



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

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

THE WENHAMITE

JUNE 2014

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

Volume 1, Issue 9



The completion of this sidewalk on Cedar Street highlights a small portion of the work done since 1999 by the Wenham DPW and through the fundraising efforts of the *Wenham Bicycle and Pedestrian Advisory Committee* and many others led by Frances deLacvivier. The committee has raised over \$300,000 over the last 15 years to make our roads safer for kids and adults to bike and get out and walk.

JOIN THE FRIENDS OF THE WENHAM COA

Membership Application

Name _____

Address _____

Email address _____

Drop at Town Hall or Send to: PO Box 26, Wenham, MA 01984

*Go Green- Circle: *Send newsletter online only./ Send online and paper.*

"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."

Henry James

Summer has at long last arrived and we look forward to providing new opportunities to get out to upcoming shows at the Music Theater and the Gloucester Stage this summer. If you are interested we can arrange group tickets, but you need to call us so we can make arrangements. The same holds true for Essex River Cruises and Charters with reduced rates for groups of ten or more. Call us at 468- 5534 to sign-up for July and August adventures, you've earned it!

Please ask for help from us if you need it. That's what we do. We recognize in our work that people thrive on interdependent, caring relationships. These relationships are what make a community. It starts by your asking for help! We aspire to continuously improve our access and understanding of both public and private resources available to each and every person in our community. Thanks for your support and enjoy the month June!

Jim Reynolds



Antique Road Show at the Wenham COA



On Wednesday, June 18th from 11:00am - 12 pm Bob Cianfrocca will be host at the Wenham Council on Aging with an Antiques Road Show followed by lunch. Please join us with any antiques or items you are curious about and Bob will appraise them here at the Wenham COA. If you have items that are too big to fit into the car bring photographs and he will provide you a rough estimate of value based on what he can discern from the photos. We want to extend our welcome to anyone interested, just call us so we can order lunches, (978) 468-5534. We are excited to have this enthusiastic antique dealer coming to Wenham!

Salt Marsh Antiques was founded in 1986, with 14 dealers offering their wares. The store flourished, becoming notable for the quality and range of merchandise. In 1999, it was decided to expand the business and an addition was built, more than doubling the floor space. Today, they have over 30 dealers fill the three floors with a tantalizing, constantly revolving inventory of antiques that appeal to a broad range of customers, collectors, dealers, decorators or shoppers in search of a special gift or that perfect item for their home. Choices include fine period antiques, fine furniture and rugs, books and art, fireplace equipment and antique tools, nostalgic toys and collectibles, jewelry and silver, china and pottery. In short, something for everyone!

Programs and Events

Saturday Coffee - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hours beginning **June 21st** 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 **June 11**, 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 photos emailed by family members that you would like to print or perhaps email. We will help you with any questions you have regarding finding, storing, organizing and printing images from your computer. Call us if you have any questions. It will be fun! 468-5534.

NEW Knitting Group - 4th Thursday, **June 26**, 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). A free one-time workshop for loss of 1 - 3 months. **Young Widowed**, Thursdays, 6:30pm - 8pm, March 6 - April 24. **Loss of Spouse/ Partner**, Tuesdays, 6:30pm - 8pm, March 18 - May 6. **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.

Senior 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 2013 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.

Wenham COA Movies

On Tuesday, June 10 at 10 am - ***The Secret Life of Walter Mitty*** A day-dreamer escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker are threatened, he takes action in the real world embarking on a global journey. *PG/114 mins.*
On Thursday, June 24th at 2 pm - ***Mandela: Long Walk to Freedom*** A chronicle of Nelson Mandela's life journey from his childhood in a rural village through to his inauguration as the first democratically elected president of South Africa. *PG-13/141 mins.*

THE WENHAMITE

JUNE 2014 CALENDAR

H: Hamilton Council on Aging

HWL: Hamilton Wenham Library

HWR: Hamilton Wenham Recreation Dept.

W: Wenham Council on Aging

HWCH: Hamilton Wenham Community House

HWM: Hamilton Wenham Museum

LH: Lamson Hall

*** Means RSVP 468-5534**

ENON: Enon Village

LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
2 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	3 *Chair Yoga -W- Lisa 1pm - 2pm “Poetry for My Daughter” - HWL 7-8pm	4 Bridge - HWL - 10am TaiChi - HWCH - 10am Enon Village “Strawberry Festival” 12:30 - 1:30pm	5 *Market Basket “Outdoor Walking”- H 9:00am *Balance+-W- Regina 10:30pm - 11:30pm Cribbage - HWL - 10am	6 “Eye on Owls”~ HWL 10:30 am - 11:45 am Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM
9 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology - H - 12pm-2	10 *MOVIE - 10 am <i>Mitty (see inside)</i> Sen. Tarr Rep. Dick Curran *W 12-2pm *Chair Yoga-W- Lisa 1pm - 2pm COA BOARD MTG 2 - 3 PM “Babe Zaharias” - 7pm	11 Bridge - HWL - 10am TaiChi - HWCH - 10am *Internet Café - W 2pm. Blood Pressure Clinic H - 9am-12pm	12 *Market Basket “Outdoor Walking”- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm “Memory Café” HWM 2 - 4 pm *Book Club - W - 3 PM	13 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM *Computer Help - W 10am - 12pm
16 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm *Computer Help - W 10am - 12pm	17 *Chair Yoga -W- Lisa 1pm - 2pm H-W Library - 11:30a Literary Lunch TRIAD Meeting - W 10 am - Fire, Police, COA & Sheriff COA Board - 1:30 p	18 Low Impact Aerobics LEG 8:30-10:15a Bridge - HWL - 10am *Antique Roadshow w/Salt Marsh Antiques 11am - 12pm w/lunch TaiChi - HWCH - 10am	19 *Market Basket Cribbage - HWL-10am “Outdoor Walking”- H 9:00am *Film Screening - 10am “I Remember Better When I Paint”- HWM *Balance+-W- Regina 10:30pm - 11:30pm	20 *JACK HAUCK SAT., 21ST COFFEE - 10AM Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM
23 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	24 *Chair Yoga-W - Lisa 1pm - 2pm *MOVIE - 2 pm <i>Mandela (see inside)</i>	25 Podiatrist - H - 9 am Bridge - HWL - 10am TaiChi - HWCH - 10am Blood Pressure Clinic H - 9am-12pm *ART CLASS WITH ALEAH - 2 PM	26 *Market Basket “Outdoor Walking”- H 9:00am Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm *NEW Knitting Group 3pm - 4:30pm	27 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM *Computer Help - W 10am - 12pm
30 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm *Computer Help - W 1pm - 3pm	* <u>RSVP 468-5534</u>	* <u>RSVP 468-5534</u>	* <u>RSVP 468-5534</u>	* <u>RSVP 468-5534</u>

Day Trips with Ipswich and Hamilton

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

July 17th - Majestic Maine Cruise - Thursday, July 17th, \$79/pp. Board a ferry in Portland for a two-hour narrated tour of Casco Bay, its many beautiful islands and the beautiful Maine coast. At Bailey Island, you will have a delicious luncheon at Cook's Lobster House, which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later, you will visit the outlets in Freeport, Maine for some shopping.

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

MARKET BASKET EVERY THURSDAY



On May 21, Wenham's public safety officers and town officials hosted a barbecue for seniors to update them on safety tips and town programs for senior safety. COA Director Jim Reynolds joined Chief Perkins "Grill Master", Chief Blanchard, and Town Administrator, Mark Andrews at the Fire Station. Mo Pratt from the Essex County Sheriff's Office spoke about the town's involvement in TRIAD, most notably the File of Life. Wenham Police Officers spoke how to protect oneself from scams targeting the elderly; pedestrian safety, and ***Operation Safety Net*** to improve sidewalks, roadways and crosswalks; the ***Drug Take-Back Program***, where residents can drop off prescription medication in a vault in the entrance lobby at the Police Dept. for monthly disposal in an incinerator. Chad LaBrie introduced ***Operation Safe Watch***, a new program intended to protect seniors who might wander and get lost. For information on these programs and registration materials, call the COA at 468-5529 or the Police Dept. at 468-5500.

Highlights Around Town



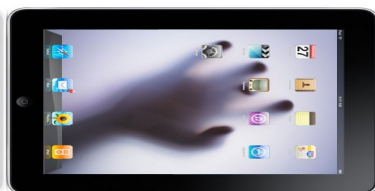
<<< **PIZZA AND PAINT PARTY - Wednesday, June 25th at 2 pm** in our COA Building on 10 School Street we will be **EXPLORING OUR ARTISTIC SIDE**...again. The initial phase involves laying a base coat which takes about 15 minutes to dry. During that time we'll feast. The idea has been stolen from our inspired city kids, a new form of entertainment. They call them "PAINT NIGHTS" and they happen in bars. Artists feature their work and they help you with duplicating it ! 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. Check it out!

<http://paintnite.com/pages/home/index>

Eye on Owls Presentation



Hand-on iPad Workshop
Weds, June 11 from 3 - 4:30 pm
and 6:30—8:30 pm



Discover the Library!

Wildlife presentation, Fri, June 11th, 10:30 am *Eye on Owls* by Mark and Marcia Wilson share the field marks, signs and naturalist's skills that you can use to find wild owls without disturbing them. Meet six live owls (from small to huge) up close. Everyone participates in a hooting lesson and learns tips on how to attract and protect owls near you. You will meet New England's tiniest owl, the Northern Saw-Whet Owl (4 ounces) along with the world's largest owl, the Eurasian Eagle Owl (five foot wingspan!). Other species that figure prominently in the program include Eastern Screech Owl, Barred Owl, Barn Owl, Great-horned Owl, Snowy Owl and Spectacled Owl. *Co-sponsored by library, Wenham and Hamilton COA.*

The Elder Insider Talks on Thursdays, June 5th, 12th and 19th from 5:30 pm - 7 pm. RSVP Joan Thibeault at (508) 843-1869. **June 5th** - 'Cost of Today's Senior Living'. Learn ways to protect your assets, enjoy retirement and not outlive your money. **June 12th** - *The '411 on Senior Living Choices'*. Whether you want to downsize, relocate, or are just curious. **June 19th** - *'Aging-In-Place'*. What's available for in-home care services, the costs, and how to choose what is right for you.

iPad Workshop - Sign up by contacting Rebecca Shea at (978) 468-5577



Babe Zaharia's US Open Win - Tues., June 10 - 7-8pm. Gary Larrabee, is a noted North Shore journalist and historian who will discuss his latest golf volume about how Zaharias overcame debilitating intestinal cancer to capture her greatest golf title by a resounding 12 strokes, two years before her death. Gary, is a Wenham resident a former staff writer for the *Salem News*, is also the author of 8 other golf-related histories, and chronicles of St. John's Prep, Beverly Hospital and Bishop Fenwick High School.

Wenham Museum's Memory Café presents a documentary screening:

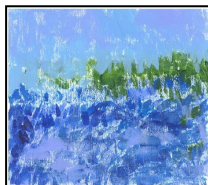
"I Remember Better When I Paint"

DATE: Thursday, June 19, 2014

TIME: 10:00 am - 12:00 noon, followed by lunch

PLACE: Wenham Museum— 132 Main St. Wenham

RSVP: by 6/15/14 to Jim Reynolds at (978) 468-5529



This film highlights the power of the creative arts for those living with memory loss.

Film will be viewed and followed by a panel discussion facilitated by Peggy Cahill, art and culture program development consultant, working with The Wenham Museum Memory Cafe.

Wenham COA
10 School Street
Wenham, MA 01984

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

Wenham COA will sponsor an OPEN House followed by lunch on Wednesday, June 18th. Bob Cianfrocca from *Salt Marsh Antiques* will hold a FREE antique appraisal for any items you can get to the COA building. We will follow with lunch and answer COA questions.

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

Memory Café will be held at the Wenham Museum on Thursday, June 12th for both caregivers and those for whom they care.

Senator Tarr's District Office Hrs
Wenham Senior Center
Tuesday, June 6th from 11am to

Deliver to addressee or current resident

And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.
~ F. Scott Fitzgerald

Wenham Board Members

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

Friends of Wenham COA

Trudy Reid - President
Tom Tanous - 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

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 PM



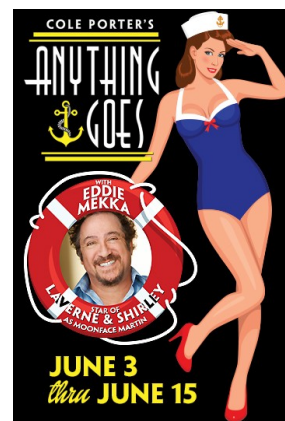
Gloucester Stage
(978) 281- 4433

First
Saturday
Matinee
June 14
Pay
What
You can!



Ticket Costs - \$35

Northshore Music Theatre
(978) 232-7200



For
Group
(10 +)
Rates
Call
COA
today!
468-
5534

Ticket Costs - \$41-54