



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

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

THE WENHAMITE

JUNE 2015

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

Support programs for your Wenham Elders by donating items to:

Giant Yard Sale



Sponsored by The Friends of the Council on

Aging

Sat., June 20, 2015

9:00 am – 2:00 pm

At Wenham Council on Aging- Resource Center

10 School Street

(lot behind the Bessie Buker School)

We need in usable condition

- Antiques & Collectibles
- Kitchen items and small appliances
- Bric-a-brac and Lamps
- Handbags and Jewelry
- DVD's, CD's, & Sports Equipment

Please, no clothes, computer parts or books

If you have items for us, please drop off at the

Senior Center, 10 School Street, or call the

Center at (978)468-5534 for pick up

Wenham Council on Aging - ResourceCenter

*All proceeds will help fund programs for people in
Wenham over the age of 60...kayaking to tai- chi!*

Bring us your stuff, we'll treat it lovingly!

Volume 2, Issue 6

"My greatest fear in life is being dull. You can be great, you can be awful, but just don't bother being dull." David Letterman

During this month we need any items as defined, to your left, in good condition for our **Giant Yard Sale** and will pick items up at your convenience. Call us at 468-5534, or 5529, and we'll add you to the list for pick-up. We can store any items if you need to clear out of the house here at the COA, or in 2 other nearby locations. We need your help, and let me thank you in advance for your generous contributions!

We have trips planned for the summer, and we need anyone interested to sign up so we can make arrangements for transportation. We have tickets available for upcoming shows in June at the Danversport Yacht Club and Sunday brunch aboard the Odyssey in Boston Harbor.

Our Friends (FWCOA) fundraising appeal letter will be going out this month and we ask you consider giving what you can to help us continue to grow and improve our Outreach services and programs in Wenham.

We will be installing our raised organic garden outside the COA and a BOCCI court this month. If you are interested in helping to educate us we are open to learning more about how to maintain a small organic garden. The COA will additionally manage a garden at Enon Village and you can help by weeding and watering. JR

Thurs, JUNE 18 - 4pm

ESSEX RIVER BASIN ADVENTURES (ERBA)

On the 3rd Thursday in June, July and August we will arrive at 4 pm at ERBA at 1 Main St, Essex and launch into the Essex River, Conomo Point and Crane Beach on a Sunset Cruise. Sign up by calling me at 468-5529. Leave a message & do it soon.



Highlights and other Creative Endeavors

WATERCOLOR WITH LEA & DENISE

Thursday June 25, 2015 ~ 2- 4 pm

Lea P. and Denise W. will continue where we left off in the class in May with their water-color class. They have been working on painting cards which can be reproduced and used for any occasion. 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!



**Wenham Council on Aging and
Essex Park Rehabilitation and Skilled
Nursing Center**

proudly sponsors

Strawberry Community Festival

Enon Village

Larch Row, Wenham

June 3rd

12:30 PM-1:30 PM

Essex Park
Rehabilitation and Nursing Center

KUE (Knitters United Etc.) on the Thursdays, June 4th & 18th from 2 - 4 PM

You don't have to be a knitter to be part of our group! We are meeting on the 1st and 3rd Thursday 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



PAINT TIMES WITH ALEAH

Wednesday, June 17, 2015 ~ 2 - 4 pm

Our class is usually about 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 will provide transportation. **Call us!**

COA MOVIES - Our movie dates are Tuesday, June 16 & 22 (10am & 2pm). We are going to watch **American Sniper** on Tuesday, June 9th 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 June 22 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 **FOLLY COVE DESIGN** inspired group will meet again on Thursday, June 18th from 12 - 2:00PM at the Wenham COA. Please come and join us. The Folly Cove Designers and their founder, Virginia Lee Burton, were inspired by the natural landscape of Cape Ann. These nature inspirations led to beautiful designs and prints on fabric, clothing and cards. In this late spring session, find something inspiring from your natural surroundings and bring it to class. We will follow this inspiration to explore a new form of printmaking for this class! Folly Cove Designers did beautiful prints of flowers like peony, solomon seal, other conventional flowers, things like shells, ferns, rocks. etc. Take a look at the Cape Ann Museum website; www.capeannmuseum.org under Collections - see Folly Cove Designers for examples of these nature-inspired prints and think about what inspires you!

Day Trips to popular shows and summer outings...call now!

◇ **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: Boston, 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

JUNE 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 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Sharing our losses - A Circle of Caring - Putnam Farm, Danvers 10:30am - 11:30am	2 *Chair Yoga W- Lisa 1pm - 2pm	3 Bridge - HWL - 10am. Blood Pressure Clinic H - 9am -12pm. Library Book Club HWL - 7pm - 8pm. "Strawberry Festival" ENON - 12:30 - 2pm.	4 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm * KUE Knitting Group W - 2pm - 4:00pm Newly Bereaved Kaplan House 6 - 8 pm	5 * EYES ON OWLS HWL - 10:30am - 12 pm * COPING WITH GRIEF & LOSS Peabody COA - 10:30a Bingo - Enon - 2pm
8 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	9 * Sen Tarr Rep - W 10:30am - 11:30am *Chair Yoga W- Lisa 1pm - 2pm COA BOARD MTG W - 2 - 3 PM	10 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	11 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm	12 * COPING WITH GRIEF & LOSS Peabody COA - 10:30a * Benefits Checkup W - 12pm - 2pm Bingo - Enon - 2pm
15 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Audiology - H 12pm-2 Bridge - W 6:30 - 8:30 pm	16 * Movie - W - 10am <i>American Sniper</i> *Chair Yoga W - Lisa 1pm - 2pm * Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	17 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm * Low Vision - H - 10:30am * Paint Times Aleah W 2pm - 4pm	18 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm * KUE Knitting Group W - 2pm - 4:00pm* * KAYAKING - 4pm (Meet at ERBA, 1 Main St. in Essex).	19 * COPING WITH GRIEF & LOSS Peabody COA - 10:30a Van Mystery Ride 11:30am - 1:30pm Bingo - Enon - 2pm
22 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	23 *Chair Yoga-W - Lisa 1pm - 2pm * Movie - W - 2pm <i>Still Alice</i> * Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	24 Bridge - HWL - 10am * The Drifters - 11:30 am Danversport Yacht Clb Blood Pressure Clinic H - 9am-12pm	25 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm	26 Bingo - Enon - 2pm * Benefits Checkup W - 12pm - 2pm * COPING WITH GRIEF & LOSS Peabody COA - 10:30a
29 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	30 Summer Reading HWL - Iceland 11am - 12:30pm *Chair Yoga-W- Lisa 1pm - 2pm * Alzheimer's: Journ. of a Caregivr - HWL 6:30pm		 <p>* means RSVP</p> <p>so</p> <p>We can plan! (978) 468-5534</p>	

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

Need a Charlie Card - No trip to Boston required. Call the Ipswich Senior Center for a (65+) pass which can be used on all MBTA transportation services. Ask to sign up for an appointment to complete the application for the Charlie Card at (978) 356-6650. They collect 15 applications after which they will 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!

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 Weds, June 17th 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, June 12th and the 26th 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 - Two options currently available while we search for a visiting podiatrist include: 1.) Dr. Kenneth Cesa, 290 Essex Street, Beverly (978) 927-0600 and 2.) Dr. Tim Tobin at Beverly Podiatry located at 900 Cummings Center (Suite 109u) (978) 927-1911 and to the left of the front entrance of the Cummings Center complex. They both take most insurances, Medicare deductible excluded.

Serving the Health Information Needs of Everyone - SHINE

If you answered yes to any of these questions, call any SHINE Counselor!

- ♦ **New to Medicare and need information on enrollment and options?**
- ♦ **Need to understand Medicare to help your parents?**
- ♦ **Want to know what benefit programs are available to save you money?**
- ♦ **Need help with your prescription medications and Medicare?**
- ♦ **Need help understanding your Medicare mailings?**

CALL ME (JIM) AT (978) 468-5529 AND SET UP AN APPOINTMENT

At The Community House



Community Block Party

Two Town Patriotic Celebration

Saturday, June 27 4pm-9pm

4pm Bike & Covered Wagon Parade

FIREWORKS DISPLAY AT DUSK

FREE ADMISSION

Kids' activities, music, and food for purchase

Sundays in Patton Park

FREE outdoor musical concerts – 5pm-7pm during the summer

June 21 -Fathers' Day Concert – Family Friendly Soft Rock/Jazz

June 28 – Bill Staines – New England Folk Legend

July 5 -Hollands- Americana, Folk Revival

July 12 – Jah Spirit – African Reggae, Calypso

July 19 – Tom Eaton & Pick 3 – Acoustic Bluegrass

July 26 – Horizon & The Horns – Great Music from the 50's to today

August 2 – Community Musicians – Folk, popular and Sacred Music Talented members of First Congregational Church Hamilton perform music for all

August 9 – Overdrive – Swing, Motown and Dance Music

Rain venue Asbury Grove Tabernacle, 1 Pleasant St., Hamilton, MA 01982



>>>>>>>>Tai Chi for Good Health<<<<<<<<<

Mondays 8:45-9:45am, Tuesdays 6:30-7:30pm, Wednesdays 9:15-10:15am

and Saturdays 9:15am-10:15am

Discounts available. For more information or to register contact: Marna Badavas at 978-358-7760 or www.greatbaytaichi.com

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
Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome!

Eyes on Owls: Owls of New England & Beyond

Friday, June 5th from 10:30am - 12pm at the H-W Library. Contact Rebecca Shea.

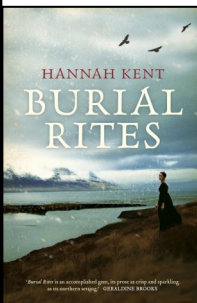
Dr. Douglas Peterson, Orthopedic Surgeon, Commander, Medical Corps, US Navy Reserve presents: "Battlefield Orthopedics in Afghanistan During Operation Enduring Freedom". Dr. Douglas Peterson was born and raised in Beverly and has served in the US Navy for the last 18 years as an orthopedic surgeon. He 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.

Alzheimer's Disease: Journey of A Caregiver

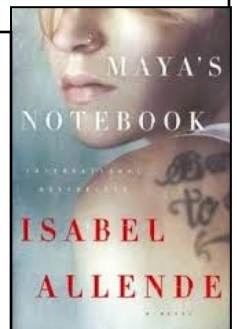
Tuesday, June 30 at 6:30 pm at the H-W Library. Contact Rebecca Shea. As the only caregiver of her mother with Alzheimer's disease, JorgeLina says: "When I began my journey as my mother's caregiver, there was so much I didn't know that I wish I had known. It is her hope that sharing her experience will provide other caregivers with very much needed information and the ability to prepare better for what lays ahead." JorgeLina will introduce her three autobiographical books on the topic: Nenetita, The Heartbreak and Overdosed.

Summer Reading: Burial Rites

Tuesday, June 30th, 11:00am -12:30pm at the H-W Library. Contact Nancy Day. "March 1912: Join us on a literary and visual journey to Iceland by way of Hannah Kent's Burial Rites. This historical fiction is set in 1829, and details the imprisonment of Agnes, who awaits her execution for murdering her former master. As she waits, her version of events is slowly revealed to her captors. We'll also take a quick armchair tour of Iceland via DVD on our big screen. Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book.



COMING...Tuesday, **July 14th**. 11:00am – 12:30pm at the H-W Library . Join us on a literary and visual journey to Chile by way of Isabel Allende's Maya's Notebook. "After the death of her beloved grandfather, nineteen-year-old Maya Vidal, turning to drugs, alcohol, and petty crimes, becomes trapped in a war between assassins, the police, the FBI, and Interpol, until her grandmother helps her escape to a remote island off the coast of Chile where she tries to make sense of her life." We'll also take a quick armchair tour of Chile via DVD on our big screen.



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

Perscription Advantage - This is a state-sponsored program that supplements your Medicare drug plan and fills the gap when your Medicare prescription drug plan run out, commonly referred to as the "donut hole". Call them today! (800) AGE-INFO and press 2 to learn more.

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

Let nothing dim the light that shines from within. ~ Maya Angelou (1928-2014)

Wenham Board Members

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

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!

Activities contributions to FWCOA made possible in FY2015:

- ◆ The 1640 Hart House Holiday Luncheon
- ◆ Ice Cream Socials during July and August
- ◆ DPW Breakfast at the Wenham Tea House as thanks for the extraordinary efforts of staff and Bill Tyack during our record breaking 110.3 inches of snow this winter!
- ◆ Holiday Calendars and Cards
- ◆ Newsletter monthly mailing to Wenham residents age 60 and over! Funded by FWCOA!
- ◆ Painting & Pizza Classes – *Painting with Aleah*
- ◆ Watercolor Classes – *Painting with Lea and Denise*
- ◆ Folly Cove Design inspired classes and Film *with Peggy C.*
- ◆ Antiques Road Show – standing room only event
- ◆ New Sign for COA Building
- ◆ ERBA Kayaking – Sunset Tours on the Essex River (3 months)
- ◆ Essex River Cruise to Crane's Beach on a gorgeous day
- ◆ Food for the Monday night Bridge Group
- ◆ Documentary Film screening of a film about hope for those with memory loss called *I Remember Better When I Paint*, in collaboration with the Wenham Museum and Peggy C.
- ◆ Voyage out of Gloucester Harbor aboard the *Thomas B. Lannon*.
- ◆ New BOCCI court installed at the COA.
- ◆ Support for *NEW* Organic Garden at the COA.

Your tax deductible contributions helped make these and other activities possible. THANK YOU!