Jim Reynolds, Coordinator/Director: (978) 468-5529
Monday - Friday 8:00 am - 4:00 pm

SEPTEMBER 2013 NEWSLETTER

WENHAM COA
10 SCHOOL STREET
978-468-5529
COA@WENHAMMA.GOV

THE WENHAM COUNCIL ON AGING MONTHLY

Volume 1, Issue 1

Welcome to the new Wenham Council on Aging. Many thanks to the select-men, our town administrator Mark Andrews, the COA Board and chair, Lucy Frederiksen, and the Friends for their warm welcome. The process of getting up to speed is going well and my hope is to create a valuable resource for people to gather and share information. Don't hesitate to call the COA for any situation, or question that arises. We are here to help you find the resources you need. As a graduate student in management of aging services, I look forward to the challenge and opportunity to knit together our community. Many thanks for your support and patience! The Wenham COA aims to enhance community life, civic engagement and aging in place. You will notice that our programming calendar is filled with existing programs at various locations around town. We look forward to building new programs and providing opportunities for people to participate in the growth of our services. Please stop by and say hello.

Jim Reynolds *Director/Coordinator of Senior and Outreach Services*

SHINE

Serving the Health Information Needs of Elders

If you have a Medicare Prescription Drug Plan or Medicare Advantage (HMO, PPO), you should be receiving information from your plan by the end of Sept. Understand and save this information or call.

Call 978-468-5595

Lucy Frederiksen for an appointment.

Medicare Open Enrollment

Oct 15 - Dec 7

Wenham Van Transportation Services

ALL LAST MINUTE REQUESTS WILL BE CONSIDERED

To schedule ride: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm (leave message)

24 Hr. Advance Notice Preferred

Medical Appointments	Pharmacies
Hairdresser/Barber	Banks
Local Errands	COA activities

THE SHINE PROGRAM
Serving the Health Information Needs of Elders

Health and Wellness

Call 978-468-5529 when Appointments are required

Step Strength and Low Impact Aerobics for Active Elders

Call: Barbara Thompson (887-9192)
Location: HW Legion Hall
Classes: Mon, Weds and Fri **(FREE 1ST Visit)**

- Step Aerobics 8:30 am - 9:15 am
- Strength Training 9:15 - 9:50 am
- Low Impact aerobics 9:50 - 10:15 am

Walking Club

Cost: FREE
Location: Gordon College, Bennett Center
Must *pre-register* for card @ HW Recreation Department (978) 468-2178

Exercise and Recreation

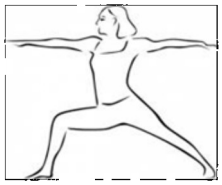
NO EXPERIENCE

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

Regular Yoga (FREE 1st visit)

Cost: 9 visits for $45 ($5 per visit) Drop-in $8
Location: Hamilton COA
Sep/Oct - Tuesday's 10:30 -11:15 AM
*Please bring your own mat



Arm Chair Yoga (FREE 1st visit)

Cost: 8 visits for $40 ($5 per visit) Drop-in $8
Mondays 11:00am – 12:00pm (H COA)
Tuesdays 10:30am –11:15am (Enon Village)

SHINE Counselor – FREE – Appointment Required

Health Insurance Information/Counseling.
Monday - Sept 9th H-W Library 10am - 12 pm - 2nd Floor
Monday - Sept 23rd H-W Library 10am - 12 pm - 2nd Floor
Call for an appointment (978) 468-5595

Gentle Joints thru the Arthritis Foundation

Location: Hamilton COA (Linda Greenwall)
Cost: 8 visits for $40 ($5 per visit) Drop-in $8
Fridays, Sept/Oct- 10am - 11am

HW Podiatry – Bring Insurance Card – Appointment Required

Location: Wenham COA - Wednesday, Sept 25th 9:00am –12 pm

HW Low Vision Support – FREE

Location: Hamilton COA Thurs., Sept 26th at 1 pm ($2 lunch served between 12pm - 1 pm)

HW Blood Pressure Checks – FREE

Location: Hamilton COA Weds, Sept 11th & 25th - (9am-12pm)

Outreach Corner:

The following presentation topics are available through SeniorCare.

- Caregiver Program
  - I. Powerful Tools for Caregivers
  - II. Caregiver Support Groups
  - III. Dementia Education
- Housing Options for Seniors
- Care Transitions
  - I. Navigating Across Care Settings
  - II. Options Counseling
  - III. Care Transitions Coaching
- Evidenced Based Programs
  - I. My Life, My Health: The Chronic Disease Self Management Program
  - II. A Matter of Balance: Managing Concerns about Falls
  - III. Healthy Eating for Sucessful Living
- Money Management
- Congregate Housing

Note: Interested in this or any other topics call the Wenham COA. (978) 468– 5529

WENHAM COUNCIL ON AGING

SEPTEMBER 2013 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.
MIM: Meet in the Middle
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
2 - LABOR DAY OFF ~~**Step StrengthAerobics - LEG**~~ ~~8:30 am-10:15 am~~ ~~**Arm Chr Yoga - H -** 11am –12p~~ ~~**Knitting - HWL -** 12 pm - 2 pm~~ ~~**Bridge - W -** 6:30 pm - 8:30 pm~~	3 **Mat Yoga—H** (10:30 - 11:15am) **Chair Yoga - ENON** 10:30 am - 11:15 am **Walking Time - HWR** 12:30 pm—2 pm **Knitting Group - ENON** 2 PM - 4 PM	**4** **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Outreach Discussion - W** 11 am - 12 noon **Health & Wellness Options - W** 1 pm - 2pm	**5** **Cribbage - HWL** 10 am - 12 pm **Walking Time - HWR** 12:30 pm—2 pm	**6 Gentle Joints - H -** 10–11am **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Bingo - ENON** 10 am **Bridge - HWL** 1:30 pm - 4 pm
9 **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Arm Chr Yoga - H -** 11am –12p **Knitting - HWL -** 12 pm - 2 pm **SHINE - HWL -** 10 am - 12 pm **Bridge - W -** 6:30 - 8:30 pm	**10 Mat Yoga—H** (10:30 - 11:15am) **Chair Yoga - ENON** 10:30 am - 11:15 am **Mystery Mayhem - HWL** 10 am **COA Board Meeting** 1:30 pm 2:30 pm	**11** **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Blood Pressure Clinic - H** 9 am—12 pm **Hearing Screening - H -** 10 am	**12 * Tour Departs 8:15 am** **Cribbage - HWL** 10 am - 12 pm **Walking Time - HWR** 12:30 pm—2 pm **Cape Cod Tour - H***	**13 Gentle Joints - H -** 10–11am **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Bingo - ENON -** 10 am **Bridge - HWL** 1:30 pm - 4 pm
16 **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Arm Chr Yoga - H -** 11am –12p **Knitting - HWL -** 12 pm - 2 pm **Bridge - W -** 6:30 - 8:30 pm	**17 Mat Yoga—H** (10:30 - 11:15am) **Chair Yoga - ENON** 10:30 am - 11:15 am **COA Movie - W (Title: *RED*)** 10:30 am **Literary Luncheon - HWL** 11:30 am - 12:30 pm	**18** **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Crafty Ladies - W -** 2 pm **Appleton Farm Tour - W** 3 pm—5 pm	**19** **Cribbage—HWL** 10 am - 12 pm **Walking Time - HWR** 12:30 pm—2 pm	**20 Gentle Joints - H -** 10–11am **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Bingo - ENON -** 10 am **Bridge - HWL** 1:30 pm - 4 pm
23 **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Arm Chr Yoga - H -** 11am –12p **Knitting - HWL -** 12 pm - 2 pm **SHINE - HWL -** 10 am - 12 pm **Bridge - W -** 6:30 - 8:30 pm	**24 Mat Yoga—H** (10:30 - 11:15am) **Chair Yoga - ENON** 10:30 am - 11:15 am **Outreach Discussion - W** 11 am - 12 noon **Nutrition & the Brain - W** 2pm—3 pm	**25** **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Blood Pressure Clinic - H** 9 am - 12 pm **Podiatrist - W -** 9:00 am - 12 pm	**26 *Low Vision Support - H (1 pm)** **Cribbage—HWL** 10 am - 12 pm **History Lecture—W** 11 am - light lunch (Jack Hauck) **Walking Time - HWR** 12:30 pm—2 pm	**27 Gentle Joints - H -** 10–11am **Step StrengthAerobics - LEG** 8:30 am-10:15 am **Bingo - ENON -** 10 am **Bridge - HWL** 1:30 pm - 4 pm
30 **Step StrengthAerobics - H** **Legion -** 8:30 am-10:15 am **Arm Chr Yoga - H -** 11am –12p **Knitting - HWL -** 12 pm - 2 pm **Bridge - W -** 6:30 pm - 8:30 pm		***COMING SOON*** **SATURDAY COFFEE HOUR** ***OPEN DISCUSSION: 9 - 10 AM*** SATURDAY, SEPT 6, 2013		

Director's Choice:

Health & Wellness - Weds , Sept 4 - 1pm - 2pm

Nutrition - Tues, September 24 - 2pm - 3pm

Wenham COA
10 School Street
Wenham, MA 01984

NON-PROFIT
ORGANIZATION
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WENHAM, MA 01984

Coming soon to the H - W Library:
North Shore Women of the Civil War
presented
by Bonnie Hurd Smith
OCT 4TH AT 10:30 am

Deliver to addressee or current resident

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

Wenham Board:

Acting Chair—Lucy Sprague-Frederiksen
Roseann Brozenske
Kristin Crockett
Juliana Dodge
Peggy Gauthier
Diana Lang
Gail MacLean

Friends of Wenham COA

Trudy Reid – President
TBD – Vice President
Bob Wilkes– Treasurer
Jim Howard – Secretary

Appleton Farm Tour

Wednesday, September 18

3pm—5pm

Limited to 20. $5 per person. Bring your muck boots or walking shoes. Tour of the new cheese factory. Cows will be milking and 4-H club will be showing their calves and take a tour of the renovated Mrs. Appleton's Old House. Meet at the Old House parking lot and Becky Fahey will be our tour guide.

Call (978) 468-5534

SeniorCare, Inc our Aging Services Access Point provides direct and indirect funding for outreach and other programs.

Donations accepted at all events including transportation. Thank you.

Adaptive Equipment

Need a wheelchair, walker, cane, commode or bed rail? We now have equipment to lend!