



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

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

THE WENHAMITE

MARCH 2014

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

Volume 1, Issue 6



The *Ides of March* are upon us. Like in the days of Julius Caesar that signifies change, like when he was killed! Included inside is my MIT-inspired calendar for March. Questions? Call us! 468-5534 The renovations of the bathroom and interior refinishing of our building is complete. We will be introducing some new speakers on various topics during our open discussions every other Wed at 2 pm and Saturdays at 9am. We will discuss ideas on health and wellness change, social security planning and other helpful estate, financial and legal advice. We want to develop a “farm to fork” co-op program in the community and we will be discussing it.

We would like people to *sign-up* for events and programs they wish to attend. We cannot hope to bring quality speakers without your participation. The calendar is purposely intended to highlight the daily activities and for detailed information consult the inside pages of the newsletter. If anyone needs a ride, we welcome the chance to pick you up and bring you home! Our \$5 strength, balance and stretching classes are held on Tues and Thurs from 12:30 - 1:30 PM. ~ Warm regards, Jim

HART HOUSE LUNCH - THANKS TO THE FRIENDS OF THE COA!

Irish Folks Duo Bring Festive Celtic Music, Story Telling & Irish Wit



Monday, March 10th @ H-W Library
11:00 am—12 pm

Be wearing o’ the green this St. Patricks Day at a festive performance by Glenshane a husband/wife Irish folk duo. The duo features New England native Jeannie Nesbitt, & her husband John who grew up in County Derry, Northern Ireland. Glenshane brings together the best of a St. Patrick Day celebrations with music (from the most touching to the most rollicking renditions), story telling and Irish wit. Enjoy the wide variety of instruments-guitar, bass, harmonica, penny whistle, & piano melodica. Call the Wenham COA (978) 468-5534 or the Hamilton COA (978) 468-5595 to let us know!



CALL MONDAYS - 468-5534

WENHAMITES

MARCH 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 10am - 12p Knitting - HWL - 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm	4 *Chair Yoga -W 12:30pm - 1:30pm Sen. Tarr Rep Dick Curran W 12-2pm	5 OPEN HOUSE 2-3PM Bridge - HWL - 10am TaiChi - HWCH - 10am	6 *Market Basket or...other! Time:TBD <i>Every Thursday</i> *Strength & Balance W- 12:30-1:30pm	7 “Rounders to Baseball” HWL—10:30 AM BINGO - ENON - 2PM Gentle Joints H 10–11am Zumba G. HWR 9am
10 <u>*IRISH FOLK DUO</u> <u>HWL—11 - 12 PM</u> *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm COA Board Mtg - 1:30p	11 *MOVIE - 10 am <i>Captain Phillips</i> *Chair Yoga -W 12:30pm - 1:30pm	12 Blood Pressure Clinic - H - 10am-12pm Bridge - HWL - 10am TaiChi - HWCH - 10am *MA Senior Medicare Patrol W 12:30 - 1:30pm **“Somethings Afoot” Stoneham Theatre - 2pm	13 *Market Basket H-W Library - Movie The Book Thief 10:15a Cribbage - HWL - 10am Walking Time - HWR- 12:30 *Strength & Balance W- 12:30-1:30pm “Memory Café” HWM 2 - 4 pm	14 BINGO - ENON - 2PM Gentle Joints H 10–11am Zumba G. HWR 9am <u>SATURDAY COFFEE</u> <u>SPEAKER>>>9-10:30AM</u> Healthcare!
17 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	18 *Chair Yoga -W 12:30pm - 1:30pm H-W Library - 11:30a Literary Lunch	19 OPEN HOUSE 2-3PM Low Impact Aerobics LEG 8:30-10:15 am Bridge - HWL - 10am TaiChi - HWCH - 10am	20 *Market Basket Audiology - W* - 12pm Cribbage - HWL 10am - 12 *Strength & Balance W- 12:30-1:30pm	21 BINGO - ENON - 2PM Gentle Joints H 10–11am Zumba Gold HWR 9am
24 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	25 *Chair Yoga -W 12:30pm - 1:30pm *MOVIE - 2 pm The Talented Mr Ripley	26 TaiChi - HWCH - 10am Blood Pressure Clinic H - 10am-12pm *Podiatrist W-9:00am *ART CLASS WITH ALEAH 2PM	27 *Market Basket Low Vision-H - 12:30p *Strength & Balance W- 12:30-1:30pm	28 BINGO - ENON - 2PM Gentle Joints H 10–11am Zumba G HWR 9am <u>SATURDAY COFFEE</u> <u>SPEAKER>>>9-10:30AM</u> Board Chair - Ken Whitaker <u>Town Meeting Primer</u>
31 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm				

Attitude and Gratitude

People in Wenham you might like to know better

Many of you know Nancy Spofford... but do you really know Nancy Spofford?

Nancy has lived in Wenham for over 60 years, in at least five different homes. She raised six children – four boys and two girls. And now she has eight grandchildren. She said it was a sign of the times for women to stay at home and raise children. She doesn't feel her age, except when something hurts. She loves cats.

During her adult life, Nancy has been an active volunteer in many areas of Wenham and specifically with Wenham seniors. She served on the Board of Directors of the Wenham Council on Aging for 22 years, just one way she participated in the life of the COA. She also comes to chair yoga. "I'm a people person," she said cheerfully. Her interest in people led her to volunteer for Meals on Wheels delivery for some 20 years. "Many of the people are widowed or lonely, and they really looked forward to the meal delivery and the conversation," she said, adding, "I always wished I had more time to stay and talk with each of them."

Unfortunately, she had to give up Meals on Wheels when she developed an ailment of her eyes, macular degeneration. "It came on very quickly," she said. The first sign was loss of night vision, so she gave up driving at night. Two years later, she gave up driving completely. She enjoys listening to books on tape and watching public television and local government on public access. She gets out frequently, with chair yoga, and the local low vision group. "They are all good groups," she said, "Exercise and socialization."

Nancy doesn't like to sound "corny," but she feels she has been very lucky, because she has had a predominantly happy life. She says she has a simple life philosophy – "Attitude and gratitude." She encourages herself and others to be grateful for the things and people they have, rather than complain about the things they don't have. She said that if she gets into a funk, she thinks of doing something for other people.



Lucy Sprague Frederiksen

Opportunity to engage?

Senior Medicare Patrol Program message on Wednesday, March 12, 2014 from 12:30 p.m. – 1:30 p.m.: Preventing healthcare errors, fraud and abuse to the Wenham Senior Center The Massachusetts Senior Medicare Patrol (MA SMP) Program reaches and educates Medicare and MassHealth (Medicaid) beneficiaries, caregivers and many others to be engaged in their health care. We provide free community educational workshops across the state on how to prevent healthcare errors, fraud and abuse and how to understand the Medicare Summary Notice (MSN) and other medical bills. Medicare health benefits information (SHINE-Serving the Health Insurance Needs of Everyone on Medicare) and other cross-referrals are provided.

Newly Bereaved - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (Former Kaplan House). A one time workshop for loss of 1—3 months. **Young Widowed**, Thursdays, 6:30pm - 8pm, March 6 - April 24.

Loss of Spouse/Partner, Tuesdays, 6:30pm - 8pm, March 18 - May 6. **CONTACT: Bertolon Center for Grief & Healing**, 78 Liberty Street, Danvers, MA. 01923. For more information or to register call (855) 774-5100 or email: grief@CareDimensions.org.

Fuel Assistance is still available through Action, Inc. (978) 282-1000 for income-eligible households until April 30. To be eligible, the family or household annual income must be less than \$2,672 per month for those who live alone or \$3,494 for couples!

Senior Circuit Breaker Tax Credit - You are eligible if you are 65 or older and your RE taxes are greater than 10% of your income. Homeowners and renters can claim the credit. For 2013 tax returns, total income for single people cannot exceed \$55,000 (\$69,000 for a head of households or \$82,000 for a Married couple). For homeowners, the assessed value of their primary residence cannot exceed \$700K.

~ **DONATIONS TO THE COUNCIL ON AGING** ~ Please consider making a tax deductible donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Wenham Council on Aging. Donations may be mailed to the Wenham Council on Aging, 10 School Street, wenham, MA 01984. Please contact the Director at 978-468-5529 for further information. Please check with your tax expert to determine if this donation is right for you.

Wenham COA Movies - Tuesday, March 11 at 10 am - **Captain Phillips** The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years. Thursday, March 25th at 2 PM - **The Talented Mr. Ripley** In late 1950s New York, Tom Ripley, a young underachiever, is sent to Italy to retrieve a rich and spoiled millionaire playboy, named Dickie Greenleaf. But when the errand fails, Ripley takes extreme measures.

Day Trips with Ipswich and Hamilton

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

March 13th - St Patrick's day Fest featuring Trooper Dan Clark—Thursday, March 13th, \$69/pp . Travel to White's of Westport for delicious family style dining of traditional corn beef and cabbage and roast turkey with stuffing. A Lively Irish Musical Show featuring a sing along with this area's famous Trooper Dan is encouraged. It will be a great day of Irish song, fun and cuisine!

April 10th - Fenway Park Tour - Thursday, April 10th, \$75/pp . We will enjoy a special guided tour of Fenway Park where we will hear a wonderful narrative of Fenway's history and present day upgrades and amenities. We will then enjoy a delicious luncheon at the No Name restaurant. Following a visit to historic Quincy Market, we will tour the USS Constitution to celebrate Boston's Maritime History.

May 15th - Authentic Maine Lobster Bake - Thursday, May 15th, \$69/pp . Travel to Scenic Nubble Light and York Village where you will have time to browse through Boutiques or stroll along Ocean Drive. The feast on a delicious lobster bake (or BBQ chicken) that is steamed over a roaring wood fire. Enjoy live musical entertainment as you dine. We will drive home along the scenic Atlantic Seacoast and visit the "Where Pigs Fly Bakery" and Stonewall Kitchens.

July 17th - Majestic Maine Cruise - Thursday, July 17th, \$79/pp. In Portland you will board a ferry for a two hour narrated tour of Casco Bay, it's many beautiful islands and the beautiful Maine coast. At Bailey Island you will have a delicious luncheon at Cook's Lobster House which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later you will visit the outlets in Freeport, Maine for some shopping.

August 14th - Cape Cod Canal Tour - Thursday, August 14, \$74/pp. Brimming with history, age old charm and scenic sights, Sandwich will delight you with it's many attractions. You will visit the Sandwich Glass Museum and then enjoy the Grand Buffet at the Daniel Webster Inn. The special highlight of the day is a narrated two hour cruise of the Cape Cod Canal. You will learn the history of this important maritime resource and how it boosted New England commerce since its inception.

...more trips are planned! **October 9th - New Hampshire Turkey Train / November 13th, Foxwoods**

Wenham Van Transportation Services

MARKET BASKET EVERY THURSDAY

****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

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

WENHAM 60+ RESIDENTS ~ FREE TAX HELP!

AARP & RSVP Volunteers of the North Shore

In conjunction with the IRS will provide free tax assistance at

Hamilton/Wenham Library (978) 468-5577

~ **Wednesday, 10am - 12:30pm, appointment only** ~

Highlights Around Town



<<<**ART CLASS - Wednesday, March 26th at 2 pm** in our COA Building on 10 School Street we will hold an Art Class. You will be served an array of assorted gourmet treats prepared by our very own Cordon Bleu (not so) well-trained chefs. This type of venue is being done all around Boston by the younger generation as entertainment. They call them "PAINT NIGHTS" and they happen in bars. One artist features a painting and the others try to duplicate it or not! If you interested please call and let us know (978) 468-5534. We'll be painting something you like and all materials *are* provided by the Artist and the Director.

Check it out! <http://paintnite.com/pages/home/index>



<<<**TAI CHI - Wednesdays, March 5th-April 9th from 10:00 - 11:00 am.** Community House of Hamilton Wenham, 284 Bay Road (Route 1A). **Long Form for Beginners with Kate Heckman.** Cost: \$75 (6 weeks). Call or email marna@greatbaytaichi.com



<<<**YAK TRAKS - ON SALE - \$7/PAIR.** (10) SMALL, (1) MEDIUM, (1) LARGE. CALL FOR DELIVERY. WENHAM COA - (978) 468 -5534.

Discover the Library!

Movie: The Book Thief, Thursday, March 13 at 10:15-12:30pm and 6:30-8:45 pm. "While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. Under the stairs in her home, a Jewish refugee is being sheltered by her adoptive parents." -imdb.com PG-13.

Literary Lunch, Tuesday, March 18th 11:30 -12:30 PM:

The featured title is *The Light Between Oceans* by M.L. Stedman. "A novel set on a remote Australian island, where a childless couple live quietly running a lighthouse, until a boat carrying a baby washes ashore." Bring your brown-bag lunch; coffee, tea and dessert will be provided.

Movie: Saving Mr. Banks, Saturday, March 29 from 1:00-3:15. "Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen." - imdb.com Rated PG-13

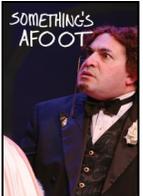
BOOK SALE H-W LIBRARY

Preview 6-8 pm Fri, March 21 thru Tues, 25th and continuing all day Sat, Mon & Tues!

COME FIND A TREASURE!



Rounders to Baseball: A History presented by Anne Barrett. Friday, March 7 at 10:30am. From opening day to last 'out' at the World Series, baseball has excited and exasperated generations of fans. Trace the game's evolution from 19th century townball to the formation of professional leagues and the emergence of baseball's greats, with a focus on New England. **Hamilton-Wenham Public Library 978-468-5577**



"Somethings Afoot" at The Stoneham Theatre. Wednesday, March 12 @ 2pm Wenham COA Van - Limit 8, Senior Matinee Cost: \$30. **Call Wenham COA by March 5th. (978) 468-5534.** Private group contact: Group Sales Coordinator, Call for reservations: Carol Dempsey(781) 587-7905.

~ Stoneham Theatre, 395 Main Street, Stoneham, MA 02180 ~



Wenham Museum's Memory Café, Thursday, March 13; 2 - 4 pm
2nd Thursday of each month through June. Reduced admission

~ Gather at the museum for coffee, conversation and companionship with other memory loss caregivers and their loved ones.

Wenham COA
10 School Street
Wenham, MA 01984

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

Wenham COA will sponsor an OPEN House every other Wednesdays from 2-3 PM with different speakers and those interested in learning more about the services of the Council on Aging.

Fuel Assistance Programs are available between Nov 1 and April 30th of each year. Call Action Inc. (978) 282-1003 or your COA.

Wenham Council on Aging is looking for volunteer help with hospitality for every other Weds, 2pm and Saturdays, 9am

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, March 4 from 12PM to 2PM

Deliver to addressee or current resident

"Here in my tenth decade, I can testify that the downside of great age is the room it provides for rotten news!"

Roger Angell from article *THIS OLD MAN*, New Yorker, Feb 17 & 24, 2014

Wenham Board Members

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

Friends of Wenham COA

Trudy Reid - President
Tom Tanous - 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

Fitness Works!

Mon., Weds., & Fri - 1st time free.
3 sessions at the H-W Legion Hall
from 8:30 - 10:15 am.

Aerobic endurance, muscular strength, flexibility,
balance, coordination, dexterity and relaxation.

Call Barbara Thompson (978) 887-9192



HEALTH AND WELLNESS

(978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~

~ CALL US TO SIGN UP ~



**CHAIR POSE
YOGA**

CLASSES WITH
<<< LISA B.

EVERY

TUESDAY!

12:30 - 1:30 PM

**STRENGTH
BALANCE
ENDURANCE
STRETCHING**

WITH
REGINA B. >>>

EVERY

THURSDAY!

12:30 - 1:30 PM

