



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

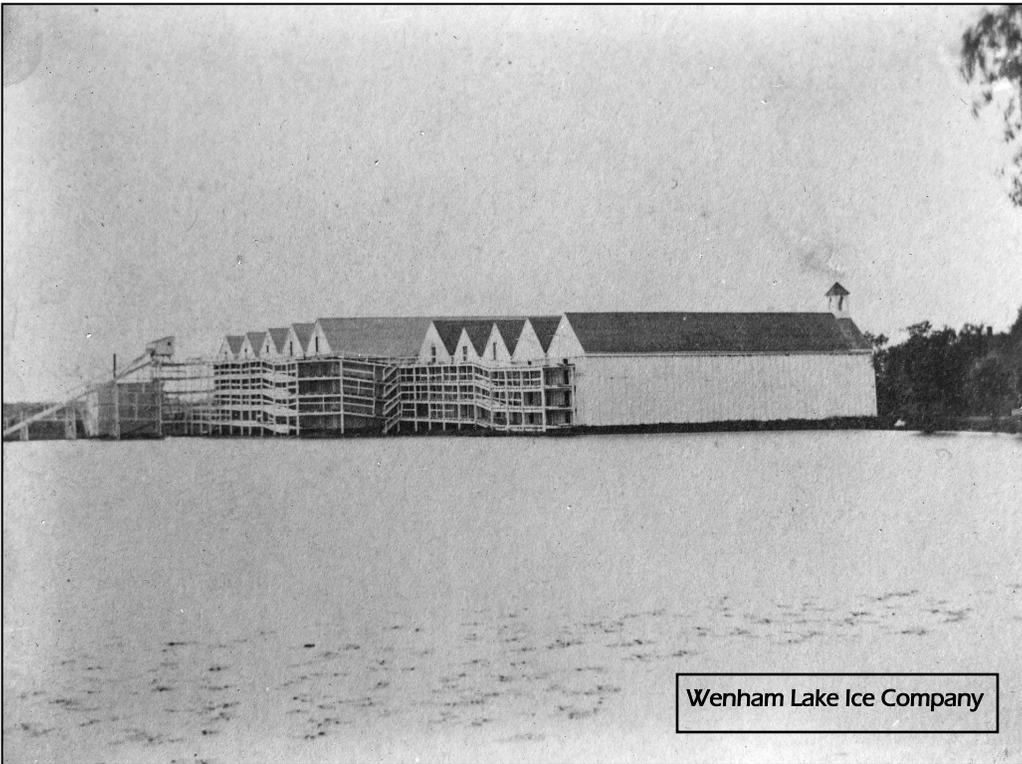
Monday - Friday 9:00 am - 4:00 pm

THE WENHAMITE

NOV - DEC 2014

WENHAM COA
10 SCHOOL STREET
978-468-5534
COA@WENHAMMA.GOV

Volume 1, Issue 13



"Then summer fades and passes and October comes. We'll smell smoke then, and feel an unexpected sharpness, a thrill of nervousness, swift elation, a sense of sadness and departure." Thomas Wolfe

We decided to combine the months of Nov and Dec. We have plenty of things planned, and yet we will entertain any ideas in the coming months.

We had our Fall and Winter Health Alert Presentation which was a combined effort between the BOH and the COA. We felt it was important information and we hope it will air on HWCAM sometime soon.

The Mass COA just had their 35th Fall Conference down in Falmouth, and it was fascinating to hear all that is going on in other cities and towns in the state. We can be very thankful for what we have, which is a neighborhood where people look after each other and are quick to respond in any kind of emergency.

If you encounter a situation, or have been puzzled by some problem and need help or just want to discuss it we are here for that reason. Our facility and the resources available to us are excellent and please contact me to talk about your unique situation. We will work very hard to help in any way we can. Thanks for your support. JR

Wenham Police Department launches a new website

The new website, WenhamPD.com has been launched, and is a very simple, easy to navigate online portal. The platform makes it easy for officers to update and contains news articles, press releases, and other items of interest. Anyone can submit an email question, tip or suggestion to the WPD Command Staff. Wenham PD has also boldly entered the social networking world creating sites that are easy to find on Facebook (FB) and Twitter. The website and these two social network sites are all integrated and whenever the website is updated with news or a press releases, it will automatically be pushed out to FB and Twitter so that a single, consistent message is being sent out across all platforms. It is a smart step ahead and come by for a demo.

Hearing problems, simple diagnostic. Call 740-633-HEAR. If based on this test you want a quick, professional assessment sign up FREE to consult with our great audiologist, Heidi Anderson from Mass audiology. Call (978) 468-5534 4appt.

Bothered by calls from electronic call lists. You make the call... DO NOT CALL LIST - 1 (888) 382-1222



<https://www.800ageinfo.com/>

The Wenhamite Community News

Wenham Tea House Dec 8th at 12 pm



* means RSVP @
(978) 468-5534

Every Wenham resident my age, 60 or older is welcome to join us for either, or both, of these two Holiday luncheon events in December.

Space limited and we will have a waitlist for last minute cancelations. We plan to have fun music and some surprise with this year's holiday bashes!

The Hart House Dec 16th at 12 pm



"Youth is like spring, an over-praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits." Samuel Butler

Programs and Events

Saturday Coffee - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hour. The next gatherings are on **November 22nd and December 20th** starting at **10 am**. We are excited about some fun and interesting topics and will keep you posted. Join us for this monthly event.

Internet Café - The Wenham COA will host Internet Cafe on the 1st and 2nd Wednesday of each month. Our plans are for Wednesday **Nov 5, 12 and Dec 10** at **12 pm**. We will have one computer hooked up to our projector, and our volunteers will bring different computers for hands on instruction. Our goal for this class will focus on any problems people are having with their iPads or any computer. We will help you with any questions and help you solve your problem. Call us if you have any questions. (978) 468-5534.

Knitting Group - 1st and 3rd Thursday in Nov & Dec (from 3-4:30 pm Penny Wingate and Buffy Colt have started a "knitting group" that aspires to be for any kind of handwork, done for whatever reason. They will meet at the COA monthly as a social get together, with chatting, helping each other, serving light refreshments. Crotchet, sewing and quilting, are all welcome, at any level, they guarantee fun! We are hoping people with a specific skill will come and share their expertise and discuss it with the group.

Newly Bereaved - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (formerly Kaplan House).
Sharing our Losses, A Circle of Caring, Putnam Farm, Danvers - 1st Monday of every month. **Women who have lost their mothers** - Tues., 6:30 - 8:00PM in Danvers, Nov 11 to Dec 30. **Loss of Spouse/ Partner**, Tues., 3 - 5 PM, Nov 11 thru Jan 6 (no Dec 23). **Loss of an Adult Child**, Mon., 6 - 7:30PM, Nov 10 - Dec 29. **CONTACT: Bertolon Center for Grief & Healing**, 78 Liberty Street, Danvers, MA. 01923. For more information or to register call (855) 774-5100. Email: grief@CareDimensions.org.

Low Vision Holiday Meeting - On Tuesday, Dec 9th at 10:30am at the Hamilton COA. Group will view/hear an audio described DVD film, and then go by van for lunch at Henderson's Café. Call Lucy at (978) 468-5595 for more details.

COA MOVIES - Our movie dates are Tues, Nov. 18 (2pm) & 25 (10am), and Tues, Dec. 9 (10am) & 23 (2pm). Anyone is welcome to join us for our movie program, but call if you would like to know our movie pick. Call 468-5529.

NEW Book Club resumes on Thurs, Nov 13 and Dec 11. The group is discussing Anne Perry's Cater Street Hangman, her first novel. Anne Perry is the pseudonym for Juliet Hulme, who was portrayed by actress Kate Winslet in the movie Heavenly Creatures about two teenage girls in the 1950's who killed the mother of one in order to prevent being separated. True story of an obsessive relationship! This is the first of the Charlotte and Thomas Pitt series of mysteries by Anne Perry. and there are 27 novels published so far in this series set in the late 1800s in England ... and Perry is fantastic!

THE WENHAMITE

NOVEMBER 2014 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
HWM: Hamilton Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
3 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	4 <u>Sen. Tarr Rep</u> *W 11-12pm *Low Vision - H - 10:30am *Chair Yoga-W- Lisa 1pm - 2pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	5 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	6 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *KUE Knitting Group W - 3pm - 4:30pm <u>*TOTO THE TORNADO</u> <u>KITTEN - HWL 3:30 pm</u>	7 Zumba G HWR 9am Gentle Joints H 10-11am *Rome & Pompeii HWL 10:30 am Bingo - Enon - 2pm
10 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology - H - 12pm-2	11 VETERAN'S DAY <i>Dedication at noon at Veteran's Memorial Park</i> <i>No COA Board Meeting No Low Vision Grp Mtg</i>	12 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm FLU VACCINE - H 1:30 -4:30 pm *INTERNET CAFÉ W - 12:00 - LUNCH.	13 *FOXWOODS H - 9:30 am departure *Market Basket Cribbage - HWL-10am *Balance+-W- Regina 10:30pm - 11:30pm *Memory Café - HWM 11 - 1 PM *Book Club - W - 3pm	14 Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm COA BOARD - PACE SAT., 15th >>>>>> INTL GAMES DAY HWL 12PM - 4PM TABLETOP GAMES
17 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	18 *Movie - W - 2 pm *Chair Yoga-W - Lisa 1pm - 2pm *Computer help W 10am - 12pm <u>Call 468-5529</u>	19 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Paint & Pizza W 2pm - 4pm <i>Aleah</i> *Podiatry - W 9:00am	20 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *KUE Knitting Group W - 3pm - 4:30pm	21 Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm <u>COA Van - mystery trips</u> W:10:30 am *JACK HAUCK>>>> <u>SAT., 22th</u> COFFEE - 10AM
24 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	25 *Movie - W - 10 am *Chair Yoga-W - Lisa 1pm - 2pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	26 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	27 THANKSGIVING DAY	28 Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm SUN., 30th >>>>>>>> TheNew England Kitchen HWM 2PM - 4PM

THE WENHAMITE DECEMBER 2014 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
HWM: Hamilton Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
1 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	2 <u>Sen. Tarr</u> *W 12-2pm *Low Vision - H - 10:30am *Chair Yoga-W- Lisa 1pm - 2pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	3 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *INTERNET CAFÉ W - 12:00 - LUNCH. GETTING INTO PRINT - HWL - 7pm	4 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm KUE Knitting Group - W - 3pm - 4:30pm	5 Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm <u>Spirit of Xmas Past</u> HWL - 10:30 am <u>Sat, Dec 6th>>>>>>>>>></u> H-W Garden Club "Décorative Delights" H - 9am - 1pm
8 <u>*XMAS@TEA HOUSE</u> <i>Carols by PS. 12:00 PM</i> Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology - H - 12pm-2	9 *Low Vision Holiday Mtg - H - 10:30am *Chair Yoga -W- Lisa 1pm - 2pm *Movie - W - 10 am COA BOARD MTG W - 2 - 3 PM	10 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *INTERNET CAFÉ W - 12:00 - LUNCH.	11 Indian Head Resort <u>Xmas Tour H - 8am</u> *Market Basket Cribbage - HWL-10am *Balance+-W- Regina 10:30pm - 11:30pm *Memory Café - HWM 11am - 1 PM *Book Club - W - 3pm	12 Zumba G HWR 9am Gentle Joints H 10-11am <u>COA Van - mystery trip</u> W:10:30 am Bingo - Enon - 2pm
15 *SHINE W 9am - 12p BAKE SALE - ENON 9:00am Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	16 * <u>HART HOUSE</u> 12:00 pm *Chair Yoga-W - Lisa 1pm - 2pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	17 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Podiatry - H 9:00am *Paint & Pizza W 2pm - 4pm <i>Aleah</i>	18 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm KUE Knitting Group - W - 3pm - 4:30pm	19 Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm *SAT, 20th COFFEE - 10 *SUN, 21st WEN MUSEUM <u>Chris Van Allsburg</u> 2pm - 4pm
22 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	23 *Computer help W 10am - 12pm <u>Call 468-5529</u> *Chair Yoga-W - Lisa 1pm - 2pm *Movie - W - 2 pm	24 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	25 CHRISTMAS DAY	
29 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	30 *Computer help W 10am - 12pm <u>Call 468-5529</u> *Chair Yoga-W - Lisa 1pm - 2pm	31 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *INTERNET CAFÉ W - 12:00 - LUNCH.		

Day Trips with Ipswich and Hamilton

Call 978-468-5534 to sign up and full pay is required

November 13th - Foxwoods Casino - Thursday, November 13, \$27/pp. Trip on the Luxury Silver Fox Motor Coach. Trip includes a delicious festival Buffet or \$10 food voucher plus \$10 casino slot play.

December 11th - Indian Head Resort Christmas Tour - Thursday, December 11, \$69/pp. This trip includes a welcome cocktail reception, a spectacular holiday revue show, sing-a-long and a delicious buffet luncheon on 180 acres of scenic splendor in New Hampshire's spectacular White Mountains.

Wenham Van Transportation Services

****Park at the Wenham COA, be green and enjoy the company of your friends****

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS



Call Dispatch: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

COA SEEKING Volunteers!

Flu Vaccine *sponsored by the Hamilton & Wenham Boards of Health*

Location: Hamilton Senior Center, 299 Bay Road, Hamilton

***Clinic open to anyone 4 years of age and older ~ *Vaccine is free ~ *Bring insurance**



Get help with heating bills through Action Inc. Fuel Assistance

Program to help people on Cape Ann and beyond, Wenham, to save money, conserve energy and stay warm. Fuel assistance is available to eligible households from Nov 1 through April 30, 2015. To qualify, your gross annual household income may not exceed: \$32,618 for a single person; \$42,654 for a two-person household; \$52,691 for three persons; \$62,727 for four persons; and \$72,763 for a five person household. Action Inc offers energy conservation and education programs to both homeowners and renters. For homeowners *only*, they may be able to pay for heating system repairs, cleanings and replacements. Call (978) 281-3900 to learn more or (978) 282-1003 to book an appointment. For more information visit website: ~ http://www.actioninc.org/energy_main.html

Medicare's Open Enrollment is October 15 - December 7.

Make an appointment with a SHINE Counselor NOW!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to read and save this information because it explains the change in your plan in 2015.

During Medicare's Open Enrollment, you will have a chance to change your plan for next year. **SHINE** (*Serving the Health Insurance Needs of Everyone...on Medicare*). Counselors can help you understand your plan changes, as well as other options you may have.

Appointments are limited so make your appointment soon.

Trained **SHINE** Counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment call (978) 468-5529.

Highlights and Creative Endeavors

KUE (Knitters United Etc.) on the Thursdays, Nov 6th & 20th and Dec 4th & 20th

You don't have to be a knitter to be part of our group! We are meeting on two Thursdays each month and already have one participant who is happily hooking a beautiful rug. We welcome everyone who wants to be part of a group exchanging chatter, friendship and often good advice. We have tea and cookies and enjoyment of some kind of handcraft. So bring your quilting, sewing, weaving etc. and join KUE. We meet on the first and third Thursday of every month at 3 PM. Hope to see you there. ~ Penny Wingate & Buffy Colt



<<<EAT, DRINK AND PAINT PARTY - Wednesday, Nov 19 and Dec 17 at 2 pm.

Our *Paint Days* themes are images from the our featured artist's imagination. As usual we will use our dry time to eat and drink. We have a good group and may have to find a larger studio. Everyone has heard of the popular "Paint Night" at this point. Artists feature their work and they help you understand the flow of their work! If you are interested please call so we know our headcount (978) 468-5534. In November we'll be painting the work pictured to your left by our artist Aleah Gates. <http://paintnite.com/pages/home/index>

Library News



iPad training - 1:1 sessions call 468-5577 for time with Sarah, Rob or Dede.

Fri, Nov. 7th 10:30 ~ Rome and Pompeii were part of the "Grand Tour" for upper-class elite from the 17th through the 19th centuries, and remains today how we reach back into the Roman Empire's past. R. Scott Smith explores the archaeological remains of Rome, the "Eternal City," and Pompeii, the town that was buried by the eruption of Vesuvius in 79 AD. Talk on problems of preserving these ancient ruins.

Wed, Dec 3rd at 7 PM ~ Getting into Print: Understanding Publishing Options

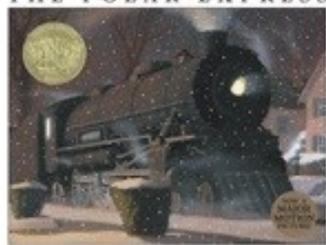
Fri, Dec 5th at 10:30 am ~ Spirit of Christmas Past: 4 Centuries of Christmas in New England

(10am~4pm Tues thru Sun) **Wenham Museum News** (\$10/adults, \$6/children)

Memory Café - 2nd Thursday of the month November 13 and December 11; 11 am - 1 pm

Enjoy a morning of coffee, conversation, and companionship with other memory loss caregivers and their loved ones. Our time together will center on a variety of objects from the museum's collection.

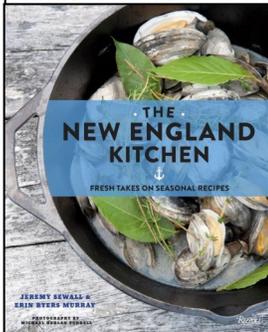
THE POLAR EXPRESS



Chris Van Allsburg Author and Illustrator Visit at Wenham Museum Sunday, December 21; 2 - 4 pm

Included with admission

Meet Chris Van Allsburg, renowned author and illustrator of the holiday classic, *The Polar Express*, and learn about his newest book, *The Misadventures of Sweetie Pie*. 132 Main St., Wenham, MA, (978) 468-2377, www.wenhammuseum.org. Hours are Tuesday through Sunday, 10 - 4. General Admission: \$10/adults, \$6/children ages 1+. Senior rates on Wednesdays.



The New England Kitchen: Fresh Takes on Seasonal Recipes at Wenham Museum Sunday, November 30; 2 - 4pm

Demonstration and Book signing

Acclaimed Boston chef, restaurateur and seafood authority Jeremy Sewall will sign copies of his first cookbook, *The New England Kitchen: Fresh Takes on Seasonal Recipes*. Divided by season, Sewall's delectable recipes highlight contemporary New England fare and adapt the region's fresh, simple flavors into refined dishes for easy at-home cooking and entertaining. Senior rates on Wednesdays.

42nd Annual Sleigh Bell Artisan Fair at Wenham Museum ~ Fri, November 21 10am - 4pm with party Friday 6 to 8 pm, and Sat., November 22; 10 am – 4 pm. The finest New England artisans present quality handcrafted gifts at this festive craft fair.

Train Time 18: Farm to Table by Train Exhibit at Wenham Museum ~ Nov 7, 2014 – Feb 22, 2015

Postage is paid by The Friends of the Wenham Council on Aging

Wenham COA
10 School Street

NON-PROFIT
ORGANIZATION
U.S. Postage Paid Bulk
Permit No. 111
WENHAM, MA 01984

Enon Village Bake Sale will be held on Sat, November 15th at 9:00am in the Enon Village Community Hall. They will have cakes, pies, cookies, soups, chowder, jams and jellies. Great raffles and Gift certificate, gift baskets and a 50/50 raffle. For donations or advanced ticket sales call Sue Herrick. (978) 777-5643

Wenham Council on Aging is looking for volunteer help with hospitality. Call (978) 469-5529

Wenham Issues of Social Service Help WISSH Confidential temporary financial and social service assistance. (978) 468-5520 x9

Senator Tarr's District Office Hrs
Wenham Senior Center
Tuesday, Nov 4 and Dec 2 from 11 am - 12:30pm

Deliver to addressee or current resident

"I prefer winter and fall, when you feel the bone structure of the landscape - the loneliness of it, the dead feeling of winter. Something waits beneath it, the whole story doesn't show." Andrew Wyeth

Wenham Board Members
Chairman - Lucy Sprague Frederiksen
Roseann Brozenske - Vice Chair
Penelope Wingate - Secretary
Peggy Gauthier
Diana Lang
Elizabeth Colt
Juliana Dodge

Friends of Wenham COA
Sue Bannon - President
Ann Geikie - Vice President
Bob Wilkes - Treasurer
Jim Howard - Secretary

Adult Swim Programs
Lap Swimming and Water Exercise
Cost: 20 Visits for \$65 (\$3.25 per visit)
Register through the **HW RECREATION**
(978) 468-2178
Location: Gordon College
Bennett Center

Plan for Weekly Exercise with US!
Tues., 1-2 PM and Thurs., 10:30 - 11:30 PM
Wenham COA Building
In Nov/Dec we challenge you to attend optimal balanced exercise program which will have you feeling much better this winter! Class limited to 14-16. Stay Tuned!

 <p>HEALTH AND WELLNESS (978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~ ~ CALL US TO SIGN UP ~</p> 	
<p>CHAIR POSE YOGA TUES. CLASS WITH LISA B. 1 - 2 PM</p>	<p>STRENGTH ~ BALANCE ENDURANCE ~STRETCHING THURS. CLASS W/ REGINA B. 10:30 - 11:30 AM</p>

Adults can gain strength at approximately the same rate as younger people. Increases in strength as much as 40% have been documented for persons as old as 96. Some studies suggest that as little as three or four months of proper training can reverse as much as 30 years of decline in function. In addition breathing and meditation will not only provide a sense of well being but help provide a more restful sleep, reduced anxiety and enhanced respiratory endurance. Use our deluxe heated COA van. (heathandage.org)