



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

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

THE WENHAMITE

SEPTEMBER 2014

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

Volume 1, Issue 11

If September 11th has taught us anything, it's certainly that the world has never been so interdependent. It is impossible now to be an island of prosperity in a sea of despair.

Bono

The month of August has been amazing with cool temperatures at night and perfect blue sky days thus far. Sen. Bruce Tarr and Rep. Brad Hill stopped by for Ice Cream this week with a good group of Wenhamites, which was a welcome surprise.

We have a growing book group and *Knitters United, Etc.* *KUE* has been popular from the beginning. Our Paintday art class next week has been fully subscribed for the last 3 months. Our yogas classes on Tues and Thurs we are building to be complementary, oriented toward building strength, improving balance (body and mind) and lots of stretching.

We are planning health talks with the Alyson Preston, from the BOH, as we enter into Fall to provide you with helpful resources. Call if you need rides, our van service is excellent and people who use it like it. Try it!
Call (978) 468-5534

JR



About BenefitsCheckUp

<https://www.benefitscheckup.org/>

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

The MA State Primary - Tuesday September 9, 2014.

The Wenham polls are located at the Wenham Town Hall and are open from **7am-8pm**. Absentee ballots are available now and will be accepted until Monday September 8 at noon. Specimen ballots will be posted at the Wenham Senior Center, Town Hall, the H-W library and on the bulletin board outside the post office.



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

The Wenhamite Community News



Are you a gardener and would you like to water our my very small community garden at Enon Village maybe once a week. Meet me M-F at 8:30am and if you know about veggie gardens that would be good too. Call (978) 468-5529. *“Don’t go into Mr. MacGregor’s Garden: your father had an accident there; he was put in a pie by Mrs. MacGregor.”* B. Potter

Programs and Events

Saturday Coffee - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hour. The next gathering is on **September 27th** 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 **September 17th**, 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 and help you solve your problem. Call us if you have any questions. (978) 468-5534.

Knitting Group - 1st and 3rd Thursday in September (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. Crochet, 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.

Want to have a better nights sleep? - Adults who maintain a regular set of daily routines have a reduced rate of insomnia and improved quality of sleep. Stability in basic activities such as bathing, dressing and eating was most strongly associated with sleep quality. Routine lifestyle rhythms may be characterized by stability in the timing, frequency and duration of daily activities such as some kind of creative activity or watching TV or reading. Finding weekly patterns of regularity in activities outside the home is also beneficial.

COA MOVIES

Tuesday, September 9 at 10am - **Awakenings**. Robin Williams, Robert DeNiro. The victims of an encephalitis epidemic many years ago have been catatonic ever since, but now a new drug offers the prospect of reviving them. PG-13/121 mins.

Tuesday, September 23 at 10am - **Good Morning Vietnam**. Robin Williams, Forest Whitaker. An unorthodox and irreverent DJ begins to shake up things when he is assigned to the US Armed Services Radio station in Vietnam. R/121 mins.

THE WENHAMITE

SEPTEMBER 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
1 LABOR DAY	2 *Chair Yoga-W- Lisa 1pm - 2pm Selectman's Mtg - W <i>Al Dodge - 7PM</i>	3 Bridge - HWL - 10am Attic Clearing - W 1pm - 3pm	4 *Stop and Shop "Outdoor Walking"- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *Knitting Group - W 3pm - 4:30pm	5 Zumba G HWR 9am Gentle Joints H 10-11am *Enon Gardening 12:30 - 1:30pm
8 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm *Audiology - W 12pm Bridge - W 6:30 - 8:30 pm	9 <u>Sen. Tarr</u> *W 12-2pm *Low Vision - H - 10:30am *Chair Yoga-W- Lisa 1pm - 2pm COA BOARD MTG W - 2 - 3 PM *Movie - W - 10 am <i>Awakenings</i>	10 Bridge - HWL - 10am Blood Pressure Clinic H - Drop in. 9am-12pm *Enon Gardening 12:30 - 1:30pm	11 *Stop and Shop "Outdoor Walking"- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *Book Club - W - 3 PM	12 Zumba G HWR 9am Gentle Joints H 10-11am *Enon Gardening 12:30 - 1:30pm
15 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology - H - 12pm-2	16 TRIAD Meeting - W 10 am - 11 am *Literary Luncheon HWL - 11:30 am <i>The Art Forger</i> *Chair Yoga -W- Lisa 1pm - 2pm	17 *Enon Gardening 12:30 - 1:30pm *Internet Café - W 2p Blood Pressure Clinic H - 9am-12pm	18 *Stop and Shop "Outdoor Walking"- H 9:00am Cribbage - HWL-10am *Balance+-W- Regina 10:30pm - 11:30pm *Knitting Group - W 3pm - 4:30pm	19 Zumba G HWR 9am Gentle Joints H 10-11am *Enon Gardening 12:30 - 1:30pm Hazardous Waste Day - H Town Hall - 9am - 12pm
22 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	23 *Chair Yoga-W - Lisa 1pm - 2pm *Movie - W - 10 am <i>Good Morning Vietnam</i>	24 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Podiatry - W 9:00am	25 *Stop and Shop "Outdoor Walking"- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *ERBA - Kayaking - 1PM	26 Zumba G HWR 9am Gentle Joints H 10-11am *Ipswich Senior Ctr-1PM <i>Lizzie Borden and the 40 Whacks</i> *JACK HAUCK>>> <u>SAT., 27th</u> COFFEE - 10AM
29 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm *Computer problems W 10am - 12pm <u>Call 468-5529</u>	30 *Chair Yoga-W - Lisa 1pm - 2pm *Documentary Film W <i>"I Remember Better When I Paint"</i> 3 - 4 pm			

Day Trips with Ipswich and Hamilton

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

September 11th - Beauport - Sleeper McCann House Tour, 75 Eastern Point Blvd. Gloucester - Thursday, September 11, \$25/pp HNE members and \$50 non-members. Have you ever wanted to take your own photos of Beauport's stunning interiors? Now is your opportunity. Join us for a regular tour with a little extra time to photograph. All participants will sign a permission form and submit their favorite image for a photo contest on the Beauport Facebook page. The winning image will be made into a postcard for sale in the museum shop. *Flash, extra lighting, and tripods are not permitted and all photos are for personal use only.* Transportation provided for 6 people. Registration is required. Call (978) 468-5529. Jim R

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 Volunteers!

Sept. at the H-W Library and Theatre at the Ipswich COA

Friends of the
Hamilton-Wenham
Public Library

Book Sale

SATURDAY

SEPT. 13, 2014

9 AM - 3 PM

also Mon. thru Thur.,
Sept. 15-18, 10 AM-8 PM

* * *

Don't miss the

Members Only Book Sale

FRIDAY, SEPT. 12, 6 PM-8 PM

Not a Friends member yet?

Join at the door.

* * *



***Lizzie Borden took an axe...or did she?**

YOU DECIDE!

DELVENA THEATRE COMPANY

PRESENTS

AN INTERACTIVE PERFORMANCE OF

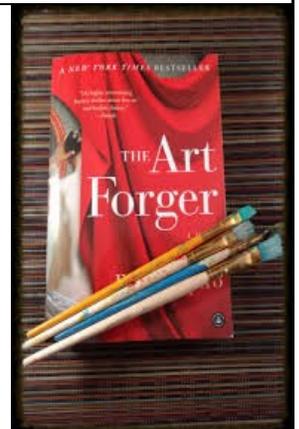
LIZZIE BORDEN AND THE 40 WHACKS

IPSWICH SENIOR CENTER

25 GREEN STREET, IPSWICH

FRIDAY, SEPTEMBER 26, 1:00 PM. CALL (978) 468-5534

THE ART FORGER - "Boston painter Claire Roth has survived financially by painting reproductions. Influential gallery owner Aiden Markel arrives with a bizarre proposal: her own show if she will forge a copy of a Degas, one of the pictures stolen from the Isabella Stewart Gardner Museum. As she works, Claire and Aiden become lovers, but she doesn't tell him about her discovery that the stolen Degas is itself a copy." Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book. Contact Nancy Day (978) 468-5577



Highlights and Creative Endeavors

KUE (Knitters United Etc.) on the Thursdays, September 4th & 18th

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, Sept 24 at 2 pm in our COA Building, 10 School Street. Our *Paint Day* 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 small but enthusiastic group of kayakers who got together in August for our 2nd PERFECT Sunset Tour with ERBA in Essex last month, and we want to keep it going! The program started a few years is back. Friends of the Wenham COA have kindly supported these adventures from the beginning. Our upcoming Fall kayaking group will launch on **Thurs, September 25th at 1 PM.** Please call or if you are interested.

AUGUST HIGHLIGHTS



Book club



Silk Scarves with Tracy



Ice Cream Social



Paint Day

DICK FRANCIS

The Grand Master of Crime Fiction



"RIVETING...AN ENGAGING HERO."
—San Francisco Chronicle

TO THE HILT

A small group currently meets on the second Thursday of each month to discuss a book we selected for discussion. Our focus is on mysteries. We have already read two fascinating books by Dorothy Sayers. At our next meeting on September 11th we will be discussing *To the Hilt* by Dick Francis. Written in 1996 it tells the story of Alexander Kinloch, a painter who lives in rural Scotland. Somebody thinks he knows where the jewel-encrusted, solid gold-handled sword of Bonnie Prince Charlie is hiding - and there's the mystery. You'll also find out how to run a brewery, paint a landscape and yes, ride a racehorse, in this thoroughly enjoyable caper. Come and join us as we chat about the book and see if you solved the mystery before you reached the last chapter. ~ Penny Wingate

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 more good news for you. FACEBOOK continues to be very helpful. Zelda needed the kind of walker you can sit on (we have many of the std. aluminum type) and I posted it on FB. Some kind soul responded immediately and voila! The message coming through is that people are eager to help older adults. FB is useful...very encouraging!

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, September 9th from 11am to 12:30pm

Deliver to addressee or current resident

"Best surprise ever when Robin Williams whizzed past me on a bicycle path while filming "Jack" in Kentfield, California. I recognized him immediately and yelled out, "Love ya, Robin!" as he passed by...Robin just kept peddling wildly down the path as he yelled back, "Love ya too!"... and I could hear his laughter in the distance." from MauiEditor 4 days ago

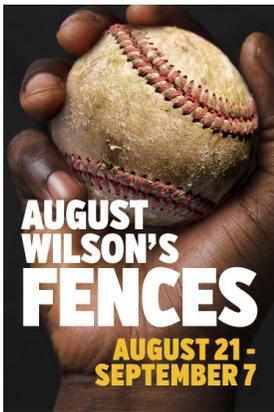
Wenham Board Members
 Chairman - Lucy Sprague Frederiksen
 Roseann Brozenske - Vice Chair
 Penelope Wingate - Secretary
 Peggy Gauthier
 Diana Lang
 Elizabeth Colt
 Juliana Dodge

Friends of Wenham COA
 Sue Bannon - President
 Ann Geikie - Vice President
 Bob Wilkes - Treasurer
 Jim Howard - Secretary

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

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 October we will be rolling out the optimal balanced exercise program which will have you feeling much better this winter! Class limited to 14-16. Stay Tuned!

 <p>Gloucester Stage (978) 281- 4433</p>	 <p>Northshore Music Theatre (978) 232-7200</p>
<p>First Saturday Matinee Sept 6th Pay What You can!</p>  <p>AUGUST WILSON'S FENCES AUGUST 21 - SEPTEMBER 7</p> <p>Ticket Costs - \$35</p>	<p>For Group Rates Call COA today! 468 - 5534*</p>  <p>CHICAGO</p> <p>Ticket Costs - \$41-54</p>