



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

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

WENHAM COUNCIL ON AGING NEWS

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

JAN/FEB 2013

Volume 1, Issue 5



**WENHAM TEA HOUSE SPONSORS HOLIDAY PARTY
A WONDERFUL EVENT ! Many thanks from the Wenham COA**



Retired and looking for interesting things to do?

Consider Joining!

Explorers Lifelong Learning Institute

Requests your presence

Explorers Spring Preview

Tuesday, January 14

10am - 1pm

10 Federal Street., Suite 10
Salem , MA (978) 744-0804

Light lunch

www.explorereslli.org

Wenham Van Transportation Services

MARKET BASKET EVERY THURSDAY

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

MYSTERY TRIPS, NORTSHORE MALL & TRADER JOES

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.



***NEW CHAIR YOGA CLASSES
WITH LISA B. ON TUESDAYS!
12:30 PM - 1:30 PM—Wenham COA.**

***Call for more info 468-5534**

WENHAM COUNCIL ON AGING JANUARY 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.
MIM: Meet in the Middle
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
WHEN YOU SEE * CALL FOR SIGN UP (978) 468-5534	*Holiday Lunch rescheduled for Friday, January 17th from 12-2pm	1. New Years Day	2 Walking Time - HWR 12:30pm *Stre(tch)ngth & Balance (w/Regina) W- 12:30 - 1:30pm	3 Downton Abbey Local HWL—10:30 AM Low Impact Aerobics LEG - 8:30-10:15 am Zumba Gold - 9am HWR
6 Low Impact Aerobics LEG - 8:30-10:15 am *SHINE - W-10-12p *Pickelball - HWR 10am-12pm Bridge - W 6:30 - 8:30 pm	7 *MOVIE "Silver Linings Playbook" 10 am Sen. Tarr Rep - W - 12—2pm Bridge Classes HWL Call 468-5577 6-7:30PM	8 OPEN HOUSE Fun talk on hearing? 2-3 PM Low Impact Aerobics LEG - 8:30-10:15 am Blood Pressure Clinic H - 10am-12pm *Pickelball - HWR 10am-12pm	9 Market Basket 10am Walking Time - HWR 12:30pm *Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm	10 Low Impact Aerobics LEG - 8:30-10:15 am Zumba Gold - 9am HWR Bridge - HWL 1:30pm - 4pm
13 Low Impact Aerobics LEG - 8:30-10:15 am *SHINE - W-10-12p *Pickelball - HWR 10am-12pm Bridge - W 6:30 - 8:30 pm	14 *NEW Chair Yoga (w/Lisa) -W 12:30pm - 1:30pm Mystery Mayhem - HWL - 10am Bridge Classes HWL Call 468-5577 6-7:30PM	15 Low Impact Aerobics LEG - 8:30-10:15 am *Podiatrist - W - 9am *Pickelball - HWR 10am-12pm Bridge - HWL - 10am	16 Market Basket 10am *Audiology - W- 11am Walking Time - HWR 12:30pm *Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm	17 HART HOUSE Lunch 12-2PM Low Impact Aerobics - LEG - 8:30-10:15 am Zumba Gold - 9am HWR Bridge - HWL 1:30pm - 4pm <u>SATURDAY COFFEE SPEAKER>>>9-10:30AM</u>
20 Low Impact Aerobics LEG - 8:30-10:15 am *SHINE - W- 10-12a *Pickelball - HWR 10am-12pm Bridge - W 6:30 - 8:30 pm	21 *NEW Chair Yoga (w/Lisa) -W 12:30pm - 1:30pm *MOVIE "Man on Wire" W - 2pm Bridge Classes HWL Call 468-5577 6-7:30PM	22 OPEN HOUSE Trips Scheduled 2014 2-3 PM Blood Pressure Clinic - H - 10am - 12pm Low Impact Aerobics LEG - 8:30-10:15 am	23 Market Basket 10am Low Vision-H - 12:30p *Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm	24 Low Impact Aerobics LEG - 8:30-10:15 am Zumba Gold - 9am HWR Bridge - HWL 1:30pm - 4pm
27 Low Impact Aerobics LEG - 8:30 - 10:15 am Bridge - W - 6:30 - 8:30 pm	28 *NEW Chair Yoga (w/Lisa) W 12:30pm - 1:30pm Bridge Classes HWL Call 468-5577 6-7:30PM	29 Low Impact Aerobics LEG - 8:30-10:15 am *ART CLASS WITH ALEAH 2 PM	30 Market Basket 10AM *Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm	24 Low Impact Aerobics LEG - 8:30-10:15 am Zumba Gold - 9am HWR Bridge - HWL 1:30pm - 4pm <u>SATURDAY COFFEE SPEAKER>>>9-10:30AM</u>

WENHAM COUNCIL ON AGING

FEBRUARY 2014 CALENDAR

H: Hamilton Council on Aging
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LH: Lamson Hall

HWL: Hamilton Wenham Library
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Low Impact Aerobics LEG 8:30 am-10:15 a</p> <p>Knitting - HWL- 12 pm - 2 pm</p> <p>Bridge - W - 6:30 - 8:30 pm</p>	<p>4</p> <p>Mindful Living & Stress Reduction HWL—10:30 - 11:30 AM</p> <p>*NEW Chair Yoga (w/Lisa) -W 12:30pm - 1:30pm</p> <p>Sen. Tarr Rep - W - 12—2pm</p>	<p>5 OPEN HOUSE</p> <p style="text-align: center;">2-3PM</p> <p>Low Impact Aerobics LEG 8:30-10:15 am</p> <p>Bridge - HWL - 10am</p>	<p>6</p> <p>Market Basket 10AM</p> <p>Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm</p>	<p>7</p> <p>“Travels thru Ireland” HWL—10:30 AM</p> <p>Low Impact Aerobics - LEG 8:30 am-10:15 am</p> <p>Gentle Joints H 10–11am</p> <p>Zumba Gold HWR 9am</p>
<p>10</p> <p>Low Impact Aerobics LEG 8:30 am-10:15 a</p> <p>*SHINE W 10am - 12p</p> <p>Knitting - HWL- 12 pm - 2 pm</p> <p>Bridge - W - 6:30 - 8:30 pm</p>	<p>11</p> <p>*MOVIE - “The Aviator” 10am</p> <p>Sen. Tarr Rep - W - 12—2pm</p> <p>*NEW Chair Yoga (w/Lisa) -W 12:30pm - 1:30pm</p>	<p>12</p> <p>Low Impact Aerobics LEG 8:30-10:15 am</p> <p>Blood Pressure Clinic - H - 10am-12pm</p> <p>Bridge - HWL - 10am</p> <p>Art Class - W* - 2pm</p>	<p>13</p> <p>Market Basket 10AM</p> <p>Cribbage - HWL - 10am - 12</p> <p>Walking Time - HWR- 12:30</p> <p>Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm</p>	<p>14</p> <p>SeniorCare Valentine Breakfast</p> <p>Low ImpactAerobics - LEG 8:30-10:15 am</p> <p>Gentle Joints H 10–11am</p> <p>Zumba Gold HWR 9am</p> <p style="text-align: center;"><u>SATURDAY COFFEE</u> <u>SPEAKER>>>9-10:30AM</u></p>
<p>17</p> <p style="text-align: center;">PRESIDENT’S DAY</p>	<p>18</p> <p>*NEW Chair Yoga (w/Lisa) -W 12:30pm - 1:30pm</p> <p>Bridge Classes HWL Call 468-5577 6-7:30PM</p>	<p>19 OPEN HOUSE</p> <p style="text-align: center;">2-3PM</p> <p>*Podiatrist -H-9:00am</p> <p>Low Impact Aerobics LEG 8:30-10:15 am</p> <p>Bridge - HWL - 10am</p>	<p>20</p> <p>Market Basket 10AM</p> <p>Audiology - W* - 12pm</p> <p>Cribbage - HWL 10am - 12</p> <p>Walking Time - HWR - 12:30</p> <p>Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm</p>	<p>21</p> <p>Low Impact Aerobics - LEG 8:30-10:15 am</p> <p>Gentle Joints H 10–11am</p> <p>Zumba Gold HWR 9am</p>
<p>24</p> <p>Low Impact Aerobics LEG 8:30 am-10:15 a</p> <p>*SHINE W 9am - 12p</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Bridge - W - 6:30 - 8:30 pm</p>	<p>25</p> <p>*NEW Chair Yoga (w/Lisa) -W 12:30pm - 1:30pm</p> <p>*MOVIE - “What About Bob” 2 pm</p> <p>Bridge Classes HWL Call 468-5577 6-7:30PM</p>	<p>26</p> <p>Low Impact Aerobics LEG 8:30-10:15 am</p> <p>Blood Pressure Clinic - H - 10am-12pm</p> <p>*ART CLASS WITH ALEAH 2PM</p>	<p>27</p> <p>Market Basket 10AM</p> <p>Low Vision-H - 12:30p</p> <p>Stre(tch)ngth & Balance (w/Regina) W- 12:30-1:30pm</p>	<p>28</p> <p>Low Impact Aerobics LEG 8:30-10:15 am</p> <p>Gentle Joints H 10–11am</p> <p>Zumba Gold HWR 9am</p> <p style="text-align: center;"><u>SATURDAY COFFEE</u> <u>SPEAKER>>>9-10:30AM</u></p>

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

Wenham COA
10 School Street
Wenham, MA 01984

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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.

Senator Tarr or a representative from his office will be holding Office hours at the Wenham COA on Jan 7th and Feb 11th from 12 - 2pm.

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

Deliver to addressee or current resident

"We can complain that rose bushes have thorns, or we can rejoice that thorn bushes have roses." Abraham Lincoln

Wenham Board

Chairman - Lucy Frederiksen
Roseann Brozenske - Vice Chair
Juliana Dodge - Secretary
Peggy Gauthier
Diana Lang

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

The **Hamilton-Wenham Library** is offering one-on-one **computer assistance** on **Tuesdays** from 9-10 AM starting mid - January. Interested persons must call the library at 978-468-5577 to make an appointment and give a brief description of what they want to learn. Library staff will provide instruction or advice about other resources.

MASSACHUSETTS LEGAL HOTLINE

(866) 788-0939



Peter Stewart caroling at the Tea House Holiday Party