



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

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

# THE WENHAMITE

## APRIL 2015

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

Volume 2, Issue 4



Wenham Lake Shines On ~ 03.15.2015

Spring is when you feel like whistling even with a shoe full of slush.

Doug Larson

The month of March has brought some of our most interesting programs to date.

The 1st was a documentary film screening that makes a compelling case for the creative arts in helping to improve quality of life for those suffering from memory loss. We had 120 people come out for the film followed by an inspiring facilitated discussion..

The 2nd event was a brilliant presentation of the Wenham Lake Ice Company told by local historian Jack Hauck, and we had great turnout for the story of this mid 19th century international ice shipping industry.

Our 3 art classes are and we are working hard to provide two good exercise classes each week. Our instructors are amazing, and if you have any ideas to make these classes more accessible for you, call me!

**Wenham DPW Appreciation Breakfast** will take place on Weds, April 22, 2015 at 8 am at the **Wenham Tea House!** We are all thankful for the truly exceptional work of our guys in keeping our roads and sidewalks safe and clear. The work of this department has been exemplary and if you want to stop by and say thanks, please “come on down”. It would great to have some people turn out for this breakfast *hosted* by the **Friends of the COA**. If you are interested in breakfast show up early! Thanks to all for the many hours of no sleep this winter!



Please set aside furniture items to sell this summer at the **COA ~ School Street ~ Furniture and Antiques Sale**. We are interested in mostly furniture items and jewelry which we will sell inside the COA center. No books, electronics or clothing. We will start pick up and or take deliveries after we dry out from our record 110.3 inch winter. We will take names and coordinate pick ups starting May 1st. Call (978) 468-5534 - **June 20th**.

We knocked on the door of every person 85 and over the last 2 months and we are committed to keep working on how we can be helpful to our residents.

JR

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

## Highlights and other Creative Endeavors



### PAINT TIMES WITH ALEAH

Wednesday, April 22, 2015 ~ 2 - 4 pm

This month Aleah was out sick, but we managed to find a wonderful artist, Denise Walter who works as a Care Manager for SeniorCare in Gloucester. She showed us how to paint a still life of tulips in honor of Jane Richardson. Jane loved coming to paint class and always made us smile with her dry wit, and sense of humor. We know Jane was with us because of all the variations of brilliant color. If you are interested in starting a 3rd class call me. At different times of the year we could easily paint once a week. Let me know. (978) 468-5529

### **KUE (Knitters United Etc.) on the Thursdays, April 2nd & 16th at 2 PM**

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 2 PM. Hope to see you there. ~ Penny Wingate & Buffy Colt

**RIFF (Reading It For Fun) on Thursday, April 9th at 2 PM** the COA book group will meet gather and discuss *The Sunday Philosophy Club* by Alexander McCall Smith. Some of you may have read the wonderful *#1 Ladies Detective Agency* series by this author. Our book in April captures the charm of Edinburgh, Scotland in this first book in the Isabel Dalhousie series of novels featuring the insatiably curious philosopher and woman detective. Whether investigating a case or a problem of philosophy, the indefatigable Ms. Dalhousie, one of fiction's most richly developed amateur detectives, is always ready to pursue the answers to all of life's questions, large and small. Please consider joining us when we discuss all aspects of this book and enjoy a cup of something with others who enjoy reading for pleasure. Our local libraries have several copies of this book available. We'd love to have you join us and hope you will consider coming along to RIFF in the raw.

**COA MOVIES** - Our movie dates are Tuesday, April 14 & 28 (10am & 2pm), We are going to watch **Bearded Band of Brothers** first! Our film this month showcases how the 2013 Boston Red Sox overcame adversities and developed into a personality-driven, resilient team. This 81-minute film - produced by Major League Baseball Productions in association with NESN, the official network of the Boston Red Sox provides untold stories that formed this team's unique identity and helped restore the faith of Red Sox Nation. RSVP (978) 468-5529. Our 2nd feature film is **The Theory of Everything**. Facing an earth-shattering diagnosis at 21 years of age, physicist Stephen Hawking and his devoted wife overcome unimaginable obstacles, breaking new ground in medicine and science. Best Actor Winner Eddie Redmayne Stars as Stephen Hawking.

Our **FOLLY COVE DESIGN** enthusiasts will meet again on Thursday, April 16th from 12 - 2:00PM at the Wenham COA. We will continue to be inspired by the story of the Folly Cove Designers by watching the 2nd half of the film called **Virginia Lee Burton: A Sense of Place!** We will experiment with hands-on easy off press print making techniques. We will explore 3 methods including printing on plates and applying our designs; low relief printing using colligraph and relief printing on soft block materials. Pizza and refreshments will be served.

**THE FOLLY COVE DESIGNERS STORY.** A group of 43 Designer-craftswomen who worked together professionally from 1941 to 1969 in the Lanesville area of Cape Ann.. Their founder was Virginia Lee Burton. Known for their originality which was inspired by their daily lives, their community & landscape surrounding them They carved designs into linoleum blocks and printed them on fabric for draperies, table linens and clothing, and on paper for wallpaper and Christmas cards. They achieved national recognition within a national arts and crafts movement as block printers. Their products were frequently exhibited at major museums. Cape Ann Museum houses the collection

# THE WENHAMITE

## APRIL 2015 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.  
**WM:** Wenham Museum  
**LEG:** Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	<b>2</b> *Market Basket Mem Loss - Beverly COA - 9:30am - 12pm *Balance+-W- Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm	<b>3</b> Bridge - W 1-4PM Bingo - Enon - 2pm
<b>6</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>7</b> *Chair Yoga-W- Lisa 1pm - 2pm *Low Vision - H - 10:30am COA BOARD MTG W - 2 - 3 PM	<b>8</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	<b>9</b> *Market Basket Cribbage - HWL-10am *Balance+-W- Regina 10:30pm - 11:30pm *Book Club - W - 2pm	<b>10</b> Bridge - W 1-4PM Bingo - Enon - 2pm <hr/> <b>SATURDAY</b> <b>11 - CHELSEA                      BERRY - Comm.                      House at 7:30pm.</b>
<b>13</b> *SHINE W - 9am - 12p Audiology - H 12pm-2 Bridge - W 6:30 - 8:30 pm Van Mystery Ride 11:30am - 1:30pm	<b>14</b> *Chair Yoga-W - Lisa 1pm - 2pm *Movie - W - 10 am Bearded Band of Brothers - 2013	<b>15</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	<b>16</b> *Market Basket *Balance+-W- Regina 10:30pm - 11:30pm *FOLLY COVE DESIGN GROUP W - 12 -2PM *KUE Knitting Group W - 2pm - 4:00pm	<b>17</b> Bridge - W 1-4PM Bingo - Enon - 2pm
<b>20</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>21</b> Literary Lunch - HWL - 11:30am *Chair Yoga-W - Lisa 1pm - 2pm	<b>22</b> Bridge - HWL - 10am *Podiatry - H 9:00am *Paint Times Aleah W 2pm - 4pm Library Book Club - HWL - 7pm - 8pm	<b>23</b> *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm	<b>24</b> Bridge - W 1-4PM Bingo - Enon - 2pm
<b>27</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>28</b> *Chair Yoga-W- Lisa 1pm - 2pm *Movie - W - 2pm The Theory of Everything	<b>29</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	<b>30</b> *Market Basket *Balance+-W- Regina 10:30pm - 11:30pm *Watercolors w/Lea & Denise - W 2 - 4pm	

## Wenham Transit 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!**



## Outreach Service Programs

**Circuit Breaker Tax Credit** You are eligible if you are 65 or older and your real estate taxes are greater than 10% of your income. Homeowners and renters can claim the credit for 2014 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.

**CharlieCard Pass** – Apply at the Ipswich Senior Center for a senior rate (65+) pass which can be used for discounted travel on **all MBTA transportation** services. Call Sheila Taylor the Director and sign up at (978) 356-6650 to schedule an appointment to complete the application. She collects 15 applications and then schedules to have you come in for a Charlie Card. If you haven't seen the Ipswich COA you should go see it. It is downstairs in the Town Hall, 25 Green Street in Ipswich. Just so you know Ipswich has a great senior center. Please bring a photo id and your current Charlie Card to Ipswich, if you have one!

**Used Medical Equipment** The Wenham Council on Aging loans donated, used medical equipment such as walkers, toilet seats, canes, shower chairs, and wheelchairs. Call Jim Reynolds at 978-468-5529 or the Wenham COA Van line at 978-468-5534 to donate items or for information on obtaining items.

**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](mailto:grief@CareDimensions.org).

**Low Vision Group Meeting** - On Tues, April 14th at 10:30am at the Hamilton COA. Call Lucy at (978) 468-5595 for more details. For people with low vision, their families and caregivers. Will discuss audio-described DVDs, trip planning, and presentations for the coming year.

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



**Osgood Gallery - *Domestic Life During Wartime* opens April 17th**  
2015 commemorates both the 150th anniversary of the end of the Civil War and the 70th anniversary of the end of World War II. Join us as we salute those who “kept the home fires burning” for the months and years that their loved ones were away serving our country. See compelling U.S. propaganda posters, uniforms, and other artifacts that were created for, or inspired by, the patriotism that these conflicts kindled.



**West Gallery - *True Blue* through May 31st**  
From navy so dark it's almost black to the palest tint that's virtually white, blue runs the gamut. To celebrate this perennial favorite, we have chosen a selection of shades and textures of blue from workmanlike chambray to silvery lame.

Our display will include crisp silks, luxurious velvets, dignified wool, and ethereal lace from ice blue to dark navy. We even have a fantastical bedspread of silk and marabou feathers!

## Library and other News



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

### Tax Appointments with AARP SeniorCare

Our wonderful volunteers are ready for the tax season! Call or stop by to schedule your appointment for a Wednesday or Friday at 10, 11, & Noon, starting Feb. 11 and running to April 10. You will need all of your paperwork and documents for the current year as well as last years' submitted forms.

### Watercolor Class *resumes* Thursday April 30th from 2– 4 pm

Lea P. and Denise W. will continue where we left off in the Fall with a watercolor class. We will work on whether we will continue to make cards or take off in new directions. Call me if you have a good idea (about anything!) 468-5529 Jim

### Knitting Group

Every Monday - 12:00 – 2:30 PM at the H-W Library. Join our knitting group, for beginners or experienced knitters. Need help to get over that tricky hurdle or keep on track with that lagging project? Drop in once or become a regular, everyone is welcome

### Cribbage

Every Thursdays – 10 AM – 12:00 PM at the H-W Library. Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome, no experience necessary to join.

### New Library Book Club

Monday, April 1st 7pm – 8pm at the H-W Library. Contact Rebecca Shea. (978) 468-5577. Storied Life of A.J. Fikry by Gabrielle Zevin is up for discussion. The next titles will be decided by bookclub participants. Pop on over and join in the group!

**Article available** at the COA by the Joint Center for Housing Studies (Harvard University): **Housing America's Older Adults, *Meeting the needs of an Aging Population***. The Harvard Joint Center for Housing Studies advances understanding of housing issues and informs policy. Through its research, education, and public outreach programs, the center helps leaders in government, business, and the civic sectors make decisions that effectively address the needs of cities and communities. Through graduate and executive courses, as well as fellowships and internship opportunities, the Joint Center also trains and inspires the next generation of housing leaders.

### Literary Luncheon: The Outermost House

Tuesday, April 21st, 11:30am -12:30pm at the H-W Library. Contact Nancy Day. "In 1926, Henry Beston planned to spend two weeks in a two-room cottage on the sand dunes of Cape Cod. He stayed for a year, chronicling the ebb and flow of the tides, the migration of birds, storms, stars, and solitude." Click to request your copy of *The Outermost House* by Henry Beston. Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book. The next meeting is on Tuesday, May 19 at 11:30 to discuss *Letters from Skye* by Jessica Brockmole.



## Community House News

**CHELSEA BERRY** - SATURDAY APRIL 11TH at 7:30 PM. "A voice of remarkable power and control with a joyous soul. Brave and bright, Chelsea Berry is the real thing." ~ Livingston Taylor

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

Wenham COA  
10 School Street

NON-PROFIT  
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WENHAM, MA 01984

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

**Senior CharlieCard Pass** - Apply at the Senior Center for a senior rate (65+) pass which can be used for discounted travel on all MBTA transportation services. Call Jim Reynolds at 978-468-5529 to schedule an appointment to complete the application. Please bring a photo id and your current Charlie Card if you have one.  
**The Ride** - Anyone who has recently lost there license for medical reasons and needs rides from Wenham to Boston or anywhere in between should contact me to help expedite the process. It is an amazing service! Contact - JR

Deliver to addressee or current resident

"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"  
~ **Sitting Bull**

**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

**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 Jan/Feb 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!



Our Wenham art class dedicated their tulip paintings to our two dear friends **Rosemary Bialocki** and **Jane Richardson**. These two women both gave many hours to the Wenham Council on Aging and both were wonderful additions to any gathering. Our heartfelt condolences go out to both families. We are all blessed for knowing these two wonderful ladies.