



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

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

# THE WENHAMITE

## AUGUST 2015

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

Volume 2, Issue 8



### ESSEX RIVER BASIN ADVENTURES

On the 3rd Thursday or August 20, we gather at 3:30 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. Limited to 16.

**Organic Gardening** - We recently installed raised planters just outside the COA building. We used Brick End Farm's "black gold" soil and have organic vegetables from Goose Cove growing impressively. Come over and help us learn ways to improve production and learn better ways to tend and grow organic produce. Having everything at waste height makes gardening pretty easy and we would like to experiment and get others to help us maintain things.

**Bocce's Attraction Today** - The new Wenham bocce court located next to our COA building. It is 10' wide by 65' long and was assembled by compacting stone dust in a 12' deep frame. Bocce require good judgement of distance and the ability to size up a situation and determine what type of shot or strategy is called for. An eye for analyzing the contour and rough spots or divots on a playing surface is helpful, too. Some bocce players claim the game helps their golf, bowling, shuffleboard, and horseshoes since it has features of all these games. In one way, the game is like slow pitch softball. The slow-pitch delivery, with its six to twelve foot arc, is easy to hit, but not easy to hit well. Similarly, bocce is easy to play, but not that easy to play well.

*"Those who bring sunshine into the lives of others cannot keep it from themselves."*

J. M. Barrie (1860-1937) Scottish

Once again **Art Grows**

**Here** dots the landscape of our towns with inspired works of art. We hope you will join us on a few of our planned adventures this month.

We have endeavored to make a date at the Peabody Essex Museum before **American Epics: Thomas Hart Benton and Hollywood** leaves town which we hope to make a ritual. The **PEM** is a jewel!

August is typically quiet here at the COA however we hope you will join us on one of our outings on the Essex River by boat or kayak. The schooner Thomas B. Lannon sails out of Gloucester Harbor and is always fun, so call us and come out!

As I write my daughter is in labor at Beth Israel with my 1st grandchild, Gracie, and therefore my thoughts are a bit scattered, and prayerful.

We are excited to have a new staff person, Traci Massimi. She will help me with outreach and other tasks. If you have a chance please come by and say hello some morning. Thanks for all of your support!

JR

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

- ◇ **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 Wenham COA has planned an **Essex River Cruise**. We have made a reservation for 20 on **Thursday, August 27th** from 10 - 11:30am. The marsh itself is part of the Essex River, an intriguing natural work in progress. Formed 15,000 years ago by melting glaciers of the last Ice Age, the marsh serves as a feeding ground for many species of beautiful birds and abundant wildlife. For generations it has sustained boat builders, fishermen, clammers, entrepreneurs and characters of all sorts from the Agawam natives to the present residents. We'll hear some of their stories during our hour and one half cruise. *\$10.00/PP (call - 468-5534)*

The Wenham COA has planned a last chance, guided tour of the **Peabody Essex Museum**. We have made reservations for a tour of the exhibit **AMERICAN EPICS: THOMAS HART BENTON AND HOLLYWOOD** on August 19th at 10am and runs for an hour. Transportation will be provided. This is the first major exhibition on Thomas Hart Benton (1889-1975) in more than 25 years and the first to explore important connections between Benton's art and the movies. After working briefly in the silent film industry, Benton became acutely aware of storytelling's shift toward motion pictures and developed a cinematic style of painting that melded European art historical traditions and modern movie production techniques. In paintings, murals, drawings, prints and illustrated books, Benton reinvented national narratives for 20th-century America and captivated the public with his visual storytelling. *\$10.00/PP (call - 468-5534)*

# THE WENHAMITE

## AUGUST 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>3</b> *SHINE W 9am - 12p Bridge - HWL - 10am Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm  Sharing our losses - A Circle of Caring - Putnam Farm, Danvers 10:30am - 11:30am	<b>4</b> *Chair Yoga W - Lisa 1pm - 2pm  *Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	<b>5</b> Bridge - HWL - 10am.  Library Book Club HWL - 7pm - 8pm. <i>SHADOW DIVERS</i>	<b>6</b> *Market Basket *Balance+ W Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm  Newly Bereaved Kaplan House 6 - 8pm	<b>7</b> *COPING WITH GRIEF & LOSS Peabody COA - 10:30a  *Benefits Checkup W - 12pm - 2pm Bridge - HWL 1pm - 4:30pm.
<b>10</b> *SHINE W 9am - 12p Bridge - HWL - 10am.  Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm	<b>11</b> * Sen Tarr Rep 10:30am *Chair Yoga W- Lisa 1pm - 2pm *Movie - W - 10am <div style="border: 1px solid black; padding: 2px; text-align: center;">             COA BOARD MTG              W - 2 - 3 PM           </div> *Loss of Spouse Danvers 3:30 - 5pm	<b>12</b> Bridge - HWL - 10am  Blood Pressure Clinic H - 9am-12pm	<b>13</b> *Market Basket  *Balance+ W Regina 10:30pm - 11:30pm  RIFF Book Club W - 2-4pm <i>The Children Act</i> By Ian McEwan	<b>14</b> *COPING WITH GRIEF & LOSS Peabody COA - 10:30a  *Benefits Checkup W - 12pm - 2pm  Bridge - HWL 1pm - 4:30pm.
<b>17</b> *SHINE W - 9am - 12p Bridge - HWL - 10am.  Knitting - HWL 12 pm - 2 pm Audiology - W 12pm Bridge - W 6:30pm	<b>18</b> *Chair Yoga W - Lisa 1pm - 2pm  *Loss of Spouse Danvers, 3:30 - 5pm and 6:30 - 8 pm	<b>19</b> Bridge - HWL - 10am  *PEM Guided Tour. 10am. Transport avail.  *Low Vision - H - 10:30am  *ICE CREAM SOCIAL W 2 - 3:30pm	<b>20</b> *Market Basket *Balance+ W Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm*  *KAYAKING - 3:30pm (Meet at ERBA, in Essex).	<b>21</b> * <u>Low Vision Group</u> - H Departs 9am - Carroll Ctr.  *Benefits Checkup W - 12pm - 2pm  Bridge - HWL 1pm - 4:30pm.
<b>24</b> *SHINE W - 9am - 12p Bridge - HWL - 10am  Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm	<b>25</b> *Chair Yoga-W - Lisa 1pm - 2pm  *Movie - W - 2pm  *Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	<b>26</b> Bridge - HWL - 10am  Blood Pressure Clinic H - 9am-12pm  *Paint Times Aleah W 2pm - 4pm	<b>27</b> *Market Basket *Balance+ W Regina 10:30pm - 11:30pm  Essex River Cruise 10am - 11:30pm	<b>28</b> *Benefits Checkup W - 12pm - 2pm  Bridge - HWL 1pm - 4:30pm.
<b>31</b> *SHINE W - 9am - 12p Bridge - HWL - 10am  Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm				

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

**Low Vision Group** takes to the road to the **Carroll Center for the Blind** store in Newton - On Weds, Aug 21st at 9 am at the **Hamilton COA** with your own bagged lunch. 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** - Every Friday, August 7, 14, 21, 28 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

## 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**



# Sundays in Patton Park

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

**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 at the Community House

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

~ Discounts available ~

~ Register now! ~



Call: **Marna Badavas** (978) 358-7760 [www.greatbaytaichi.com](http://www.greatbaytaichi.com)

**The health benefits include: improved circulation, balance and posture; increased strength and flexibility; and reduced stress. With regular practice, Taoist Tai Chi™ internal arts reach deep inside the body to benefit the entire physiology including the tendons, joints, spine, connective tissue and internal organs. It restores the calmness and peace of mind that is often lost through the desires and anxieties of daily life.**



## SCHOONER TO SET SAIL

On Thursday, August 13th 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. \$20/pp.

## Library and other News



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

**Bridge Group** - Mondays & Wednesdays from 10am -12pm and Fridays 1pm - 4:30pm.

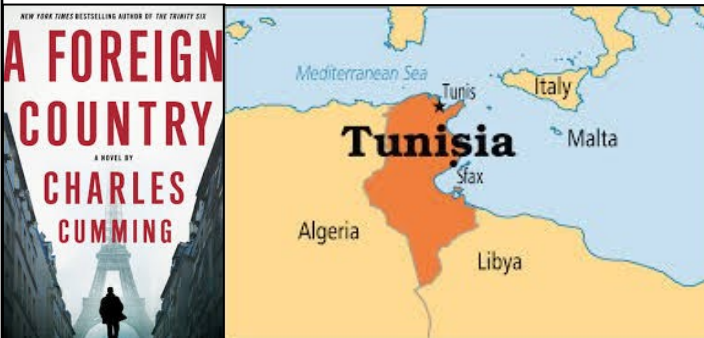
### Knitting Group

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

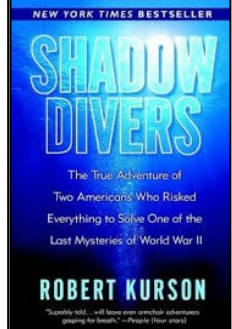
**Cribbage** - Every Thursdays – 10 AM – 12:00 PM at the H-W Library Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome!

### August Summer Reading: Shadow Divers and A Foreign Country

Wednesday, August 5th, 7pm – 8pm at the H-W Library. Contact Rebecca Shea. **Shadow Divers** by Robert Kurson. Nonfiction. "In 1991, acting on a tip from a local fisherman, two scuba divers discovered a sunken German U-boat, complete with its crew of 60 men, not too far off the New Jersey coast. The divers, realizing the momentousness of their discovery, began probing the mystery. Over the next six years, they became expert and well-traveled researchers, taught themselves German, hunted for clues in Germany, and constructed theories corrective of the history books, all in an effort to identify this sunken U-boat and its crew." -Audible.com



**Shadow Divers: The True Adventure of Two Americans Who Risked Everything to Solve One of the Last Mysteries of World War II**



Tuesday, August 9th, 11:00am -12:30pm at the H-W Library. Contact Nancy Day. Join us on a literary and visual journey to **Tunesia** by way of Charles Cumming's **A Foreign Country**. "Six weeks before she is due to take up her position as head of MI6, Amelia Levene vanishes without a trace. Her disappearance is the gravest crisis MI6 has faced for more than a decade. There has been no ransom demand, no word from foreign intelligence services, no hint of defection." Available in: hardcover, audio CD, paperback, large print. 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 SOON >>> Wednesday, September 9th The Boston Girl**. "Addie Baum was born in 1900 to immigrant parents who were unprepared for and suspicious of America. Growing up in Boston, Addie's intelligence and curiosity take her to a world her parents can't imagine: a world of short skirts and new opportunities for women. ... Addie recalls her adventures with compassion for the naive girl she was and a wicked sense of humor." -library catalog 2014. Available in hardcover, large print, CD, ebook & e-audio.



August 19th, 2015  
2:00 - 3:30PM



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. 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

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

### 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

Jim Howard - 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!



**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 >>>**

