



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

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

THE WENHAMITE

MAY 2015

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

Volume 2, Issue 5

"In the spring, at the end of the day, you should smell like dirt."
Margaret Atwood

The month of May we are introducing a series of day trips. We have highlighted four shows, a Sunday Brunch aboard the *Odyssey*, a Portland, ME *Lighthouse Lovers Cruise*, a trip out to Isle of Shoals and cruise in Portsmouth Harbor, a trip out on Lake Winnepesaukee and Castle in the Clouds, and finally, two popular trips later in the season. Call me for details and sign up for these as soon as possible.

If you are interested in theatre tickets to the NSMT, Gloucester Stage, The Larcom, The Cabot Theatre, Sea Change or the Shalin Liu in Rockport we can buy group tickets and provide daytime transportation. We need a group of at least 10 people who are interested to negotiate for reduced pricing. If you are interested in forming a group, call me and we can try and assemble a group

On **Thursday, May 28th from 8:30am - 12:30pm**, Once again Seniors from the HWRHS's graduating class are giving back to the community in a program called **Seniors Helping Seniors**. Light chores could include raking, cleaning out flower beds, cleaning patio furniture, washing ground floor windows, etc. Get to know a few Seniors from our fine HS! Call Lisa Heitz by Weds., May 13th to place a work order. (978) 468-0496. JR

Spring is finally in the air and with it a change of the guard!

This Wednesday thanks to the generosity of the *Friends of the Wenham Council on Aging*, and at the urging of Chair, Emeritus, Dot Woodbury, I am taking our fine crew of fellows from Wenham's DPW to the *Tea House* for breakfast. We want to thank Bill Tyack, and his team for all the sleepless nights, and their truly excellent work this winter! Our winter being what it was, it would feel remiss not to mention Bob Blanchard and the Fire Dept., and Tom Perkins and his Police crews, for the many emergency calls that came as a result of our extreme winter! Thank you all!

We also want to thank our outgoing Selectman Ken Whitaker for his tireless service to the town, and particularly his kindness to those of us at the COA! We welcome incoming Selectman, John Clemenzi, and our new Town Administrator, Peter Lombardi. Peter will start sometime in the middle of May, and we feel fortunate to have him. Many thanks, to our fine outgoing Chairman of the Selectman, and able interim Town Administrator, Jack Wilhelm, and we welcome Catherine Harrison to this role!

JR

Please set aside furniture items to sell this summer at the **COA ~ School Street ~ Furniture, knick-knack and jewelry sale**. We are interested in furniture items and jewelry which we will display in the Buker School Parking Lot outside the COA center. No books, electronics or clothing. We will start pick up and/or take deliveries Call us to coordinate pick ups starting May 1st. Call (978) 468-5534.

Saturday - June 20

Call 4 pickup

Highlights and other Creative Endeavors

WATERCOLOR WITH LEA & DENISE

Thursday May 28, 2015 ~ 2– 4 pm

Lea P. and Denise W. will continue where we left off in the class on April 30 with their watercolor class. They have been working on painting cards which can be reproduced and used for any occasions. All our classes tend to take on a life of their own, and we want an open exchange with our budding group of artists, and encourage any new project ideas. We currently run 3 art classes a month and there is room for more. Call me if interested!

PAINT TIMES WITH ALEAH

Wednesday, May 20, 2015 ~ 2 - 4 pm

This month Aleah will be replicating her beach house painting. This class is consistently over 16 people and we are thinking of starting a second class. If there is another time of the day that is good for people we would like to start it next month. We could try another medium like charcoal or pastels too. Call and let me know if you have a specific time or day that would work well. Mondays and Fridays are good days for a new class and we provide transportation.

Call us! (978) 468-5529

KUE (Knitters United Etc.) on the Thursdays, May 7th & 21st 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, May 14th at 2 PM the COA book group will gather to discuss *The Woman Upstairs*. It tells the story of Nora Eldridge a reliable, but unremarkable friend and neighbor, always on the fringe of other people's achievements. But the arrival of the Shahid family—dashing Skandar, a Lebanese scholar, glamorous Sirena, an Italian artist, and their son, Reza—draws her into a complex and exciting new world. Nora's happiness pushes her beyond her boundaries, until Sirena's careless ambition leads to a shattering betrayal. Told with urgency, intimacy, and piercing emotion, this *New York Times* bestselling novel is the riveting confession of a woman awakened, transformed, and abandoned by a desire for a world beyond her own. We invite you to join us, share a cup of tea and your thoughts concerning this book with its many topics.

COA MOVIES - Our movie dates are Tuesday, May 12 & 26 (10am & 2pm), We are going to watch **American Sniper** on Tuesday, May 12th at 10 am. U.S. Navy SEAL Chris Kyle is sent to Iraq with only one mission: to protect his brothers-in-arms. His pinpoint accuracy saves countless lives on the battlefield and, as stories of his courageous exploits spread, he earns the nickname "Legend." However, his reputation is also growing behind enemy lines, putting a price on his head and making him a prime target of insurgents. He is also facing a different kind of battle on the home front: striving to be a good husband and father from halfway around the world. Based on the book by Chris Kyle with Scott McEwen and Jim DeFelice. Our 2nd film on May 26 at 2 pm is **Still Alice**. Happily married with three grown children, Alice Howland is a renowned linguistics professor at Columbia University who starts to forget words. When she receives the devastating diagnosis of early onset Alzheimer's, Alice and her family find their bonds tested. RSVP (978) 468-5529.

Our new FOLLY COVE DESIGN inspired group will meet again on Thursday, May 14th from 12 - 2:00PM at the Wenham COA. Please come and join us. We will continue to find inspiration from Virginia Lee Burton's belief that design is a form of personal expression anyone can learn. We will be exploring a relief-printing method and you will create your own print images. Come and have fun exploring! Lunch 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.

Day Trips to popular shows and summer outings...

- ◇ **Late Night Catechism** – “Uproarious Interactive Theater!” *The New York Times*

Location: Lantana’s in Randolph, MA

Date: Tuesday, May 19, 2015

Price: \$89 p/p includes bus, luncheon and show



- ◇ **Sunday Brunch in Boston – On board the Odyssey Cruise Ship**

Location: Boston Harbor

Date: Sunday, June 21, 2015

Price: \$115 p/p includes bus trip, brunch, entertainment and dancing

- ◇ **Lighthouse Lovers Harbor Cruise**

Bus tour, Lobster Bake and 90-minute Scenic and Narrated Cruise to see lighthouses, forts, lobster boats, seals and sea birds. See up-close view of Portland Head Light “ME’s oldest and most photographed lighthouse.”

Location: Portland, ME

Date: Thursday, June 25, 2015

Price: \$99 p/p includes bus, Lobster bake and Cruise.

- ◇ **The Drifters** – Fab 50s Hits include: “Under the Boardwalk”, “Save the Last Dance for Me”, “Up on the Roof”, “This Magic Moment”, “There Goes My Baby” & more.

Location: Danversport Yacht Club

Date: Wednesday, June 24, 2015

Price: \$65 p/p includes Luncheon and Show

Wenham COA transportation available



- ◇ **Lake Winnepesaukee Cruise and Castle in the Clouds**

A cruise on Lake Winnepesaukee out of Weirs Bay, Lunch at the Lakehouse in Meredith, NH, and a visit to the Castle in the Clouds, a turn of the century sixteen-room Arts and Crafts mansion perched on a 5,500- acre mountaintop estate overlooking Lake Winnepesaukee.

Location: Lake Winnepesaukee, Meredith, NH

Guided bus tour, lake cruise, lunch and visit to Castle in the Clouds.

Date: Tuesday, July 14, 2015

Price: \$99.95 p/p includes bus, cruise, lunch and sightseeing.

- ◇ **Isle of Shoals, Lighthouses and Portsmouth Harbor Cruise**

Enjoy a harbor cruise aboard the Victorian style M/V Thomas Lighton and experience the Legends of the New Hampshire and Maine Seacoast, including the Legendary Isle of Shoals. Experience the Unique Working Port of Portsmouth Harbor with Tugboats, 5 Historic Forts, 3 Lighthouses and the “Alcatraz of the East” Castle-Like Prison.

Location: Portsmouth Harbor, NH

Date: Tuesday, July 21, 2015

Price: \$99 p/p includes bus, lunch at the Common Man, and cruise.



- ◇ **The Spirit of Boston** – 2-hour getaway on Boston’s Historic Harbor

Location: Lantana’s in Randolph, MA

Date: Tuesday, July 28, 2015

Price: \$89 p/p includes bus, luncheon, entertainment and dancing

- ◇ **The Beach Boys** – Ultimate Tribute Show. Hits include: “Surfin’”, “I Get Around”, “Good Vibrations”, “Surfer Girl”, “Barbara Ann”, “California Girls”, “Sloop John B.” “Little Deuce Coupe”, Help Me Rhonda”, “Fun, Fun, Fun” & more.

Location: Venus de Milo in Swansea, MA

Date: Wednesday, September 22, 2015

Price: \$85 p/p includes bus, lunch and show



- ◇ **Fall Foliage Day Trip**

A Tour of the Cathedral in the Pines, Lunch at JP Stephens, a Visit to Smith’s Country Cheese, and a Stop at the Red Apple Farm.

Location: Rindge, NH

Date: Thursday, October 1, 2015

Price: \$79.95 p/p includes bus, lunch and show

- ◇ **New Hampshire’s Turkey Train**

Guided bus tour featuring Fall Foliage Train Ride, Hart’s Turkey Farm, Lunch, a Mystery Stop and Sightseeing.

Location: Meredith, NH

Date: Wednesday, October 7, 2015

Price: \$89.95 p/p includes bus, lunch and show

- ◇ **Italian Festival 2015**

Italian Festival with a Great Show and Special Menu from Danversport Yacht Club.

Location: Danversport Yacht Club

Date: Wednesday, October 21, 2015

Price: \$59 p/p includes Luncheon and Show

Wenham COA transportation available

THE WENHAMITE MAY 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
				1 Bridge - W 1-4PM Bingo - Enon - 2pm Queen of Henry VIII HWL - 10:30 - 11:30 am
4 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	5 *Chair Yoga-W- Lisa 1pm - 2pm *Low Vision - H - 10:30am	6 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	7 *Market Basket *Balance+-W- Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm Newly Bereaved Kaplan House 6 - 8 pm	8 Bridge - W 1-4PM Bingo - Enon - 2pm *Benefits Checkup W - 12pm - 2pm *COPING WITH GRIEF & LOSS Peabody COA - 10:30a
11 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Audiology - W 12pm-2 Bridge - W 6:30 - 8:30 pm	12 * Sen Tarr Rep - W 10:30am - 11:30am *Chair Yoga-W - Lisa 1pm - 2pm COA BOARD MTG W - 2 - 3 PM *Movie - W - 10am <i>American Sniper</i>	13 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	14 *Market Basket *Balance+-W- Regina 10:30pm - 11:30pm *FOLLY COVE DESIGN GROUP W - 12 -2PM RIFF *Book Club - W - 2pm	15 Bridge - W 1-4PM Bingo - Enon - 2pm *COPING WITH GRIEF & LOSS Peabody COA - 10:30a Van Mystery Ride 11:30am - 1:30pm
18 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	19 Late Night Catechism - Randolph, MA- arr. 11:30am Literary Lunch HWL 11:30 - 12:30p *Chair Yoga-W - Lisa 1pm - 2pm	20 Bridge - HWL - 10am *Paint Times Aleah W 2pm - 4pm <u>Battlefield Orthopedics</u> HWL - 7pm - 8pm	21 *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm	22 Bridge - W 1-4PM Bingo - Enon - 2pm *Benefits Checkup W - 12pm - 2pm *COPING WITH GRIEF & LOSS Peabody COA - 10:30a
25 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	26 *Chair Yoga-W- Lisa 1pm - 2pm *Movie - W - 2pm <i>Still Alice</i>	27 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm Library Book Club - HWL - 7pm - 8pm	28 *Market Basket "Seniors Helping Seniors" ~8:30am - 12:30 PM *Balance+-W- Regina 10:30pm - 11:30pm *Watercolors w/Lea & Denise - W 2 - 4pm	29 Bridge - W 1-4PM Bingo - Enon - 2pm <u>SATURDAY - 30TH</u> Allegro Dance Perf. HWL - 2 - 3pm

Wenham Transport 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.

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. **Loss of Spouse/Partner**, Tuesdays, June 23 – August 11, 6:30 – 8 pm. **Loss due to suicide**, Thursdays, July 9 – September 29, 6 – 7:30 p.m. **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.

Low Vision Group Meeting - On Tues, May 12th 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.

Benefits Check-up - On Fridays, May 8th and the 22nd from 12 - 2pm at the **Wenham COA**. Call Jim at (978) 468-5529 for more details. One-on-one counseling with Jim Reynolds. **Benefits Checkup** is a free service of the National Council on Aging (NCOA), a non-profit service and advocacy organization in Washington, DC. BenefitsCheckup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses like: medications, food utilities, legal costs, health care, housing, in-home services, taxes, transportation and employment training. You can service yourself using this tool and/or review it with me. (<https://www.benefitscheckup.org>)

Podiatrist - Beverly Podiatry is located at 900 Cummings Center near **Acapulco** and to the left of the front entrance of the Cummings Center complex. Dr. Tobin takes most insurance, Medicare deductible excluded. Call (978) 927-1911 for your initial consultation.

(10am~4pm Tues thru Sun)

Wenham Museum News

(\$10 /adults, \$6/children)



ONE WEEKEND ONLY – MAY 7 – 10, 2015

Sponsored by [Theriault's](#). Celebrate America's Little Darling in a once-in-a-lifetime exhibit featuring movie costumes, dolls, and childhood memorabilia from the personal archives of the iconic actress Shirley Temple. This exhibit will span Shirley Temple's rise to stardom in 1930, the Depression years, and the end of her childhood in 1941. This unique exhibit is a personal look into the life and work of the world's most famous child actress.

Wenham Museum is proud to be the only museum in New England selected to show this exceptional exhibit on its national tour.

Library and other News



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

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.

Queen of Henry VIII; Lives and Afterlives

Friday, May 1st at 10:30am - 11:30AM at the H-W Library. Contact Rebecca Shea. This lecture will focus on historical and literary depictions of the six wives of Henry VIII: Catherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Katherine Howard, and Katherine Parr. We will learn a bit about Henry in the process, but the primary focus will be on the women themselves: where they came from, how the marriage came about, the results of the marriage, and how they have been portrayed in literary texts from contemporary poetry to Shakespeare to modern depictions such as the Showtime series *The Tudors*. Funded by the Friends, free and open to the public.

Battlefield Orthopedics in Afghanistan During Operation Enduring Freedom

Wednesday, May 20th from 7pm - 8pm at the H-W Library. Contact Rebecca Shea. Dr. Douglas Peterson, Orthopedic Surgeon, Commander, Medical Corps, US Navy Reserve presents: "Battlefield Orthopedics in Afghanistan During Operation Enduring Freedom". Dr. Douglas Peterson was born and raised in Beverly and has served in the US Navy for the last 18 years as an orthopedic surgeon. He is currently in private practice at the North Shore Center for Orthopedic Surgery working out of Beverly and Salem Hospitals. He was deployed to Afghanistan in 2009 and again in 2013 in support of Operation Enduring Freedom, where he provided emergent orthopedic surgical care to critically wounded casualties operating in a far forward austere environment. He will discuss his experiences while deployed and contrast the two missions he was involved in. Free and open to the public.

Literary Luncheon: Letters from Skye

Tuesday, May 19th, 11:30am -12:30pm at the H-W Library. Contact Nancy Day. "March 1912: Elspeth Dunn, a young poet on Scotland's Isle of Skye, receives her first fan letter from student David Graham in America. Their correspondence blossoms into love -- until World War I engulfs Europe. June 1940: As World War II begins Elspeth's daughter, Margaret, falls for an RAF pilot. When a bomb rocks Elspeth's house, dislodging her hidden letters, Elspeth disappears. Click to request your copy of [Letters from Skye](#) by Jessica Brockmole. Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book. This is the last meeting of the Literary Luncheon group until September, pop by to see what's on offer for Summer 2015.

Allegro Dance Performance

Saturday, May 30th, 2pm - 3pm at the H-W Library. Contact Loraine Der. A special performance of winter-inspired dances by ADE, the resident company of the H-W School of Dance, comprised of advanced high school dancers. The ensemble is directed and choreographed by Katy Brunault,

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

Wenham COA
10 School Street

NON-PROFIT
ORGANIZATION
U.S. Postage Paid Bulk
Permit No. 111
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



Our heartfelt condolences go out to the family of our beloved podiatrist, Kirk D. Skinner, 55, of Lynn, MA.

The Ride - Anyone who has recently lost their 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

"Sopping, and with no sign of stopping, either- then a breather. Warm again, storm again - what is the norm, again? It's fine, it's not, it's suddenly hot: Boom, crash, lightning flash!"
Old Farmers Almanac

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 May we challenge you to attend both balanced exercise programs which will have you feeling much better this summer! Class size limited to 10. Come join us!

HEALTH AND WELLNESS

(978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~
~ CALL US TO SIGN UP ~

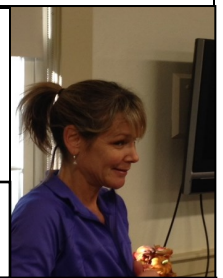


CHAIR POSE YOGA
TUES. CLASS WITH LISA B.
<<< 1 - 2 PM



STRENGTH ~ BALANCE
ENDURANCE ~STRETCHING
THURS. CLASS W/ REGINA B.
10:30 - 11:30 AM >>>

<<< LET'S START A WALKING. ANYONE
INTERESTED IN LEADING? CALL 468-5529



Good Way to get a Charlie card - Apply through our friends 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 or just ask to sign up for an appointment to complete the application for the Charlie Card at (978) 356-6650. They collect 15 applications and then schedule you to 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. Please bring a photo id and your current Charlie Card to Ipswich, if you have one!