



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

Monday - Friday 8:00 am - 4:00 pm

OCTOBER 2013 NEWSLETTER

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

THE WENHAM COUNCIL ON AGING MONTHLY

Volume 1, Issue 2



SUN SETS ON SUMMER

The plan going forward for the Wenham COA newsletter will be to introduce a new subject every month, along with the usual calendar of events and other useful information. We would like to improve our flexibility in our transportation services and make sure people know that we will find a way to help anyone interested in getting out for any activity. We have decided to offer

van rides to Market Basket once a week, and to Trader Joe's and the Northshore Mall once a month. We would love to have you join us on one of these shopping trips. In addition, each week interested parties are meeting and we are moving forward with ideas and programs for gathering people together. We have been discussing active arts including stretching exercises, expressive arts, listening to one another's stories, singing lessons, current events discussion groups, and other interests that have been suggested formally and informally. My feeling is that these activities could take place at the library, the Rec Center, Community House, Wenham Museum, the local schools, churches and the Town Hall. We hope to build on the positive energy of our growing supportive community.

Jim Reynolds, *Director COA*

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

Call Dispatch: 978-468-5534

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

24 Hr. Advance Notice Preferred

New Market Basket Trips every Thursday and NSM & Traders Joe's once a month

SeniorCare, Inc. provides direct and indirect funding for outreach and other programs. Donations accepted at all events including transportation. Thank you.



PICKLEBALL HAS ARRIVED....
<https://www.youtube.com/watch?v=g2KNhlgOKXM>

Health and Wellness

Call 978-468-5529 when Appointments are required



Low-Impact Aerobics-Active Elders

call: *Barbara Thompson (978) 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

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)

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



SHINE Counselor – FREE – Appointment Required

Health Insurance Information/Counseling

Monday - Oct 7th H-W Library 10am - 12 pm - 2nd Floor

Monday - Oct 21st 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 in October - 10am - 11am

HW Podiatry – Bring Insurance Card – Appointment Required

Location: Hamilton COA - Wednesday, Oct 23rd 9:00am – 12 pm

HW Low Vision Support – Boston Trip

Leaving: Hamilton COA Tuesday, Oct 15th at 8:45 Ham (10am - 12 pm)

HW Blood Pressure Checks – FREE

Location: Hamilton COA Weds, Oct 9th & 23th - (9am-12pm)

Morning & Evening Prayer

Location: Christ Church of Hamilton & Wenham Chapel, 149 Asbury St., Hamilton. Monday thru Friday, 8:30am & 5:30pm. This is a 1/2 hour, twice daily prayer with Dr. Jack Davis, Professor of Systematic Theology and Ethics at Gordon Conwell Theological Seminary.

Lecture: What is Reiki and The Service Dog Project

Gail Roland on Oct 29th at Wenham COA - 11am - 12pm

Expressive Arts Class sign up (468-5534) with recent Lesley University graduate, Aleah Gates on October 9th and October 30th at 2 PM

Memory Boosting Foods

No doubt diet plays a major role in brain health. It stands to reason the best menu for the brain encourages good blood flow to the brain. A recent study found that a Mediterranean Diet (MD) helps in keeping aging brains sharp, and growing evidence links foods like those in the MD with better cognitive function, memory and alertness.

Strengthen Recall by Adding these Foods:

- Eat your veggies (kale & broccoli)
- Berries are good, esp. the darker ones (blackberries, blueberries and cherries)
- Get adequate Omega-3 fatty acids (salmon, bluefin tuna, sardines & herring)
- Snack on walnuts (add to stir-fry vegetables & oatmeal)

Excerpt from article by Marisa Moore, MBA, RDN, LD, is a spokesperson for the Academy of Nutrition and Dietetics

WENHAM COUNCIL ON AGING OCTOBER 2013 CALENDAR

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

* SIGN UP (468-5534)
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
<p>SATURDAY COFFEE OCTOBER 19, 2013 9:00 AM - 11:00 AM Speaker TBD</p>	<p>1 Mat Yoga - H - 10:30 - 11:15am Chr Yoga - ENON - 10:30-11:15 am Senator Tarr Office Hours - W 12:00pm - 2 pm Knitting Grp STARTS ENON 2 PM - 4 PM (call)</p>	<p>2 Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am - 12pm Author Talk - HWL - 7pm (Connie Hambley)</p>	<p>3 Market Basket W* 10 am Cribbage - HWL 10 am - 12 pm Walking Time - HWR 12:30 pm—2 pm</p>	<p>4 **HWL - 10:30AM Gentle Joints - H - 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL - 1:30pm - 4pm</p>
<p>7 Low Impact Aerobics - LEG 8:30 am-10:15 am Arm Chr Yoga - H - 11am - 12pm Knitting - HWL- 12 pm - 2 pm SHINE - HWL - 10 am - 12pm</p>	<p>8 Mat Yoga - H (10:30 - 11:15am) Chair Yoga - ENON 10:30 am - 11:15 am Mystery Mayhem - HWL 10 am Audiology - W (10am-12pm) History - see HWL - 7 PM</p>	<p>9 Low Impact Aerobics - LEG 8:30 am-10:15 am Blood Pressure Clinic - H 9 am - 12 pm Bridge - HWL - 10am Expressive Arts - W* - 2pm</p>	<p>10 Market Basket W* 10 am Cribbage - HWL 10 am - 12 pm Walking Time - HWR 12:30 pm—2 pm Local Boys - HWL - 7pm</p>	<p>11 Gentle Joints - H -10-11a Low ImpactAerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL 1:30 pm - 4 pm</p>
<p>14 Low Impact Aerobics - 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</p>	<p>15 TRADER JOES - W - 10 am Mat Yoga - H 10:30 am Chair Yoga - ENON 10:30 am Hitchcock Movie - W 10:00 am Literary Lunch - HWL 11:30 am - <i>Book: ASHENDON</i></p>	<p>16 Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am Crafty Ladies - W - 2 pm History - HWL - 7pm</p>	<p>17 Market Basket W* 10 am Cribbage—HWL 10 am - 12 pm Walking Time - HWR 12:30 pm—2 pm</p>	<p>18 Gentle Joints - H - 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL - 1:30PM—4 PM 1:30 pm - 4 pm</p>
<p>21 NS MALL - W - 10 AM Low Impact Aerobics - 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</p>	<p>22 Mat Yoga - H 10:30-11:15am Chair Yoga - ENON - 10:30 am Outreach Discussion - W* 11 am - 12 noon History - HWL - 7PM</p>	<p>23 Low Impact Aerobics - LEG 8:30 am-10:15 am Blood Pressure Clinic - H 9 am - 12 pm Podiatrist - H - 9:00 am - 12 pm History - HWL - 3PM</p>	<p>24 Market Basket W* 10am Cribbage—HWL 10 am - 12 pm History Lecture—W 11 am - light lunch (Jack Hauck) Walking Time - HWR 12:30 pm—2 pm History - HWL—7 PM</p>	<p>25 Gentle Joints - H - 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL - 1:30PM—4 PM 1:30 pm - 4 pm</p>
<p>28 Low Impact Aerobics - 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</p>	<p>29 Mat Yoga - H 10:30 am Chair Yoga - ENON 10:30 am 1 PM - W* - <i>DISCUSSIONS: WHAT IS REIKI & THE SERVICE DOG</i></p>	<p>30 Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am Expressive Arts - W* - 2pm</p>	<p>31 Market Basket W* 10am Cribbage - HWL - 10am - 12 pm Walking Time - HWR 12:30 pm—2 pm</p>	<p>** BONNIE HURD SMITH <i>Historian speaks on Northshore Women of the CIVIL WAR</i> OCTOBER 4TH</p>

Wenham COA
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Wenham, MA 01984

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Gay Roland and Service Dog Heydawg, her Great Dane stop by for a visit with COA Director, Jim Reynolds & Rosie, Dot Woodbury and Nancy Spofford

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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
Tom Tanous – Vice President
Bob Wilkes– Treasurer
Jim Howard – Secretary

If you are not a registered voter, Friday October 25, 2013 is the last day to register to vote, in order to vote in Special Town Meeting scheduled for Tues, Nov 5. The Town Clerks office will be open from 9am—8pm.

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.