

April
2024

TIPS & TOPICS



PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
79 Central Street, Peabody, MA 01960
Monday-Friday 8:00AM - 3:00PM
Ph: (978) 531-2254 / Fax: (978) 531-7176
www.peabodycoa.org / Find us on Facebook!



Live Peabody
An Age Friendly Community

Carolyn Wynn, Director
Edward A. Bettencourt, Jr., Mayor

Senior Citizens Appreciation Concert

Friday, May 17, 2024
at 10:00 a.m.

Peabody Veterans
Memorial High School

(Complimentary light luncheon to follow)

The musical event features light concert music performed by the high school local and instrumental ensembles and a delicious lunch will be prepared by the high school Culinary Arts Department.

Transportation
will be provided
by the PCOA.

Please call
(978) 531-2254

Sponsored by
the Peabody
Municipal
Light Plant



Thank You



All the Seniors at the Peabody Council on Aging want to thank Senator Joan Lovely for her thoughtfulness! She and her assistant Sarah Cahill have been bringing in Birthday Cakes to help make their birthday celebrations even that much sweeter!

Attention:

**All Seniors in Peabody!
We need your help!**



Several months ago, Mayor Bettencourt has asked me to be part of the Master Plan Committee. As many of you already know, Peabody's over 60 years old population makes up more than 32% of the total population. This percentage of older adults living our community is almost double that of the Commonwealth's.

I am asking you to take some time to answer four (4) questions. Even if you only answer one of the questions, your participation is most welcome.

1. What do you like most about Peabody?
2. Peabody needs more?
3. List three (3) things we should change in Peabody.
4. What do you want Peabody to be like in 10 years?

There are many ways that you can participate in sharing your thoughts with us. You can mail us your thoughts in writing to:

**Torigian Senior Center
79 Central Street, Peabody, MA 01960**

You can email us at www.peabodycoa.org or you can go to the Master Plan webpage <http://bit.ly/peabody-vision-2035>

I have personally learned so much from all of you, over these past thirty-six (36) years working in the field of aging.

Truthfully, our senior center has benefited from your wonderful ideas as I have personally. For many of you that have made Peabody your home not only for yourselves but maybe for generations, be proud of what you have built because this strong foundation was what everything is built upon today.

I am asking you to please consider participating by sharing your ideas for Peabody's future. Thank you for your time and consideration.

Most Sincerely, Carolyn



Fall Risk Screening

Courtesy of Gordon College's Center for Balance, Mobility and Wellness:
 Screening will be
 Thursday, April 18th from 10:30—12:00
 In our main hallway.
 Please sign up at the front desk!

Senator Joan Lovely:

Office hours at the PCOA
 Monday, April 8, 2024 from 9 -10am.
 Walk-Ins Welcome!

Veterans Meetings:

Our Veterans Group will meet on Tues. April 16th, 2024 from 9:30 - 10:30 am Classroom A.
 The DAV Group will meet April 17th.

Diabetic Shoe Clinic

Amy Baxter will be here on
 Thursday, April 11th at 1:00pm
 For an appointment call
Amy Baxter- 603-944-1311

CRAZY CARDS: A fun twist on whist!

Wed. April 24th from 12:15—3:00
in Computer room

You must purchase your \$3.00 ticket by
April 17th... Tickets may be purchased
 at the Front Reception Desk

**Chair Reiki with Dot McKeen**

Every Thursday starting at 10:00 AM
 Price: 15 Minutes for \$10.00
 Please register by calling 978-531-2254
 or stop by the PCOA reception desk!

Low Vision Group will meet Wednesday,
April 10th, 12:30-2:00 in Classroom A

Hearing Screenings - Joe from Apex Hearing
 will be here on Thurs. April 25th from
 10:00am to 1:00pm. (To make an
 appointment, call 978-531-2254)

April Birthday Celebration
Tuesday, April 2, 2024

Please register in the dining room
 for a free meal between 10:00—11:00 am!

March Birthdays were:
 Sue Savy, Gail Staunton, John Tkaczuk,
 Ruth McNulty, Tim McNulty, & Lennie Burgess



Many thanks to Evans Flowers
For the rose and balloon! Special
Thanks to Senator Joan Lovely for
providing a birthday cake!

The Book Club

Our Book Club is run by Al Hayden. They meet
 each month for a book discussion, at
 the PCOA. Al picks out and distributes
 the books to each participant. They are
 reading *"The Wager by David Grann* for
 the Wednesday, April 10th Mtg., From 10:30
 to 11:30am, in the conference room.

**MOVIE TIME**

Our Movies will be shown by Earl Rosen
 in the Jubilee Hall from 12:15 – 2:15 pm

Tues. April 2nd - Easter Parade
Tues. April 9th - Vacation From Marriage
Tues. April 16th - Casablanca
Tues. April 23rd - The Way We Were
Tues. April 30th - Tony Bennett & Lady Gaga
Live Concert

Phone & Computer Help: Fridays,
 April 5th & 19th from 9:00am - 11:00am
Diabetic Education: Will be on Thursday,
 April 4th, 9:30—10:30 am with Marianne
 Chajnicki

Ping Pong: Most Mondays &
 Fridays from 1:00—3:00 pm in the
 Computer room



Rummikub Players:
 Most Wednesdays and Fridays in the
 Computer room 12:15 pm



Attention!



We have a few more openings in our

new CHAIR YOGA Class

with Cheryl Kelley.

The class is on Fridays from 12:30-1:30 pm in Jubilee Hall.

It is \$5.00 per class.

If interested please call Laurie at Ext. 124!



SAVE THE DATE!

Thursday, May 9, 2024
From 4-7pm in Jubilee Hall
It's the annual

VOLUNTEER APPRECIATION DINNER



The fabulous Alan LaBella will be here to entertain you, followed by a delicious dinner!

Please call Kat DeLomba by Tuesday, April 30th at 978-531-2254 to sign up for this wonderful event and if you need Transportation, please call the Center at 978-531-2254

This event is for Registered Volunteers only!

Friend's Cafe:

April's LUNCH SPECIAL

Air Fried Chicken Fingers

Your choice of Plain or Buffalo style chicken...Served with either sweet and sour, honey mustard, bleu cheese or ranch dipping sauce.  Scrumptious!

Don't Forget! A hearty and delicious **BREAKFAST** for only \$5.00 is offered every Tuesday & Thursday from 8:00 am to 10:00 am!

A La Carte is available too!

DON'T MISS THESE THREE GREAT SHOWS!

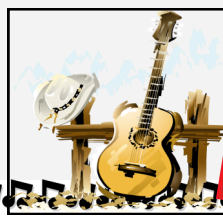
Come down to the Center and enjoy our three-part **MUSIC LECTURE SERIES!**

This Music Series is **FREE!** Presented in three (3) parts and put on by John Clark from the Great American Music Experience.

All presentations will be on Wednesdays from 12:30-1:30 pm

- April 17th: "Great Ladies of Song"
- May 8th: "Country Western"
- June 5th: "Motown's First Decade"

Please sign up at the Front Desk.



We are always so pleased and excited when we have a new business that advertises with us, so please be sure to support our Sponsors! Our monthly newsletter would simply not be possible without their support!



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SAME-DAY SERVICE








TRANSPORTATION: Jim Downey

RIDE DONATION OF \$1.00 EACH WAY IS GREATLY APPRECIATED

8:00 - 9:15 AM
Trask ADH pick-ups only

9:00 AM— 1:45 PM
Senior pick-ups to Medicals,
etc. to: Peabody, Danvers,
Beverly, Salem and Lynn

2:30 PM
Center and Trask ADH

MEDICAL RETURN
PICK-UP REMINDER:
In Peabody:
be ready **before 3:00 PM**

Out of Peabody:
be ready **before 2:30 PM**

Attention Shoppers!!

9:30 am PICKUP/11:30 am RETURN
Shaws, Stop & Shop and NSSC

Monday: So. Peabody, Rockdale Park, Lynn & Lynnfield Sts.
Tuesday: Eastman Park, Bresnahan Street,
Washington Street and 98 Central St.
Wednesday: East End, Connolly Terrace, Wilson Terrace
and 103 Central St.
Thursday: 50 Warren, 12-15-16 Crowninshield, 75 Central
Friday: 20 Central St., 18 Walnut, Lowell St.
Friday: West Peabody (Big Y, Shaws & NSSC)

Due to the high volume of riders, the time for making a reservation for transportation has changed. All immediate reservations must be made a minimum of **ONE WEEK** before your appointment date.

Reservations can be made up to **two (2) months in advance for a ride** and we are encouraging riders to call us as soon as they have an appointment. Please be aware that you should call as early as possible to secure a ride. **Shoppers can still call up until 2:00 pm the day before and be added to the shopping pickup.**

  **ATTENTION ALL SHOPPERS!!!**

Below is the MARKET BASKET in Danvers schedule starting at 11:00 AM and returning at 1:00 PM. The limit is **4 COA BLUE bags per person**

Monday 12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody
Tuesday 50 Warren Street, 75 Central Street, 20 Central Street
Wednesday South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street
Thursday Eastman Park, Bresnahan Street, Washington Street, 98 Central Street
Friday East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

Please call the Transportation Office at 978-531-2254 with any questions.


 Please **call by at least by 2:00 pm a day ahead** to get your name on the list!

ATTENTION All Riders!!

For booked appointments, we will get you there *on time* but *return* time takes a while due to unforeseen conditions. (Thankyou for your patience and understanding!)

***** JUST A NOTE *****

Those wishing to go the hairdressers will follow the same schedule as the Medical. Any day, any time, **AS LONG AS YOUR HAIRDRESSER IS LOCATED IN PEABODY**





Peter A. Torigian Senior Center

**APRIL
2024**

Lunch is served
promptly at 11:30 a.m.

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mac & Cheese Stewed Potatoes Peas and Onions Grapenut Pudding	2 Chicken Kabob Salad/Pita Bread Rice Pudding Birthday Cake 	3 Italian Sausage on Roll Onions & Peppers Mustard/Home Fries Tomato & Cucumber Salad Cookie	4 Roast Beef Gravy Baked Potato Sour Cream Corn and Pimentos	5 Pete's Pizza Caesar Salad Ice Cream
8 Hot Dog Reduced Sodium Condiments Baked Beans Sautéed Cabbage Butterscotch Pud- ding	9 Steak Bomb with Cheese on a Sub Roll French Fries/ Ketchup Tomato Salad	10 Stuffed Peppers Tomato Sauce Steamed Potato Corn Ice Cream	11 Baked Meatloaf Onion Gravy Basil Carrots Garlic Mashed Potatoes Chilled Pears	12 Shrimp Scampi Over Rice Garden Salad Lemon Meringue Pie
15 Patriots Day  Center closed	16 Meatball Sub Au Gratin Potatoes Corn Fruit and Yogurt	17 Cheeseburger Potato Salad Homemade Cole Slaw Chips	18 Roast Pork Sauce Stuffing/Wild Rice Vegetable Medley (Broccoli, Cauliflower, Carrots & Red Pepper) Apple Crisp with Vanilla Ice Cream	19 Grilled Salmon Lt Bernaise Sauce Rice Pilaf Spinach Peaches And Strawberries
22 Chicken Broccoli Alfredo Over Pasta Broccoli Strawberry Cream Pie Popcorn	23 Italian Sub Chicken Noodle Soup Potato Puffs Lemon Squares	24 Lasagna Apple Juice Tomato Sauce/ Grated Cheese Seasoned Green Beans/Garlic Bread Butterscotch Pudding	25 Chicken Cordon Bleu Gravy Twice Baked Potato Corn & Pimentos Brownie	26 Baked Haddock Mashed Potatoes Butternut Squash Ice Cream
29 American Chop Suey Seasoned Broccoli Garlic Bread Chilled Pears	30 Chicken Piccata Guacamole salad Oven brown potato Cottage cheese & Peaches	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Frozen Meals-To-Go Can be purchased in the dining hall from 10:00am-to 12:00 pm & only cost \$3.00!	BREAKFAST is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m. Menus are in the lobby & Cafe

TRIAD news for April...



This information is being shared by Peabody TRIAD in honor of **PARKINSON'S AWARENESS MONTH**

National Parkinson's Awareness Month in April encourages us to participate in one or more events near you supporting further research bringing us closer to a cure.

Parkinson's is a neurodegenerative disorder.

Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity, and a slow muscle movement. While each person responds differently to the disease, complications often become serious.

Every week the Peabody Council on Aging shares Parkinson's Fitness and Ability-based Exercise, Arts and Movement Programs from Parkinson's Fitness. Parkinson's Fitness is a nonprofit organization providing FREE in-person and online fitness classes, opportunity for social interaction, and educational programs for people with Parkinson's.

Please visit the Peabody Council on Aging Blog Page for weekly newsletter and events: <https://peabodycoa.blogspot.com/> or Visit Parkinson Fitness.org for Additional info: <https://parkinsonsfitness.org/>



Could you benefit from FREE GROCERIES every month?

You may be eligible for CSFP!

The Commodity Supplemental Food Program (CSFP) is a once-a-month food distribution for individuals 60 years of age or older.

You may be eligible to receive two free bags of food once a month containing healthy shelf stable products! Proof of identity and age are all that is required to apply.

CSFP Income Guidelines (effective January 31, 2023)			
Household Size	Weekly	Monthly	Annually
1	\$377	\$1,632	\$19,578
2	\$511	\$2,215	\$26,572
3	\$646	\$2,798	\$33,566
4	\$780	\$3,380	\$40,560



For more information or to apply: Email CSFP@gbfb.org



If you are patient in one moment of anger, you will escape a hundred days of sorrow.

We collect eyeglasses & and eyeglass cases for the Lions Club...

If you have any old glasses and eyeglass cases that you are no longer using anymore, please bring them down to the Center.

Unwanted Cell Phones

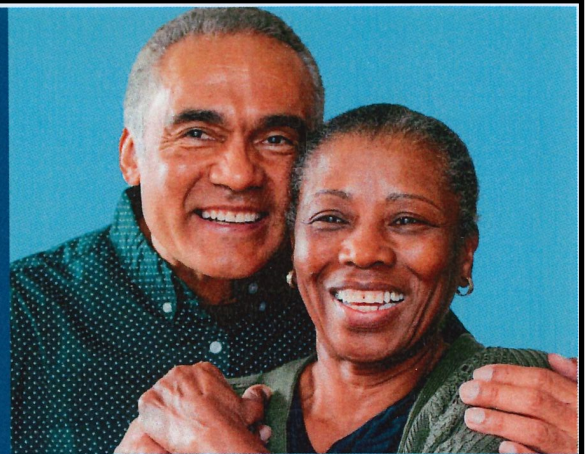
We continue to accept donations of unwanted cell phones. If you no longer use them, donate them to the COA. The money raised will be used for the Center. Just drop off your cell phone donation at the Reception desk.

Hearing Aid Recycle Box

Do you have a gently used hearing aid you no longer need? You can donate it to the North Shore Hearing Foundation. We have a drop off box located at the PCOA. If you have any questions, contact Social Services.

Want to Save Money on Medicare?

Medicare Savings Programs Can Help You Save More than \$1,900 a year.



THIS IS NOT INSURANCE.
It is a program for seniors won by the members of the Massachusetts Senior Action Council.

Medicare Savings Programs Are Not Insurance.

Medicare Savings Programs – also known as “MassHealth Buy-In” programs - are federal programs managed by MassHealth to help those eligible with the costs of Medicare coverage.

MEDICARE SAVINGS PROGRAMS ELIGIBILITY

ASSET LIMITS: INDIVIDUAL - \$18,180 / MARRIED COUPLE - \$27,260

*Asset Limits will be Eliminated by March 2024.

Qualified Medicare Beneficiary (QMB)

"MassHealth Senior Buy-In"

- Pays Monthly Part B Premiums
- Pays Part A and Part B Deductibles and Co-Pays
- "Extra Help" Prescription Assistance

Monthly Income Limits

Individual: \$ 2,329
Couple: \$ 3,143

Specified Low-Income Medicare Beneficiary (SLMB) or Qualified Individual (QI)

"MassHealth Buy-In"

- Pays Monthly Part B Premiums
- "Extra Help" Prescription Assistance

Monthly Income Limits

Individual: \$ 2,754
Couple: \$ 3,718

Peabody Council on Aging – Outdoor Recreation Area

Pickle Ball and Bocce Courts, Basketball, Corn Hole & Shuffleboard

Well, Spring is in the air and we are very excited to tell you that our outdoor recreation area is almost ready to use!

Before we officially open, we are trying to get an idea of how many seniors (Remember, you must be 60 and over) are interested in playing all the games on our new outdoor recreation area.

If you are interested in participating in any of our outdoor activities, please call Laurie Nadeau, our Activities Coordinator at 978-531-2254 X124, and she will take your name and phone number.

We will also need some volunteers out there to keep an eye on things, so if you wish to offer some of your time, please call Kat DeLomba, our Volunteer Coordinator at 978-538-2254 X108 and give her your name and phone number as well.

Laurie and Kat will be compiling names and lists of those interested to get an idea how to better use the courts so not to overlap games.



- Both Courts will be available from 8:00 am to 3:00 pm.
- There will be a sign in sheet in the center and players will have to fill out Emergency Contact Forms.
- We will provide the equipment for all the games, but you are welcome to bring your own.

Please be sure to support our sponsors! The newsletter would not be possible without them!

MICHAEL L. EIDELMAN, D.M.D., F.A.G.D.

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Points to Ponder... Jack Lawless April: Springs First Full Month of Blossoms

- Fairy Tale author Hans Christian Andersen (1805-1875) was born on the 2nd in Odense, Denmark.
- On the 3rd 1860, the American West the Pony Express departed from St. Joseph, MI delivering letters for \$5.00 an ounce to California (2000 miles). There were 190 transfer stations along the way.
- Twelve nations signed the treaty, on the 4th in 1949, creating NATO, the North Atlantic Treaty Organization as the nations united for common military defense against the threat of expansion by the Soviet Union.
- After a break of 1500 years, on the 6th in 1898 the first modern Olympics was held in Athens, Greece.
- On the 8th at State Farm Stadium, Glendale, Arizona will be the final game of the "March Madness" College Basketball season.
- Politicians in Northern Ireland signed the "Good Friday" Agreement on the 10th in 1998 aimed at ending 30 years of violence.
- President Abraham Lincoln was shot and mortally wounded while watching a performance at Ford's Theatre in Washington DC on the 14th in 1865.
- In 1775 on the 18th, the Midnight Ride of Paul Revere and William Hawes occurred as the two men rode out of Boston about 10 pm to warn patriots at Lexington and Concord of the approaching British and at dawn, then an unordered "shot heard around the world" began the American Revolution.
- The Battle of San Jacinto between the Texans and Santa Anna on the 21st in 1836 is when the Texans decisively defeated the Mexican forces thereby achieving independence.
- The Full Pink Moon (when the pink wildflowers begin to bloom in the U.S. Northeast) occurs on the 23rd.
- The Library of Congress was established on the 24th in 1800 in Washington, D.C.
- American artist and naturalist, John J. Audubon (1785-1851) was born on the 26th in Haiti. He drew life-like illustrations of the birds of North America. There is a collection of his illustrations in our library, the Peabody Institute on Main Street.
- Telegraph inventor Samuel F. B. Morse (1791-1872) was born on the 27th in Charlestown, Mass.
- George Washington became the first U S. President as he was administered the oath of office on the 30th, 1789 in New York City.



"April embrace is a gentle reminder that life is ever-changing!" Unknown

GOD BLESS AMERICA AND OUR PATRIOTS!

Marie Bishop



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If you are interested in placing an ad into our newsletter, please contact:
Carol McMahon
at (978) 531-2254 on Ext. 117
or email her at
cmcmahon@peabodycoa.org.

There are other available options upon request!
Call for more information.

Your ad will appear on our website **FREE!**

<http://www.peabodycoa.org/sponsors.html>
www.peabodycoa.org and link us to your business!



IN MEMORY OF/IN HONOR OF ENVELOPES: Envelopes are available to remember a deceased individual or to honor an individual or group by a donation to the *Friends of The Peabody Council on Aging*. Envelopes are also available that will send your donation to the *Roger B. Trask Adult Day Health Program, City of Peabody*. Donations help to fund the scholarship and Activity Programs in the Trask Center. Both envelopes are available at the local Funeral homes and at the Reception area at the Peter A. Torigian Senior Center. All donations will be listed in *Tips & Topics*.

In Honor of/In Memory of Gifts
To the Peabody Council on Aging:

In Honor of Anna Gallo:

For her generous gift

In Memory of Edward McDonald:

Susan and Peter Ambrozavitch



In Honor of/In Memory of the
Trask Adult Day Health Scholarship
Program:

In Memory of Ephraim Katz:

Diane Zydavicius

In Memory of Natalie Rabitski:

Lorraine and Brandon Call

THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM:

Care-Giving Support In Your Neighborhood

We are an Adult Day Health Program located, along with the Peabody Council on Aging, in the Peter A. Torigian Senior Center. Our Program is designed to provide a structured setting for individuals who would benefit from supervised care. We offer social and therapeutic activities, transportation, personal care, bi-lingual staff, medical monitoring, meals and snacks, as well as counseling and other social services. The Trask Program also offers many benefits for families and caregivers such as freedom from concern of leaving a loved one home alone, as well as needed respite time for caregivers to pursue their own activities. Services are provided by a Program Coordinator, Registered Nurses, Licensed Social Worker, Activities Coordinator, Certified Nursing Assistants, and Trained Volunteers.

For more information, or to make an appointment to visit our Center, please call our Program Coordinator: Susan Levenson, RN at 978-531-2254 x134 or email her at slevenson@peabodycoa.org.



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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: APRIL 2024

As we begin the month of April, we look forward to warmer weather, the trees beginning to bud, and the blossoming of flowers. Sure, signs that winter, the snow, and the cold are just memories.

As reported in last month's Tips & Topics, The Friends Annual Appeal for Funds is well underway. The response thus far has been overwhelming. As of mid-March, The Friends have received \$81,994 in donations, which is \$7,352 greater than last year over the same period and we thank you for your continued support of the Friends of the Peabody Council on Aging.

Hope you had an Enjoyable Day

This past month the Annual St. Patrick's Celebration was a tremendous success and a lot of fun. DJ Alan LaBella provided the music, and everyone had a fantastic time. Also, the kitchen crew should be congratulated for the Traditional Corned Beef Lunch that was served, consisting of Corned Beef with Mustard Sauce, Boiled Potatoes, Cabbage Wedge, Carrots and Turnips with Homemade Raisin Bread and Pistachio Cake for dessert.

Friends Café

The Friend's Café has been extremely busy. Everyone who dines for lunch is very satisfied with the menu choices and raves about the food and the dedicated volunteers who serve it. Also, The Friend's Café is now open for breakfast every Tuesday and Thursday from 8:00 to 10:00 am. As you may know all the proceeds of the Friends Café are turned over to the Peabody Council on Aging to support Director Carolyn Wynn and her hard-working staff in all the programs that they provide to our seniors.

If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to become a "Friend of the Peabody COA; please call the Torigian Center (978) 531-2254 and request that one be sent out to you.



**Spring has Sprung
and Sunny Days
Have Begun!**

Friends Care - Friends Share

**In Honor of Gifts
to the Friends of the PCOA:**

**In Honor of David Ankeles
(On his Milestone Birthday):**

Mary Maron



**In Honor of Anna Gallo
(Thank you for being so generous):**
Suzanne Baldracchi



**In Memory of Gifts
to the Friends of the PCOA:**

In Memory of My Dear Beloved Brother Max:

Shirley Spector

In Memory of Pauline Comora:

Dorothy Nelson

In Memory of Maureen & George Conrad:

Liane Conrad

**In Memory of Bob Driscoll (April 24: Eight (8)
years since his death):**

Sally Driscoll

In Memory of Pauline Langley:

Charlies and Nancy Floyd

Rick and Noel Langley

Linda Rodriguez

In Memory of Edward W. McDonald:

Kathy and Marc Butler

Joan Matton

Marie F. Norris

Donna Opolski

In Memory of Natalie Rabitski:

Lorraine and Brandon Call

In Memory of Connie Silva:

Maryanne Dechayne

**The Friends of the PCOA have a PAYPAL
account for donations for**



**(In Honor of/In Memory of)
Go to the PCOA Website:
(www.peabodycoa.org)
and click on DONATE.**

**Friends Board Meetings for 2024:
June 3 September 9 December 2**

PEABODY COUNCIL ON AGING
 Peter A. Torigian Senior Center
 79 Central Street, Peabody, MA 01960
 978-531-2254 www.peabodycoa.org

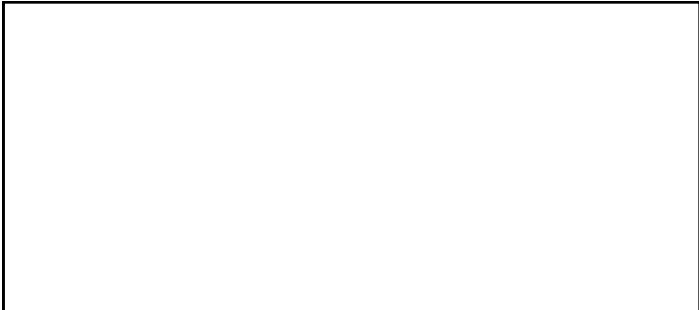
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April Showers...



This newsletter is provided through the generosity of "Friends of the Peabody Council on Aging, Inc." and our Advertisers.



April 2024

Carol McMahon, Editor


Donations In Memory or In Honor Of Are Tax-Deductible.
 Enclose Check Payable to 'Friends of the PCOA, Inc.'
 \$ _____ Date: _____
 Telephone Number: _____

The Purpose of *Friends of the PCOA* is to supplement the budget of the Peabody Council on Aging with their efforts to provide services and programs designed to enrich the quality of life for Seniors who seek them at the Peter A. Torigian Senior Center.

(Please Print)
 Donor's Name _____
 Address _____
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 Please Circle: **In Memory** or **In Honor**

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