

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life March 2025

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-626-5240

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



What a great snowy winter! On **Thursday, March 6**, from 11:30am–12:30pm we will host Brian Lynch from the DOR who will talk about the **Senior Circuit Breaker**. The same day at 2pm we will have the pleasure of hosting our St Patrick's Day duo, **Harp and Bard**. Our annual performance by Carol McIntyre and Michael O'Leary will be wonderful! All are welcome! Please sign up, \$5 donation.

Our **NEW** exercise class, every Monday with Erin, is changing from a *Fit over 50* class to **Zumba Gold**. Marion Rayner, our watercolor art instructor has offered to teach an acrylic art class which we'll schedule either in place of one of our watercolor classes or on another day. Stay tuned for scheduled time and date.

We will host another round of **AARP Top Movies 2025** on Tuesdays at 2:30pm which include in order *Sing Sing, The Brutalist, September 5 and Didi* on March 4, 11, 18 & 25.

On Monday March 17th our state representative, Sally Kerans, will be here from 9:30 –10:30am combining office hours with a **St Patrick's Day Breakfast**. Sally is a great resource and very informed on issues we share with our neighboring towns. If you need help with taxes, see Wenham weekly page 5.

On Thurs, March 20th from 12:30pm - 3pm we'll create something new using **Mosaic Tiles** with Renee. Tuesday March 25th at noon, we are co-hosting lunch with Hamilton COA at **The Community House**. A hot buffet lunch, sponsored by the Residence at Riverbend, will be followed by DJ Marty Miz with Musical Bingo. Sign up at either COA or the Community House. \$5 donation.

On Thurs, March 27 at noon we'll host **The Miles River Lunch and Learn**. The Ipswich River Watershed Association will explain issues facing both Ipswich & Miles Rivers. Please come and learn about this important tributary. Sign up by calling WCOA 978-468-5534. Jim & Jeanne

Welcome to March.

There is a lot to celebrate this month. March officially brings longer days and Spring. As I write this we are waiting for another two rounds of snow coming at us....hopefully with March our snowstorms are a thing of the past.

Don't forget to change your clocks forward on March 9th. I want to remind you this is a perfect time to change the smoke detector batteries. If you need assistance with this, please reach out to us or the fire department. This simple act can save a life.

Spring will officially be here on March 20th. We all know living in New England that snow can come at any time. Lets hope we start to see warmer days.

We are offering a lot of new programming in March, as well as our ongoing programs. This month we will offer two special lunches. We want to thank the Friends for hosting **A Day at the COA Beach** on March 11th. We will have picnic lunches, beach games and a photo booth. Help break the winter blues with this fun afternoon. Reservations are required so we have enough food.

We have also been invited to the Community House for a hot buffet lunch and Musical Bingo on March 25th at noon. Reservations are required for this event, please reach out for more information. We are requesting a \$5.00 donation.

With spring coming our Bocce and Pickleball will be moving back outside. Stay tuned for more information about when and where these two activities will take place.

If there is something you would like to see scheduled, please reach out to Tim or myself and we will do our best to make it happen. Happy Spring!
Theresa & Tim

Wenham Calendar - March

| MON | TUES | WED | THURS | FRI |
|--|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| 10:30am Chair Yoga Zoom w/ Margaret 11:30 Jessie Palm 1:30 Exercise/ Zumba Gold Class with Erin | 10 am Sing for Fun with Samantha Tye 1pm - Tai Chi for Balance 2:30pm - Movie "Sing Sing" | 9:00am Walking Club 10:30 Chair Yoga (Zoom every week) 10:30am - Caregiver Support Group with Lunch | 9am Yoga (Zoom) 10-12 Bocce-Inside 11:30 Circuit Breaker Talk 2PM - Harp & Bard Concert | 10:00 - Free Library Book Delivery 10am- Cribbage & Games 12:30-3 Mahjongo 3-5 pm Acrylic Art |
| 10 | 11 | 12 | 13 | 14 |
| 10:30am Chair Yoga Zoom w/ Margaret 12 - 1pm Low Vision Group 1:30 Exercise/ Zumba Gold Class with Erin | 9am - Veteran's Board Meeting 10am - Vet Coffee 1pm - Tai Chi for Balance 2:30pm - Movie "The Brutalist" | 9:00am Walking Club 9:15am - 10:30am Caregiver Support "You are not Alone" 1-3 Watercolor Art Class | 9am Yoga Dianna (Zoom) 10-12 Bocce- Inside HCOA 11-1pm Pickleball Rec Dept 2pm - Senior Scribblers | 10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 pm Mahjongo |
| 17 | 18 | 19 | 20 | 21 |
| 10:30am Chair Yoga-Zoom 9:30 -10:30 Rep. Sally Kerans & St Patrick's Day breakfast 1:30 Exercise/ Zumba Gold | 10:00 Dementia Friends Discussion 1pm - Tai Chi for Joints 2:30pm - Movie "September 5" | 9:00am Walking Club 10:30 Chair Yoga (Zoom every week) | 9am Yoga Dianna (Zoom) 10-12 Bocce HCOA 11-1pm Pickleball 12:30-3pm Renee Mosaic Tile Class | 10:00am - FREE Library Book Delivery 10am- Cribbage & Games 1-4 Mahjongo |
| 24 | 25 | 26 | 27 | 28 |
| 10:30am Chair Yoga-Zoom with Margaret 1:30 Exercise/ Zumba Gold Class with Erin | 12pm - Community House Lunch & Musical Bingo 1pm - Tai Chi for Balance 2:30 pm Movie "Didi" | 9:00am Walking Club 10:30 Chair Yoga (Zoom every week) 1-3 Watercolor Art Class | 9am Yoga Dianna (Zoom) 11-1pm Pickleball Rec Dept Noon-Miles River 2pm Senior Scribblers | 10:00am - FREE Library Book Delivery 10 am- Cribbage 1-4 pm Mahjongo |
| 31 | | | | |
| 10:30am Chair Yoga-Zoom with Margaret 1:30 Exercise/ Zumba Gold Class with Erin | Seeds of Change April 1 3:00-4:30 pm WCOA Native plants/River | | | |

Hamilton Calendar – March

| MON | TUES | WED | THURS | FRI |
|--|---|---|--|---|
| 3 | 4 | 5 | 6 | 7 |
| 10:00 Qigong 12:30 Knitters 12:30 Acord 3:00 National Peanut Butter Celebration | 9:00 Yoga 10:15 Balance Class 11: 00 Vegan Nutrition 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong | 10:30 Bingo 12:00 Lunch* 12:30 Bridge | 9:00 Men’s Group 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 The Science of Shipwrecks 10:00 Bridge 12:30 Art Studio |
| 10 | 11 | 12 | 13 | 14 |
| 10:00 Qigong 12:30 Knitters 3:00 Spring Gardening | 9:00 Yoga 10:15 Balance Class 11: 00 Vegan Nutrition 12:00 Beat the Blues Lunch 12:30 Needle workers 1:00 Ping Pong 3:00 Armchair Travel S. America | 10:30 Crafts W/ Barbara 12:00 Lunch* 12:30 Bridge | 10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 Bridge 12:30 Art Studio |
| 17 | 18 | 19 | 20 | 21 |
| 10:00 Qigong 12:30 Knitters 12:30 Acord 3:00 St. Paddys Day Party | 9:00 Yoga 10:15 Balance 11:00 Vegan Nutr 12:30 Needle workers 1:00 Ping Pong 3:00 Wenham Museum | 10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge | 9:00 Men’s Group 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio |
| 24 | 25 | 26 | 27 | 28 |
| 10:00 Qigong 12:30 Knitters | 9:00 Yoga 10:15 Balance 11:00 Vegan Nutrition 12:00 Community House Lunch 12:30 Needle worker 1:00 Ping Pong | 10:30 OpenHouse 12:00 Lunch* 12:30 Bridge | 10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 | 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio |
| 31 | | | | |
| 10:00 Qigong 12:30 Knitters 3:00 Eating well on a budget | | | | |

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.

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.

Fit over 50

Thursday @ 1:00pm

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

Pickleball:

Thursday at 11:00 am Rec Center

Pickleball is starting back up. No reservations required, no instruction provided, great for all abilities.

Quilters Group

Friday 9:00am - 12:00pm

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

Bridge

Fridays 10:00am

Stop by at 10:00 am to brush up on your Bridge skills.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio meets on Fridays. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-626-5240

Men's Group

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

Dan Tremblay

Dan will be coming on March 19th at 10:30am. The film this month will be The Perfect Storm

Wenham COA Weekly Events



Mosaic Tiles



Mosaic Tile Art Class

with Renee will be held on Thurs, Mar 20th from 12:30 - 3pm. Tile a small planter or picture frame. \$10 materials fee. Register. 468-5534

TaiChi Class

Every Tues at 1:00pm

March 4, 11, 18 & 25

Zumba Gold with Erin

Each Monday - 1:30pm at **WCOA Live**. We plan to grow into our weekly Zumba with Erin. Erin meets Thurs - 1pm at **HCOA**. \$5pp Accessible to all and noticeable improvement for participants!

For all seniors

AARP Tax Aid

Beverly COA 978-921-6017

Mondays by appt

Manchester COA 978-526-7500—

Thurs by appt

Topsfield COA 978-887-1523

Art Classes

Watercolor Classes with Marion

Rayner - On Weds, March 12 & 26 **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 **She may add an Acrylic Art class**

Acrylic Painting with Aleah - Our next acrylic paint class is at the WCOA. **Friday, March 7th 3-5 PM** Aleah is a great artist/ teacher.

Pickleball indoors will be at the HW Rec Center, next to the HW Library. Thurs. 11-1 free. Also offered by Rec Dept \$30 for residents \$40 for non-residents for 10X punch card. *Intermediate/Advanced* Mon & Weds 9-11am. *Beginner/Advanced beginner* Tues & Thurs 9-11am.

Indoor Bocce 2025 is now at Hamilton COA from 10am - 12pm. They will play every Thursday throughout the winter.

Dementia Friends Intro Session Tuesday March 18 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

St Paddy's Day Breakfast with Rep

Kerans Monday, Mar 17th at 9:30am we will host a breakfast with our State Rep Sally Kerans. She will discuss issues of concern to Wenham residents.

March Lunches 12pm "Grab n'Go"

Mar 3 Weds– Baked Pollock, Creamy Parmesan Sauce, Rice Pilaf, Brussel Sprouts, WW Bread, Applesauce, Lemon Packet

Mar 10 Weds - Corned Beef & cabbage, Carrot & cubed turnip blend, Steamed potatoes & parsley, Mint brownie and Marble Rye

Mar 17 Weds - Tuna & Noodle Casserole with peas, Capri blend veggies, Dinner Roll & Mandarins

Mar 24 Weds - Turkey & Cranberry Salad, Butternut Salad, Squash, Pita bread & Fruit

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

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.

KevTech

**March 13th and 27th
@ 10:00am**

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

Men's Group

**Thursday March 6th & March 20th
@9:00 am**

March 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.

National Peanut Butter Lovers Day Monday March 3rd @ 3:00pm

Do you love Peanut Butter as much as we do? Join us for all things Peanut Butter on Monday March 3rd. Peanut Butter cookies, Peanut Butter and Fluff, Peanut Butter and Jelly. Peanut Butter Trivia...we will have it all. RSVP required.

A Day at the COA Beach

March 11th @ 12:00pm
Stop by the COA for a Day at the Beach Picnic lunch sponsored by the Friends of the Hamilton COA. Enjoy lunch and summer activities. Wear your best tropical outfits. Reservations are required as seats are limited. Call today to reserve yours. 978-468-5595.

Lunch at the Community House

Tuesday March 25th, 2025
@ 12

Join us and the Wenham COA as we gather for lunch at The Community House. We will be playing musical bingo after lunch. Reservations must be made for this event. A \$5.00 donation is requested to reserve your spot.

St. Paddy's Day

Monday March 17th, 2025
@ 3:00pm

Join us as we celebrate St. Patrick's Day in style. We will have light refreshments as well

as games, trivia and the luck of the Irish. Stop by with friends to enjoy the afternoon.

Spring Gardening Talk Monday March 10th @ 3:00pm

Join us for a talk about spring gardening. With planting season right around the corner, learn what needs to be planted early and what can wait a few more weeks.

Arm Chair Travel w/ movie and trivia Tuesday March 11th @ 3:00pm

Join us as we take a "trip" to the country of Columbia in South America. We will have a movie and discussion to follow. RSVP requested.

Wenham Museum Tuesday March 18th, @ 3:00pm

We will welcome the Executive Director of the Wenham Museum to talk to us about the exciting new changes and programs coming to the museum. RSVP Requested.

Open Door Monday March 31 @ 3:00pm

Join us for a cooking demonstration. Cooking for 1. RSVP required

Senator Tarr Office Hours Tuesday March 11th @ 11:00 am

Join us in welcoming Mary Ann Nay from Senator Tarrs office. Stop by with your questions for the Senators office.



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Special Events - Wenham

Sing for Fun!

Tues, March 4 at 10am
Join us for a fun hour Singing with **Samantha Tye** at WCOA.

Caregiver Support

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

Low Vision Group

Mon Mar 10 at noon. Participants share ideas of new technology and assistance . *Lunch served. Please register at 978-468-5529*

Jessie Palm, LICW

Jessie can help address issues specific to all aspects of social services, housing & social service advocacy. On Monday, **Mar 3rd** from 11:30am - 1pm

AARP Tax Aid

For help with your taxes make an appointment at one of these four COA locations: Beverly (978) 921-6017 on Mondays only, Manchester (978) 526-7500 on Thursday only, Topsfield (978) 887-1523 and Danvers (978) 762-0208.

Book Deliveries

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. We will meet again in March 13 & 27 Thursday from 2-4pm. Barrie Levine essexarrow@aol.com

Cribbage & Rummikub

group is having fun! Join us Fridays at 10am to Noon. Please call and sign up if you're interested. Let us know if you would like to play Scrabble, Trivial Pursuit or other games.

SHINE Marylou Fierro conducts phone call interviews the 1st Tuesday of every month following Medicare's Open Enrollment period. 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.

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

Watercolor Class w/ Marion Rayner will be held on Mar 12 & 26 from 1pm-3pm. Join us!

Senior Circuit Breaker Presentation Thurs, Mar 6 from 11:30am -12:30pm

We will host Brian Lynch, a representative from the Massachusetts Department of Revenue here at the WCOA. Brian is very informative describing in detail this senior tax credit. He will discuss eligibility and qualifying criteria, how to calculate one's CB Credit amount, and how to file and receive the refundable credit from the state.

Harp & Bard We are pleased to announce Carol McIntyre on harp and Michael O'Leary on vocals will perform a Celtic Concert at WCOA **Thurs, March 6th, at 2pm** an early St. Patrick's Day concert!



Carol performs on Celtic harp around the North Shore - solo and with ensembles. Michael sings traditional Irish songs & ballads on Cape Ann and the Boston area. Our FWCOA requests a small \$5-10 donation in support of our programs.

We are honored to have these two talented musicians coming again to the Wenham COA! Please RSVP. \$5 donation

Welcome Spring with some practical steps to make our watershed more climate resilient. On **Tues, April 1st, 3pm - 4:30**. Learn about the **Miles River watershed** and the Town's MVP project, the role native plants play in our ecosystem, and make a "seed ball to take home.

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** date is April 7th 9:15 - 11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton in March and April** 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 be held at the **Cape Ann YMCA** on **Weds, starting Feb 28th - Apr 18th from 10:30am - 12:30pm**. Learn to take control and set goals, communicate more effectively, learn new skills, feel better, and strengthen family resources! To register, contact Abby Considine at 978-281-1750 ext. 581. For more info: (*The group will not meet on Mar 7th or April 4th.) To do this work caregivers need special skills.

Blood Pressure: If you would like to have your blood pressure checked please reach out to the center so we can connect you with Kelly Roller our nurse.

Wenham Transit

Call (978) 468-5534 (Wenham residents **only**) Safe, convenient transportation. Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Transportation options (Hamilton):

Program: CATA (Cape Ann Transportation Authority) provides van services for medical appointments, shopping, banking, etc.—runs Monday through Friday 8:00am – 4:00pm

Eligibility: Hamilton Residents age 60+ **Cost:** Free for medical trips & trips to & from Senior Center

Service Area: Hamilton, Wenham, Beverly, Manchester by-the Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody & Danvers

Call 978-283-7916— 2 days in advance to schedule a ride.

Senior Care Medical Transportation Program – (978) 281-1750 ext. 573

RSVP volunteers provide a door to door escort service to and from local medical appointments.

Call Monday – Friday 9:00am-12:00pm to request more information and to schedule appointments.

Wenham Transit - Weekly Shuttle Service

Wenham Transit will be making trips to various popular shopping centers in some cases twice a month. We also have plans to bring trips back to various local museums and historic sights once a month. \$5 per trip.

- Walmart Danvers - 2nd & 4th Thurs leaving at 1pm from Wenham
- Market Basket, Ocean State, Job Lot & Savers - 3rd Thurs leaving at 1pm
- Aldi, Target, Best Buy, Trade Joes & TJ Maxx - 1st & 3rd Fri at 1pm
- Dollar Tree in Beverly by the RR track on Cabot St - 2nd Friday at 1pm
- Dollar Family and Big Lots, off Route 1, near Home Depot in Danvers - 2nd Tues 1pm



~ CALL TO RESERVE A SEAT. (978) 468-5534 ~

Friends of the Hamilton COA

It's that time a year again! The Friends of the Hamilton COA are back to meeting and planning events for this year. As a reminder the Friends help support activities at the Senior Center.

Last year they sponsored an Ice Cream Party, Casino Trip, a new Ping Pong table and the Holiday Party in December. This year they helped spruce up our Coffee Bar and will again be sponsoring our Holiday Party.

It is now time to renew your Friends Membership! Renewing is simple - stop by the Senior Center and fill out the information. Being a member helps support the different programming, as well as helps with incidental purchases for the Senior Center.

Stop by for more information on how you can help!

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Notes from Outreach, Veterans & State

Wenham Senior Exemptions - For anyone 65 and over who thinks they might be below the income limits (single \$69K, head of household \$86K, married \$103K) you will need to fill out Applications for the **Statutory Exemptions** and the **Property Tax Deferral**, which are due, on or before April 1st, 2025 or 3 months after actual tax bills are mailed. If you have any questions contact our Assessor, Terese Fontaine at (978) 468-5520 Ext. 5 or in person on the 2nd Floor in Town Hall.

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.

I was just thinking...

about the meaning of love now that Valentine's Day is passed. It is easy and often expensive to focus on romantic love. What is difficult to understand is the connection between love and freedom. As February 14 recedes and the blustery month of March emerges, think with me about the words that Maya Angelou wrote in her poem "Touched By An Angel."

We, unaccustomed to courage exiles from delight
live coiled in shells of loneliness until Love leaves its high and holy temple
and comes into our sight to liberate us to life.
Love arrives and in its train come ecstasies,
old memories of pleasure, ancient histories of pain.
Yet if we are bold Love strikes away the chains of fear from our souls.
We are weaned from our timidity in the flush of Love's light.
We dare be brave and suddenly we see that love costs all that we are and ever be.
Yet it is only love that sets us free.

It is ironic that "love costs all that we are" but cannot be bought; it is priceless.

Dean W Pedersen, Captain USN Ret. Chair: 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

March 3rd & 17th

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. March 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 TBD in April Call 978-468-5534 to make your reservation. **HCOA** is TBD in April also, 9am -12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, March 10 at 12:00pm. We will explore *NEW* topics for our lunch discussion. We hope to have a speaker from MABVI.

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March Preliminary Menu – Meals on Wheels and Congregate

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 3 3oz Pork 3oz Chicken Strips (GLSS) 2oz Sweet and Sour Sauce 4oz Vegetable Lo Mein ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple | 4 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas & pearl onions 1pc Oat Bread 1pc Cookie | 5 Ash Wednesday 4oz Baked Pollock 2oz Creamy Parmesan Sauce ½ cup Rice Pilaf ½ cup Brussels Sprouts 1pc WW Bread ½ cup Applesauce 1pc Lemon Packe | 6 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins | 7 Lent Two Compartment 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Garlic Spinach Congregate: Spinach Salad with Mandarins with Balsamic ½ cup Chocolate Pudding 1pc MG Bread |
| 10 3oz Baked Ham 2oz brown sugar glaze 4oz Mashed Sweet Potatoes ½ cup Cauliflower 1pc Low Sodium Wheat Bread ½ cup canned fruit | 11 Chicken Fajitas 3oz Grilled Chicken Strips 2oz Peppers & Onions ½ cup Brown Rice ½ cup Black Beans 1pc Tortilla ½ cup gelatin No Margarine | 12 Special 3oz Corned Beef with 2oz Au Jus on top of 1pc wedged cabbage 4oz Carrot & cubed turnip blend 4oz Steamed Potatoes & parsley 1pc Mint Brownie (no frosting) 1pc Marble Rye | 13 Purim Meatball Sub 3 oz Chicken Meatballs 2 oz Marinara Sauce ½ cup Corn ½ cup Tater Tots 1pc Sub Roll ½ cup Mandarins No Margarine | 14 Lent/Purim Two Compartment 10oz macaroni and cheese ½ cup Peas 1 slice Oat Bread 1pc Fresh Orange |
| 17 Two Compartment 8oz Ground Turkey & white Bean Chili ½ cup Green Beans Congregate: Garden Salad with Ranch Dressing 1pc MG Bread ½ cup Applesauce | 18 Two Compartment 8oz Chicken & Sausage Gumbo ½ cup white Rice 1pc Biscuit ½ cup canned fruit | 19 Two Compartment 8oz Tuna & Noodle Casserole with peas ½ cup Capri Blend 1pc WW Dinner Roll ½ cup Mandarins | 20 Birthday 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots ½ cup Mashed Potatoes 1pc WW Bread 1pc Birthday Cake | 21 Lent 1pc Broccoli & Cheese Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup |
| 24 Two Compartment Chicken pot pie 3oz chicken Puff Pastry (Congregate) ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Biscuit (HDM) 1pc Dinner Roll (Congregate) ½ cup canned fruit | 25 Two Compartment Beef Stroganoff 3oz Beef 4oz Stroganoff Sauce ½ cup Egg noodles ½ cup Broccoli 1pc MG Bread ½ cup Pudding | 26 Cold: 4oz Turkey & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad Congregate: Butternut Soup to replace butternut salad ½ pc Pita Bread 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine | 27 Opening Day 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine | 28 Lent Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan |
| 31 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts 1pc Vienna Bread ½ cup Applesauce | | | | |

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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