



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

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

# THE WENHAMITE

## AUGUST 2014

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

Volume 1, Issue 11



Throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails...do it whilst yur able!

*JR & M. Twain*

We have had a near perfect month of weather. We have been able to get outdoors kayaking with ERBA on a Sunset Tour, and also toured the Essex River on Essex River Cruises. So many great things have been going on around town with **Art Grows Here** in it's 5th year featuring some incredible outdoor art. It's nice to see some fresh faces out doing things.

This month we have 2 buses headed down to Cape Cod Canal for a day, a mid day cruise on the Thomas B. Lannon, more painting, bridge, ice cream meetings, book club, movies, and KUE meetings. We are back to the drawing board on few ideas. Aside from these ways of getting together and sharing some fleeting summer moments, we strive to do work helping people make important decisions for their adult family members. Our goal is to provide useful support and resources to help simply narrow choices. More to come and thanks for your support! JR

The white water lily is a perennial plant that often forms dense colonies. Submerged portions of all aquatic plants provide habitats for many micro and macro invertebrates. Invertebrates in turn are used as food by fish and other wildlife species (e.g. amphibians, reptiles, ducks, etc). After aquatic plants die, their decomposition by bacteria and fungi provides food (called "detritus") for many aquatic invertebrates. Deer, beaver, muskrat, nutria and other rodents will consume the leaves and rhizomes of white water lily, while the seeds are eaten by ducks.

### SCHOONER TO SET SAIL



On Tuesday, August 26th at 1 pm we have made arrangements to sail our of Gloucester Harbor on the *Thomas B. Lannon*. We have reserved for 10-12 and if you are interested call us at (978) 468-5534. Sit back and relax or help the crew raise the sails as we head out through Gloucester's working harbor and along

her rocky coastline. See lighthouses, castles, scenic beaches, and magnificent waterfront homes. Breathe the clean salt air and feel the wind as it fills the schooner's sails. Join us on a two-hour public sail and feel your stress disappear. Since most people enjoy the quiet of sailing, we do not have a narrator onboard. The crew is happy to answer questions you may have, so feel free to ask about anything you see that interests you. \$35/pp. \$26/pp for two.



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

# The Wenhamite Community News



## Ice Cream Social

August 20th, 2014

2:00—3:30PM

The *Wenham Community COA Garden* was generously loaned to us by our friend Kim Smith and our plot resides to the right of the walkway furthest from the buildings at **Enon Village**. The tomatoes need to be staked and the weeds need to be tended. You could plant something in a few of the empty spaces created by hungry rabbits.

A recent study in the Netherlands suggests that gardening can fight stress even better than other relaxing leisure activities. Other study's in Norway found the effortless attention of gardening may even help improve depression symptoms.

Imagine walking out of your next doctor's visit carrying a prescription to grow more produce! While this might seem unusual, it cannot be argued that gardens yield baskets full of nutritional food, fit for diets of any age. We are planning a harvest picnic late summer. The rabbits are growing nicely...

## Programs and Events

**Saturday Coffee** - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hour. The next gathering is on **August 23rd** starting at **10 am**. We are excited about some fun and interesting topics and will keep you posted. Join us for this monthly event.

**Internet Café** - The Wenham COA will host Internet Cafe on the 2nd Wednesday of each month. Our next meeting is Wednesday **Aug 13th**, from 2 pm - 4 pm. We will have one computer hooked up to our projector, and our volunteers will bring different computers for hands on instruction. Our goal for this class will focus on any problems people are having with their iPads or any computer. We will help you with any questions you have regarding finding, storing, organizing and files and images on your computer. Call us if you have any questions. It will be fun! 468-5534.

**Knitting Group** - 1st and 3rd Thursday in August (from 3-4:30 pm Penny Wingate and Buffy Colt are starting a "knitting group" that aspires to be for any kind of handwork, done for whatever reason. They will meet at the COA monthly as a social get together, with chatting, helping each other, serving light refreshments. Crotchet, sewing and quilting , are all welcome, at any level, they guarantee fun! We are hoping people with a specific skill will come and share their expertise or talk to the group and perhaps take on a project. If the group gets going, the leaders may meet more frequently.

**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 . **Adult Loss of Parent** - Weds., 6:30 - 8:00PM in Danvers , July 30 to September 17th **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).

**The Aging and Disabilities Resource Consortium** is sponsoring two morning candidate forums at Beverly High School on Weds., Aug 6th and 13th. Learn about the Gubernatorial and Congressional candidates view of the future! You can have an impact on how seniors and adults with disabilities live their lives by voting for the person who you feel will best represent and respond to your needs and concerns.

## COA MOVIES

Tuesday, August 12 at 10am - *Winter's Tale*. Peter Lake is a master thief, who never expected to have his own heart stolen by the beautiful Beverly Penn. But their love is star-crossed: she burns with a deadly form of consumption, and Peter has been marked for a much more violent death by his one-time mentor *PG/118 mins*.

Tuesday, August 26 at 10am - *Cesar Chavez*. Torn between his duties as a husband and father and his commitment to bringing dignity and justice to others, Cesar Chavez embraced non-violence as he battled greed and prejudice in his struggle for the rights of farm workers. *PG-13/101 mins*.

# THE WENHAMITE

## AUGUST 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
<p><b>* means</b>  <b><u>RSVP 468-5534</u></b></p>				<p><b>1</b>  <b>Zumba G HWR 9am</b>  <b>Gentle Joints H 10-11am</b></p> <p style="text-align: center;"><b>*Enon Gardening</b>  <b>12:30 - 1:30pm</b></p>
<p><b>4</b>  <b>*SHINE W 10am - 12p</b></p> <p><b>Knitting - HWL</b>  <b>12 pm - 2 pm</b></p> <p><b>Bridge - W</b>  <b>6:30 - 8:30 pm</b></p>	<p><b>5</b>  <b><u>Sen. Tarr Rep. Dick Curran</u> *W 12-2pm</b></p> <p><b>*Chair Yoga-W- Lisa</b>  <b>1pm - 2pm</b></p> <p><b>*Low Vision Grp - H</b>  <b>10:00 AM (w/Lunch)</b>  <b><i>Carroll Center Trip</i></b></p>	<p><b>6</b>  <b>Bridge - HWL - 10am</b></p> <p><b>Blood Pressure Clinic</b>  <b>H - Drop in. 9am-12pm</b>  <b>*Enon Gardening</b>  <b>12:30 - 1:30pm</b></p>	<p><b>7 *Stop and Shop</b></p> <p><b>“Outdoor Walking”- H</b>  <b>9:00am</b></p> <p><b>Cribbage - HWL - 10am</b>  <b>*Balance+-W- Regina</b>  <b>10:30pm - 11:30pm</b>  <b>*Knitting Group</b>  <b>3pm - 4:30pm</b></p>	<p><b>8</b></p> <p><b>Zumba G HWR 9am</b>  <b>Gentle Joints H 10-11am</b></p> <p style="text-align: center;"><b>*Enon Gardening</b>  <b>12:30 - 1:30pm</b></p>
<p><b>11</b>  <b>Knitting - HWL</b>  <b>12 pm - 2 pm</b></p> <p><b>Bridge - W</b>  <b>6:30 - 8:30 pm</b></p> <p><b>Audiology - H - 12pm-2</b></p>	<p><b>12</b>  <b>TRIAD Meeting - W</b>  <b>10 am - 11am</b>  <b>*Chair Yoga -W- Lisa</b>  <b>1pm - 2pm</b>  <b>COA BOARD MTG</b>  <b>W - 2 - 3 PM</b>  <b>*Movie - W - 10 am</b>  <b><i>Winter's Tale</i></b></p>	<p><b>13</b>  <b>*Enon Gardening</b>  <b>12:30 - 1:30pm</b>  <b>*Internet Café - W 2p</b>  <b>Blood Pressure Clinic</b>  <b>H - 9am-12pm</b>  <b><u>Silk Scarf Making W</u></b>  <b>COA 2pm - 4pm</b>  <b>(Limit 10)</b></p>	<p><b>14 Fox Tours “Cape Cod Canal” - H - 8am</b>  <b>*Stop and Shop</b>  <b>“Outdoor Walking”- H</b>  <b>9:00am</b>  <b>Cribbage - HWL-10am</b>  <b>*Balance+-W- Regina</b>  <b>10:30pm - 11:30pm</b>  <b>*Book Club - W - 3 PM</b></p>	<p><b>15</b>  <b>Zumba G HWR 9am</b>  <b>Gentle Joints H 10-11am</b></p> <p style="text-align: center;"><b>*Enon Gardening</b>  <b>12:30 - 1:30pm</b></p>
<p><b>18</b>  <b>*SHINE W 10am - 12p</b></p> <p><b>Knitting - HWL</b>  <b>12 pm - 2 pm</b></p> <p><b>Bridge - W</b>  <b>6:30 - 8:30 pm</b></p>	<p><b>19</b>  <b>*Chair Yoga-W - Lisa</b>  <b>1pm - 2pm</b></p> <p><b>ERBA “Sunset Tour”</b>  <b>Meet at 5 pm</b>  <b>1 Main St., Essex, MA</b></p>	<p><b>20</b>  <b>Bridge - HWL - 10am</b></p> <p><b>Blood Pressure Clinic</b>  <b>H - 9am-12pm</b></p> <p><b>* ICE CREAM SOCIAL</b>  <b>W 2 - 3:30pm</b></p>	<p><b>21 *Stop and Shop</b></p> <p><b>“Outdoor Walking”- H</b>  <b>9:00am</b></p> <p><b>Cribbage - HWL - 10am</b>  <b>*Balance+-W- Regina</b>  <b>10:30pm - 11:30pm</b>  <b>*Knitting Group</b>  <b>3pm - 4:30pm</b></p>	<p><b>22</b>  <b>Zumba G HWR 9am</b>  <b>Gentle Joints H 10-11am</b></p> <p style="text-align: center;"><b>*JACK HAUCK&gt;&gt;&gt;&gt;</b>  <b><u>SAT., 23rd</u></b>  <b>COFFEE - 10AM</b></p>
<p><b>25</b>  <b>Knitting - HWL</b>  <b>12 pm - 2 pm</b></p> <p><b>Bridge - W</b>  <b>6:30 - 8:30 pm</b></p> <p><b>*Computer problems</b>  <b>W 10am - 12pm</b>  <b><u>Call 468-5529</u></b></p>	<p><b>26</b>  <b>*Chair Yoga-W - Lisa</b>  <b>1pm - 2pm</b>  <b>*Movie - W - 10 am</b>  <b><i>Heaven is for Real</i></b></p> <p><b>*SCHOONER - 1PM</b>  <b><i>Thomas B. Lannon</i></b>  <b>Lvg Wenham at noon</b></p>	<p><b>27</b>  <b>Podiatrist H - 9 am</b>  <b>Blood Pressure Clinic</b>  <b>H - Drop in. 9am-12pm</b>  <b>*Enon Gardening</b>  <b>12:30 - 1:30pm</b>  <b>*ART CLASS WITH</b>  <b>ALEAH. W - 2 PM</b></p>	<p><b>28 *Stop and Shop</b></p> <p><b>“Outdoor Walking”- H</b>  <b>9:00am</b></p> <p><b>Cribbage - HWL - 10am</b></p> <p><b>*Balance+-W- Regina</b>  <b>10:30pm - 11:30pm</b></p>	<p><b>29</b>  <b>Zumba G HWR 9am</b>  <b>Gentle Joints H 10-11am</b></p> <p style="text-align: center;"><b>*Documentary film:</b>  <b>“I Remember Better</b>  <b>When I Paint”</b>  <b>W 2- 3:30PM</b></p>

## Day Trips with Ipswich and Hamilton

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

**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 its 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.

**October 9th - NH Turkey Train** - Thursday, October 9, \$72/pp. Board the scenic railroad dining car to enjoy the changing colors of sugar maples. You will be served a delicious full course luncheon featuring Hart's Turkey Farms roast turkey dinner. You will also enjoy a visit to the magnificent Clydesdales at the Anheuser Busch brewery in Merrimack, NH.

**November 13th - Foxwoods Casino** - Thursday, November 13, \$27/pp. Trip on the Luxury Silver Fox Motor Coach. Trip includes a delicious festival Buffet or \$10 food voucher plus \$10 casino slot play.

**December 11th - Indian Head Resort Christmas Tour** - Thursday, December 11, \$69/pp. This trip includes a welcome cocktail reception, a spectacular holiday revue show, sing-a-long and a delicious buffet luncheon on 180 acres of scenic splendor in New Hampshire's spectacular White Mountains.

## Wenham Van Transportation 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 ONE GREAT DRIVER FOR 4 HOURS ON MONDAYS!**



*On the last Weds. of each month we have been having fun at our own PaintDays party.*

*It has been great watching this class grow and like some things it can't be explained but it has come together organically. I do not want to say too much... but it is very encouraging to me to see people gathered here.*

*Come see me if you would like my help to build any kind of program, class, or build a team. Feel free to call any time. 468-5529*

# Highlights and Creative Endeavors

## KUE (Knitters United Etc.) on the Thursdays, August 7th & 21st

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 an 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 3 PM. Hope to see you there. ~ Penny Wingate



**<<<EAT, DRINK AND PAINT PARTY - Wednesday, August 27 at 2 pm** in our COA Building, 10 School Street. The initial phase involves layering which takes about 15 minutes to dry. During that time we eat and drink. We have a good group and may have to find a larger studio. Everyone has heard of the popular "Paint Night" at this point. Artists feature their work and they help you understand the flow of their work! If you are interested please call so we know our headcount **(978) 468-5534**. We'll be painting the work pictured to your left by artist Aleah Gates.  
<http://paintnite.com/pages/home/index>

## ERBA Kayaking



We had an enthusiastic group of kayakers who got together at 5 pm for an absolutely PERFECT Sunset Tour with ERBA in Essex last month, and we want to keep up the momentum.

We are building a program started a few years back. Friends of the Wenham COA have kindly supported these adventures from the beginning.

Our next Sunset Tour will be on **Tues, August 19th**. Please call or email me if you are interested. In addition, I would like to do a 2nd trip out some morning soon after this one in August! JR.



## Unlock Your Inner Picasso!

## Join us making silk scarves!

**On Wednesday, Aug. 13th we will guide you in the basic techniques of making your own silk scarves. Our designer Tracy Valletti, MS, BFA, is the Community Relations Director of Essex Park Rehabilitation and Nursing Center in Beverly. Each participant will finish their own unique scarf! This class is FREE and limited to 10 participants, please reserve your spot early. Call (978) 468-5529.**



**Wenham COA**  
 10 School Street  
 Wenham, MA 01984

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

**Wenham COA** has some good news for you. FACEBOOK can be very helpful. My friend needed an air-conditioner and I posted it on FB. Then thanks to Trudy Reid it made it's way to a broader FB audience and ba'boom within 48 hours it was in place and working well. Many thanks to everyone. This is very good news!

**Wenham Council on Aging** is looking for volunteer help with hospitality on the 3rd Weds of every month at 12pm and one Saturday at 10a

**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, August 5th from 11am to 12:30pm

Deliver to addressee or current resident

The summer night is like a perfection of thought. ~Wallace Stevens

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

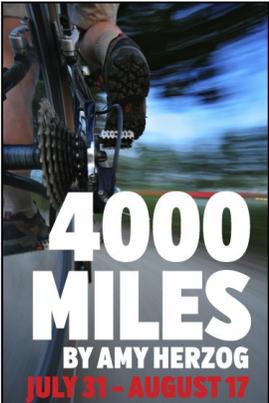
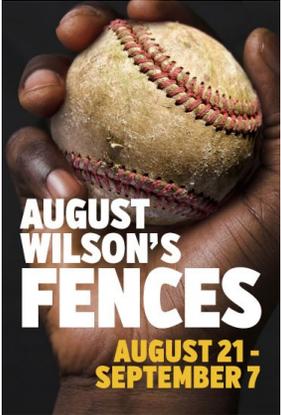
---

**Friends of Wenham COA**  
 Sue Bannon - President  
 Ann Geikie - Vice President  
 Bob Wilkes - Treasurer  
 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 9:00 - 10:45 am.  
*Aerobic endurance, muscular strength, flexibility, balance, coordination, dexterity and relaxation.*  
**Call Barbara Thompson (978) 887-9192**

 <b>HEALTH AND WELLNESS</b> (978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~ ~ CALL US TO SIGN UP ~			
<b>CHAIR POSE YOGA</b> TUES. CLASS WITH LISA B. 1 - 2 PM	<b>STRENGTH ~ BALANCE</b> ENDURANCE ~STRETCHING THURS. CLASS W/ REGINA B. 10:30 - 11:30 AM		

 <b>Gloucester Stage</b> (978) 281-4433			
<b>First Saturday Matinee</b> Aug 2 & Aug 23 Pay What You can!			For Group Rates Call COA today! 468 - 5534*