices to read some uplifting stories and about critical issues facing both towns, has been great. We are very much in support of this new newspaper.

We have a new class using **Mosaic Tiles** led by Renee Spellman which will be held at 1pm on Thurs, Feb 6th. Another new activity will feature movies recommended by AARP every Tues at 2:30pm which were selected based on the stories and their relevance. The movie titles include:

A Complete Unknown, Thelma, Palm Royale and The Substance. We will have **Tea and Crumpets** two days before Valentine's Day, Wednesday Feb 12, from 2-4pm. We hope you'll come and join us. We are in discussion with an audiologist for free hearing tests. Check your **e-HW SeniorNews** which is sent every Monday before noon. Email jmaurand@wenhamma.gov to sign up.

Gordon students will join us again for **Sing for Fun!** on Tuesday, Feb 4 at 10 am. We had a blast in November singing with them. We were joined by piano, saxophone and drums! Drop in, no sign-ups needed. Song sheets provided. More music arrives Thursday, March 6 at 2:00 pm when the duo **Harp and Bard** returns to WCOA. We are thrilled to have Michael O'Leary and Carol McIntyre perform Irish music for an early St. Patrick's Day celebration. Please sign up to reserve your place. \$5 Donation. Many thanks to Sergeant Marsh for his information on current **Scams**. We will keep discussing this issue the third Wed of each month. Next time is Feb 26 at 1:00. Jim & Jeanne

Happy February!

We have a lot of great things coming up this year. We will be partnering with both the Wenham Council on Aging and The Community House to offer a Lunch and Linger. Our first one will be on Tuesday March 25th from 12:00pm-2:00pm. Join us for Lunch and Musical Bingo. Additional details will be coming in the March Newsletter - but save the date today!!!

I also want to bring awareness regarding the Chapter 91 Special Act Senior Exemption.

To qualify for a property tax reduction:

- The home must be owned and occupied by the applicant
- The applicant must have lived in town for at least 10 consecutive years
- The applicant must occupy the home for more than 6 months each year
- The age of one of the homeowners must be 65 or greater
- The total household income cannot exceed \$47,520 if single or \$71,280 if married
- The total household asset limit cannot be more than \$175,000 for a single person, \$250,000 for a married couple
- The property's assessed value must be less than or equal to the town's median assessed property value plus 10%

If these requirements are met, the real estate tax will be reduced to no more than 10% of the household income, but not by more than 50% of the owed tax bill. Please be advised that the Fiscal Year 2025 deadline to apply for the Chapter 91 Special Act Senior Exemption is Tuesday, April 1, 2025.

If you have any questions, please reach out to the Assessors Office.

February we have a lot of exciting things happening. We will be having Lunch with Friends, Card Making Day, Valentines Brunch, and Hearing Exams. On February 19th, we will celebrate Mint Chocolate Chip Day with Ice cream at 3:00pm. Sign up is required-so don't forget to give us a call.

Theresa & Tim

Wenham Calendar - February

MON	TUES	WED	THURS	FRI
3 10:30am Chair Yoga Zoom w/ Margaret 11:30-1:00 Jessie Palm Soc Worker 1:30 Strength & Balance Class with Erin	4 10 am Sing for Fun with Gordon Music Ed. Students! 1pm - Tai Chi for Balance 2:30pm - Oscar Nominated Movie <i>A Complete Unknown</i>	5 9:00am Walking Club 10:30am Caregiver Support Group 10:30 Chair Yoga (Zoom every week) 12pm Grab n"Go Lunch 1-3 Watercolor Art Class	6 9am Yoga Dianna (Zoom) 10-12 Bocce- Inside HCOA 11-1pm Pickleball Rec Dept 1pm - Mosaic Frames	7 10:00am - FREE Library Book Delivery 10am Cribbage 12:30-3 pm Mahjongg 3-5pm Acrylic Art
10 10:30am Chair Yoga-Zoom with Margaret 9am Podiatrist 12 - 1pm Low Vision Group 1:30 Strength & Balance Class with Erin	11 9am - Veteran's Board Meeting 10am - Vet Coffee 11am Sen Tarr's Rep 1pm - Tai Chi for Joints 2:30pm - Oscar Nominated Movie <i>Thelma</i>	12 9:00am Walking Club 9:15am Caregiver Friends Support Grp 12pm Grab n"Go Lunch 2-4 pm Valentines Day Tea	13 9am Kindness Concert 9am Yoga Dianna (Zoom) 10-12 Bocce HCOA 11-1pm Pickleball Rec Dept 2-4 pm Scribblers	14 VALENTINE'S DAY 10:00am - FREE Library Book Delivery 10am Cribbage 1-4 Mahjongg
17 President's Day WCOA Closed	18 10:00 Dementia Friends Intro Class 1pm - Tai Chi for Balance 2:30pm - Oscar Nominated Movie <i>Palm Royale</i>	19 9:00am Walking Club 12pm Grab n"Go Lunch 1-3 Watercolor Art Class	20 9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball Rec Dept	21 10:00am - FREE Library Book Delivery 10 am Cribbage 1-4 pm Mahjongg
24 10:30am Chair Yoga-Zoom with Margaret 1:30 Strength & Balance Class with Erin	25 10:00 Games Scrabble 1pm - Tai Chi for Balance 2:30pm - Oscar Nominated Movie <i>The Substance</i>	26 9:00am Walking Club 9:15am Caregiver Friends Support 10:30 Chair Yoga 12pm Grab n"Go Lunches 1pm Scam Discussion Group Meeting	27 9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball Rec Dept 2-4 pm Scribblers	28 10:00am - FREE Library Book Delivery 10 am Cribbage 1-4 pm Mahjongg

Hamilton Calendar - February

MON	TUES	WED	THURS	FRI
3 10:00 Qigong 10:00 Paper Tea Cup 12:30 Knitters 12:30 Acord 3:00 4 Chaplain's Day Documentary	4 9:00 Yoga 10:15 Balance Class 11: Vegan Nutrition 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong	5 10:30 Bingo 12:00 Lunch* 12:30 Bridge	6 9:00 Men's Group 10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	7 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
10 10:00 Qigong 12:00 Lunch w/ Friends 12:30 Knitters 3:00 Heart Health Talk	11 9:00 Yoga 10:15 Balance 11:00 Vegan Nutrition Class 12:30 Needle workers 1:00 Ping Pong	12 10:30 Crafts with Barbara 12:00 Lunch* 12:30 Bridge	13 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 3:00 Card Making	14 8:45 Tops 9:00 Quilting 10:00 Valentine Brunch 10:00 Learn to Play Bridge 12:30 Art Studio
17 Closed for President's Day	18 9:00 Yoga 10:15 Balance 11:00 Vegan Nutrition 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong 3:00 President Trivia	19 10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge 3:00 Chocolate Mint Day	20 9:00 Men's Group 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	21 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio Dr. Van Ness-By appointment
24 10:00 Qigong 12:30 Knitters 3:00 Bird Talk	25 9:00 Yoga 10:15 Balance 11:00 Vegan Nutri 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong 1:00 Hearing Clinic	26 10:30 Open House 12:00 Lunch* 12:30 Bridge	27 10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	28 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.

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

Vegan Nutrition Class

Tuesdays 11:00-11:45

A "How to Guide" on introducing a Whole Food Plant Based diet into your lifestyle, whether its daily, weekly, monthly or a life change. With a focus on all the benefits a vegan diet can have on Cognitive decline (Dementia, Alzheimer's, Memory loss) Heart Disease, Cancers, cardiovascular, cholesterol, bone density, Arthritis and so much more.

Vegan snacks and recipes will be provided. Taught by long time Vegetarian/Vegan Eme Mizioch. Certification, eCornell University.

Starts January 14th

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project.

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 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

Men's Group

Join us on the first and third Thursdays of the month (February 6th & 20th) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

Dan will be coming on February 19th for a movie.

Wenham COA Weekly Events

AARP Recommended Movies, Tuesdays at 2:30pm. We have chosen a selection of movies we'll feature each week in Feb. We'll start with **A Complete Unknown** about Bob Dylan followed by **Thelma**, about a phone scam victim. **Palm Royale** features Kristin Wiig as a 60s social climber blocked by 91-year-old Carol Burnett who speaks gibberish. We'll rap things up with Demi Moore in **The Substance** who takes a youth potion with disastrous results. Topic: Ageism

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On **Weds, February 5 & 19 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, February 7th 3-5 PM** Aleah is a great artist/teacher. Call (978) 468-5529 to sign up \$10/pp.

Pickleball indoors will be at the HW Rec Center, next to the HW Library. Thurs. 11-1 free. **Also offered by HW Rec Dept and Gordon College is a pass to walk an indoor track at the Bennett Center, M-W-F from 9:30 to 11:30 am. Call 978-468-2178.**

Indoor Bocce 2024 is now at Hamilton COA from 10am - 12pm. They will play every Thursday throughout the winter.

Dementia Friends Intro Session

Tuesday Feb 18th from 10-11 am
How do we talk to a loved one showing memory loss? What resources are available? These concerns will be discussed at this session to help us better understand how to support those with dementia. Refreshments *will be served* Call 468-5534 to register

Caregiver LIVE Support Group

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

"Zoom" Support Group Mtgs

10:30am **every Tuesday**
Contact (978) 281-1750 and leave a message for Jenn Flynn

Walking Group

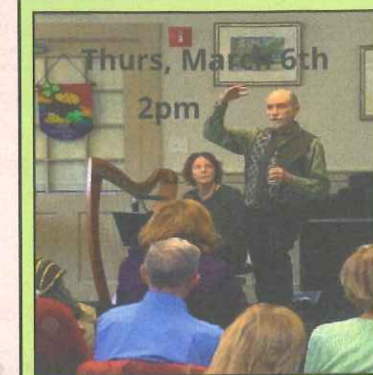
Weds 9 am

Mahjonn

Fridays 1-4pm

Pickleball - COA

**FREE HW Rec Center
Thurs 11:00-1:00pm**



Kindness Concert

Cutler School Gymnasium
Thurs Feb 13 9-9:40 am

Tai Chi Class

Every Tues at 1:00pm
Feb 4,11,18,25

Exercise Class with Erin

Each Monday - 1:30pm at **WCOA Live** >>BALANCE ~ STRENGTH FLEXIBILITY ~ ENDURANCE.

Each Thurs - 1pm at **HCOA**. \$5pp
Virtual Yoga Mon & Weds at 10:30am **Breathe, Stretch, Balance and Energize** with Margaret. Email: blisspolarity@gmail.com

Balance in Motion with Dianna Daly

is a **virtual yoga** class at 9am and her other class for Parkinson's is on Tuesdays at 1:00 pm. Contact Dianna for information on these classes. Email: diannadaly@gmail.com or call me

February Lunches

12pm "Grab n'Go"

Feb 5 Weds— Tuna Noodle Casserole, Penne noodles, Sauce with Peas, Capri blend, Dinner roll & Mandarins

Feb 12 Weds - Turkey & Cranberry Salad, Garden Salad, Butternut Salad, Pita Bread, and Fresh fruit (Orange)

Feb 19 Weds - Grilled Chicken Strips, Citrus & Fennel Sauce, Sweet potatoes, Broccoli, Tapioca pudding & Oat Bread

Feb 26 Weds - American Chop Suey, Beef, Pasta, Tomato sauce, Zucchini, Garlic Roll and Mandarins.

Special Events - Hamilton



Tablet Update

We still have tablets and Chromebooks available to lend out. We ask that you sign them out for a month at a time. When you bring it back as long as there isn't a waiting list you can borrow another one. You are able to get online, send emails, read books and other things with the tablets/Chromebooks.

Did you know?

Not all of our events are planned out before the deadline to submit to the newsletter. But we do make up flyers that are now in the entry way of the Center. We also try our best to post on Facebook.

Paper Tea Cup: Monday February 3rd, 2025 @ 10:00am

Join us on February 3rd, 2025 as we welcome back Pop Up Art School. This time we will be making Paper Tea Cups. Class will be \$15. Space is limited. Reservation is not



confirmed until payment has been received.

Heart Healthy:

Monday February 10th @ 3:00pm

Join us as we welcome our Public Health Nurse to talk to use about Healthy Hearts. Reservations are required.

Card Making February 13th @ 3:00pm

We are bringing back card making. Christine Monge will be joining us to help us design 4 cards. Cost is \$10 Reservations are required, Space is limited.

Lunch with Friends Monday February 10th 12:00pm-1:00pm

Bring a friend and have lunch on us. Meet new friends once you are here. Reservations are required. Call today to reserve your spot.

KevTech

February 6th & 27th
@ 10:00am

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

Valentines Day Brunch: February 14th 10:00

Stop by and join us for brunch on Friday February 14th, 2025. We will start serving around 10:00am. Space is limited, sign up today. Reservations are required.

Men's Group Thursday February 6th &

February 20th
@9:00 am

February 6th: Ethan Forman, a Beverly resident who on a whim went to President Carters Funeral. He will be joining to talk about his experience. Men's group will meet at the COA to discuss current affairs.

Presidential Trivia:
February 18th @ 3:00pm
Join us for Trivia about our past presidents.

Bird Talk:
Monday February 24th
@ 3:00pm

We will be welcoming David Williams, Past President of the Brookline Bird Club. He will be talking about winter bird feeding and celebrating winter birds.

Hearing Clinic:
Tuesday February 25th
1:00pm- 4:00pm

We will be welcoming Alex Thomas from At Home Hearing Health Care will be coming out to give free hearing exams. You must have an appointment in order to have your hearing tested. He will also be giving complementary hearing aid cleaning and video ear exam. Please call for your appointment.

4 Chaplains Day
February 3rd @ 3:00
Dorchester left New York on January 23, 1943, carrying 4 chaplains and about 900 others as a part of convoy of three ships. Join us for a documentary about the events



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Special Events - Wenham

Mosaic Frame Class

Thursday Feb 6th, @ 1pm

Create a unique mosaic 5 x 7 frame. Renee Spellman, art teacher. \$10 for materials. Call 978-468-5534 Space is limited

Sing for Fun!

Tues Feb 4 at 10am

Join us for a fun hour singing familiar songs at WCOA. Gordon students will join us again.

Caregiver Support

Our caregiver support group will meet on the first Weds - Feb 5 at 10:30am. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750

Low Vision Group

Mon Feb 10 at noon.

Participants share ideas of new technology and assistance. Lunch served. Please register at 978-468-5529

Valentine's Day Tea

Wednesday Feb 12 2pm

Join us to celebrate this holiday with your friends.

Call to sign up 978-468-5534

Jessie Palm, LICW

Jessie can address issues specific to social services, housing & social service advocacy. Feb 3 from 11:30am - 1pm

SeniorCare - Our Aging Resource Center/COA has managed, through SeniorCare, to host both an 8-week Matter of Balance Class and a 6-week Savvy Caregiver class recently with Abby Considine.

Wenham Outreach Senior-

Care has a lot to offer! Speak to your director or Outreach coordinator or call SeniorCare directly at (978) 281-1750 and ask to speak with the on-duty resource person in the **Information & Referral** dept.

Harp & Bard -Thurs March 6 at 2pm.

The amazing duo of harpist, Carol McIntyre and singer, Michael O'Leary will be here again for an early St Paddy's Day concert at the Wenham COA. You won't want to miss this concert! \$5 donation. Sign up 978-468-5534

Senior Scribblers - Our writing group for all levels. We will meet again on Feb 13, 27 Thursday from 2-4pm. Contact Barrie Levine

essexarrow@aol.com

NEW Cribbage group is having fun! Join us Fridays at 10am. Please call and sign up if you're interested.

Home Energy Assistance

Income Eligibility:

Household income cannot exceed 60% of Massachusetts' estimated State Median Income.

How to Apply:

The online application opened on **October 1** for the upcoming heating season (November 1, 2024 - April 30, 2025). You can submit an application **online, in person** at the HEAP agency in your area, or by **mail**.

First time applicants must participate in an intake appointment, to get started please submit an online application or **contact** your local agency.

Applications are mailed to households after the first year and can be **renewed online**, in person, or by mail.

SHINE Marylou Fierro conducts phone call interviews the 1st Tuesday of every month If you have **questions about your application for Medicare** as you turn 65. Please call us 3 months in advance of your 65th birthday and make an appointment. She'll answer any questions you have with a simple phone call which we schedule here.

Kindness Concert - Our friend Kate Hayashi will present her students at the Cutler School Gymnasium on Thurs, Feb 13 at 9:00-9:40 am

Our **Wenham Veteran's Meeting** will be on Feb 11th at 10am and we welcome any veterans to share time with this great group of veterans and staff from Cape Ann Vet Services.

Scam Discussion Group

with local police officers and residents within our community who wish to come and discuss in an open forum ways people's lives are being infiltrated by scam artists and share what's new! We plan to meet on Weds, Feb 26 at 1pm.

Audiologist - Anita McGrory from Beltone NE will come to provide expert advise and assistance with your current hearing problems. Date—TBD

Book Deliveries

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

Health & Wellness

Used Medical Equipment - Wenham COA has used medical equipment such as commodes, rollators, shower chairs, transport chairs and wheelchairs. (978) 468-5529

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

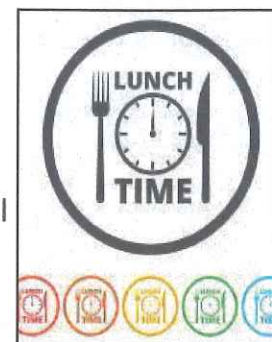
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website actioninc.org

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

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

SeniorCare Nutrition Services

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



Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham Mon Feb 10** 9:15 - 11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton on Fri Feb 21** from 9 -12:00pm. Call today for an appointment. (978) 468-5595

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.

SAVVY CAREGIVER

Free 6 WEEK *ADRD Caregiver Training Workshop will be held at the **Rockport COA** on Weds, starting **Jan 8th - Feb 12th from 10:30am - 12:30pm.**

Learn to take control and set goals, communicate more effectively, learn new skills, feel better, strengthen family resources and take care of you! To register, contact Abby Considine at 978-281-1750 ext. 581. For more info:

[https://seniorcareinc.org/event/the-savvy-caregiver-jan-feb-](https://seniorcareinc.org/event/the-savvy-caregiver-jan-feb)

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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Monday - Friday

8am - 4pm



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!

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Notes from Outreach, Veterans & State

It is that time of year again when you may be concerned about the cost of your heating bills. Applications are now being accepted for Action, Inc. in Gloucester and through The Salvation Army Good Neighbor Fund. If you would like to apply for assistance through Action, Inc. please call 978-281-9300. Please ask to speak with Maria to set up a telephone appointment to apply or you may apply online at actioninc.org. If you would like to apply for The Salvation Army Good Neighbor Fund please contact Tim Morris at the Hamilton COA at 978-468-5595. He has applications for the program. Documentation of all income in a household is needed. The heating assistance programs assist eligible households with payments towards the primary heating sources of gas, electric, oil, wood, and propane.

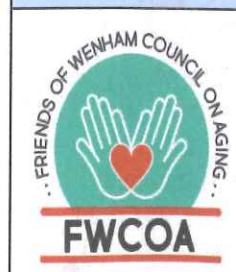
Income Guidelines for the LIHEAP		The Salvation Army Good Neighbor thru Action, Inc.	
Household size	Gross Income limits	Household size	Gross Income limits
1	\$0-\$49,196	1	\$49,197-\$65,595
2	\$0-\$64,333	2	\$64,334-\$85,777
3	\$0-\$79,470	3	\$79,471-\$105,960
4	\$0-\$94,608	4	\$94,609-\$126,144

I was just thinking

about candles. In winter candles are lit in a variety of religious and secular settings. They are in the windows of houses of neighbors and friends. During times of storms and devastation they emerge to provide light. At times of sadness and death lighted candles challenge the emotional and spiritual darkness we feel. Howard Thurman was the Dean of the Chapel at Boston University when Martin Luther King, Jr was a student. King refers to Thurman as a mentor and guide. M L King shined the light of justice into the dark places of our life as a nation. In a way candles help to set the mood for us as people. In his poem, "I Will Light Candles This Christmas," Thurman invites the reader to not only light a candle at Christmas but become the bearer of the light in every season. I wonder what candles need to be lighted and stay lighted the whole year?

- Candles of joy, despite all sadness,
- Candles of hope where despair keeps watch,
- Candles of courage where fears ever present,
- Candles of peace for tempest-tossed days,
- Candles of grace to ease heavy burdens,
- Candles of love to inspire all my living,
- Candles that will burn all the year long,

CAPTAIN USN RET Chair: Dean Pedersen, The Veterans Committee of Wenham



The Friends of Wenham Council on Aging are proud to financially support the Wenham COA which keeps our programs vibrant and relevant. Did you know that 30% of Wenham residents are over 60 years old? The Wenham Council on Aging has become an important resource for some of these residents. The Friends support a variety of programs, including partial support for group lunches, museum and trip tickets, games, like mahjonn, many Board group meetings and lecturers, NSMT theatre tickets, painting & craft materials, exercise classes, kayaking, picnic tables, benches, entertainment and music. Your contributions are tax deductible. Please make checks payable to: **FWCOA, 10 School St., Wenham, MA 01984.**

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

February 3rd only this month

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.

Jessie Palm, LICSW has office hours in Wenham to discuss any social service issues you are having on Feb 3 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 Feb.10. 9am - 12pm. Call 978-468-5534 to make your reservation. **HCOA** is Feb 21 Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Feb 13th at 12:00pm. We will be exploring **NEW** topics for our lunch discussion which we feel compliments our discussion.

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February Preliminary Menu – Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
3 Two Compartment 7oz Chicken and Sausage Gumbo 3oz diced Chicken and Sausage Crumbles 4oz Veg&Tomatoes (see recipe)	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots Cong: Cream of Carrot Soup ½ cup Mashed Potatoes	5 Two Compartment 8oz Tuna Noodle Casserole 3oz Tuna & 5oz Penne Noodles with sauce with Peas	6 Two Compartment 8oz Turkey Chili 3oz ground Turkey 5 ounce White Beans & Veggies	7 1pc Broccoli & Cheese Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc Fruit Loaf or muffin
10 Beef Burgundy 3oz Beef 4oz Burgundy Sauce with mushrooms ½ cup Mashed Potatoes	11 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples	12 Cold: 3oz Turkey & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad	13 Special: Two Compartment Congregate: Shrimp Scampi w/ Linguine & parsley HDM: Chicken Scampi (strips) 4oz cavatappi	14 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta
17 No Meals Served President's Day	18 5oz Turkey A la King with mushrooms ½ cup Parmesan Risotto ½ cup Corn 1pc MG Bread (HDM) 1pc Biscuit (Congregate) ½ c Pineapple	19 1pc Grilled Chicken Strips 2oz Citrus & Fennel Sauce ½ cup Roasted Sweet Potatoes ½ cup Broccoli ½ cup tapioca pudding 1pc Oat Bread	20 Birthday Two Compartment Guinness Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup mashed potatoes 1pc Cupcake 1pc Biscuit	21 Two Compartment 1 pc Breaded Eggplant 4 oz Marinara Sauce 1oz mozzarella Cheese ½ cup Pasta ½ cup Zucchini & Summer Squash Cong: Caesar Salad for instead of the zucchini
24 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup Applesauce	25 1pc Cheese Omelet 1pc Turkey Sausage Congregate 2pc sausage if link 1pc Roasted Potatoes ½ cup Honey Carrots 1pc Muffin	26 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	27 3 oz Stuffed Chicken Cordon Bleu with Ham 2 oz Supreme sauce ½ cup Roasted Butternut Cong: Cream of Butternut to replace butternut ½ cup Beets	28 Fish Sandwich 3oz Breaded Pollock ½ cup Mixed Vegetables ½ cup Fruit Crisp 1pc Burger Bun ½ cup Garden Salad 1pc tarter sauce 1pc Dressing No Margarine

Looking for **Wenham's Grab & Go?** It is every Wednesday! Please call: 978-468-5534

The **Hamilton COA** offers congregate lunches on Tuesday, Wednesday and Thursday of every week. Reservations are required, and can be made by calling Albie at 978-468-2616

Looking for **Meals on Wheels:** Meal's on Wheels can be easily setup by calling SeniorCare at

978-281-1750 and asking for the nutrition or intake department.



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