

April
2026

TIPS & TOPICS



PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
79 Central Street, Peabody, MA 01960
Monday-Friday 8:00AM - 4:00PM
Phone: (978) 531-2254 / Fax: (978) 531-7176
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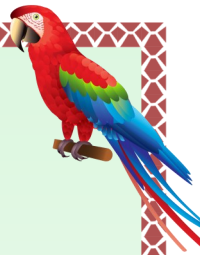


Curious Creatures

Wednesday, April 8th at 12:30
In Jubilee Hall

New England's original Interactive and Educational Live Animal Program

Calling all animal lovers! Join us for a hands-on, interactive, educational presentation. We include interesting facts and stories about our creatures in an educational and entertaining environment.



Sign up at the front desk



Belly Dancing with Celia!

Wednesday, April 15th from
12:30 to 1:30 pm
In the Jubilee Hall

Celia's program consists of a show, during which she performs belly dancing to a variety of rhythms from Egypt, Lebanon, Greece, and around the world. During the second half of the program, you'll get the chance to dress up in a colorful hip scarf and learn fun beginner moves!

Sponsored by the MA Cultural Council



Please sign up at the front desk



Join us for a showing of Irving Berlin's "Easter Parade"
Starring: Judy Garland & Fred Astaire.
Wednesday, April 1st
12:15 PM
In the Jubilee Hall

The Friends of the PCOA are sponsoring another



Karaoke afternoon!

Wednesday, April 22nd
12:30 - 2:00 PM
Jubilee Hall

The top male and female singers will win a \$25 Market Basket Gift Certificate

Come and join us!!!

Friends Café Specials

Salad special: A scoop of homemade egg salad served on top of a garden salad with pita bread



Sandwich Special: Homemade egg salad served on a croissant with lettuce and your choice of side (coleslaw, fries, chips)



Peter A. Torigian Senior Center

April 2026

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

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reminder: Diners need to purchase their lunch tickets between 10:00-11:00 am. Tickets will not be sold after 11:00 am</p>	<p>Menu is subject to change</p>	<p>1</p> <p><u>Italian Sausage on a Roll</u> Onions & Peppers Home Fries Tomato & Cucumber Salad Cookie</p> 	<p>2</p> <p><u>Roast Beef</u> Gravy Baked Potato Sour Cream Corn and Pimentos Orange Cake</p>	<p>3</p> <p><u>Pete's Pizza</u> Caesar Salad Ice Cream</p>  
<p>6</p> <p><u>American Hot Dog</u> Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding</p> 	<p>7</p> <p><u>Steak Bomb w/Cheese on a Sub Roll</u> French Fries/ Ketchup Tomato Salad Birthday Cake</p>	<p>8</p> <p><u>Lasagna</u> Tomato Sauce Grated Cheese Seasoned Green Beans Garlic Bread Tropical Fruit Salad</p> 	<p>9</p> <p><u>Baked Meatloaf</u> Onion Gravy Basil Carrots Garlic Mashed Potatoes Chilled Pears</p>	<p>10</p> <p><u>Shrimp Skewers Over Rice</u> Clam Chowder Garden Salad Lemon Meringue Pie</p> 
<p>13</p> <p><u>Macaroni & Cheese</u> Green & Golden Beans Chunky Tomato Soup/Crackers Chilled Pears</p> 	<p>14</p> <p><u>Chicken Piccata</u> Guacamole Salad Oven Browned Potato Cottage Cheese & Peaches Bean Dip & Crackers</p>	<p>15</p> <p><u>Cheeseburger</u> Potato Salad Homemade Coleslaw Chips Chocolate Pudding</p> 	<p>16</p> <p><u>Roast Pork</u> Stuffing/Wild Rice Vegetable Medley (Broccoli, Cauliflower, Carrots & Red Pepper) Apple Crisp With Vanilla Ice Cream</p>	<p>17</p> <p><u>Grilled Salmon</u> Light Béarnaise Sauce Rice Pilaf Spinach Peaches And Strawberries</p> 
<p>20</p> <p><u>Patriots Day</u></p>  <p>Center closed</p>	<p>21</p> <p><u>Chicken Tenders</u> Dipping Sauce French Fries Homemade Coleslaw Cookie</p>	<p>22</p> <p><u>Meatball Sub</u> Au Gratin Potatoes Carrots Fruit and Yogurt</p> 	<p>23</p> <p><u>Chicken Cordon Bleu</u> Gravy Twice Baked Potato Corn & Pimentos Banana Cake</p>	<p>24</p> <p><u>Baked Haddock</u> Mashed Potatoes Butternut Squash Ice Cream</p>
<p>27</p> <p><u>Chicken Pot Pie</u> Fingerling Potatoes Greek Salad Lemon Squares</p> 	<p>28</p> <p><u>Turkey Wrap</u> Potato Salad Corn Salad Brownie</p> 	<p>29</p> <p><u>Stuffed Peppers</u> Tomato Sauce Steamed Potato Broccoli Ice Cream</p> 	<p>30</p> <p><u>Shepard's Pie</u> Gravy Broccoli Chilled Peaches</p>	<p>BREAKFAST is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m.</p> <p>Menus are in the lobby & Cafe</p>

April Birthday Celebration Tuesday April 7th, 2026



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

March Birthdays were:

Dan Kneelard, John Gorski, Sue Savy,
Gail Stanton, Linda Dall, Lenny Burgess.

Missing from the picture:

Donna Cohen & Annie Nichols

Thank you to Evan's Flowers for the
rose and balloon!



MOVIE TIME

With **Earl Rosen**

In Jubilee Hall, from 12:10 – 2:00 pm

Tues. April 7th: Keeping up with the Steins

Tues. April 14th: Rumor Has It

Tues. April 21st: Alice Doesn't Live Here
Anymore

Tues. April 28th: Midnight

ENJOY AN AFTERNOON MOVIE &



CRAZY CARDS

A fun twist on whist!

Wed., April 22nd, from

12:15 - 3:00 in the Computer Room

**You must purchase your \$3.00
ticket by April 15th**

Tickets may be purchased at the Front Desk



Computer room activities:

- **Phone/computer help:** On Fridays, April 3rd and April 17th from 9:00 AM - 11:00am
- **Ping Pong:** Most Mondays & Fridays from 12:30 - 4:00 pm
- **Rummikub:** Most Wednesdays and Fridays at 12:15 pm
- **Chess:** Wednesdays at 10:00 AM



Senator Joan Lovely: Will be holding office hours
at the PCOA on **Monday, April 13th**
from 9:00 - 10:00 am. Walk-Ins Welcome!

Congressman Seth Moulton: Will be holding office
hours at the PCOA on **Monday, April 13th**
from 10:00 - 11:00am.

Veterans Meetings:

Our *Veterans Group* will meet on
Tues. April 21st, 2026 from 9:30 -
10:30 am in Classroom A



Book Club

January's
book:
"Take my
hand"
By Dolen
Perkins-Valdez

Our Book Club is run
by Morgan Yeo. We
meet each month for a
book discussion, at the
PCOA.

This month's
discussion is
Wednesday

April 8th at 10:30 AM
in the conference room.

**Cornhole ~ Every THURSDAY at
12:15 In the Computer Room**

Virtual Reality: Every Wednesday in April

Morning Session: 9:00 to 11:00AM

Afternoon Session: 12:30 to 2:30 PM



Some of our ongoing activities:

Whist: Tues. & Thurs. 9:00-11:00
Mah Jongg: Every Tue. 12:00-3:00
Japanese Bunka: Tues. 9:00-12:00
Learn to Speak Italian: Mondays at 10:15
Knitting: Tues. 11:45-2:00
Diamond Art: Tues. 12:30-1:30
Rug Hooking: Wed. 9:00-11:30
Wood Carving: Wed. 9:00-11:30
Model Ship Building: Wed. 11:45-2:00
Painting Class: Thurs. & Fri 8:30-11:30
Quilting: Thurs. 8:30-11:30
Call Laurie for more info: 978-531-2254



**Foot Clinic *with*
Crystal Perry – BSN, RN, CFCN**

Tues. April 21st, 9:00 -3:00

Please call 978-531-2254

**To schedule your appointment
Payment must be cash or check
made out to PCOA**

Cost is \$55.00

Fall Risk Assessment
with Gordon College will
return on
Thurs. April 16th, from
10:45 am - 2:00 pm
*Please sign up at the front
desk*

Low Vision Group

Will meet Wednesday, April 8th
12:30 – 2:00 pm in Classroom A
Run By Judy Enos

Diabetic Shoe Clinic

Amy Baxter will be at the PCOA
on Thurs. April 9th at 1:00PM, Call
for an appointment: 603-944-1311

Diabetic Education

with Marianne Chojnicki. The next class will be
Tues., April 7th, 10:30-11:30 am
Please sign up at the Front Desk

Hearing Screenings

Joe from Apex Hearing will be here on
Thurs. April 23rd, 10:00am to 1:00pm.
To make an appointment,
call 978-531-2254

Watch Battery Replacement

Thursday, April 9th
Tickets are given out at 8:15 am to the first 20
people. \$2.00 donation,
all proceeds go to the PCOA

KEV TECH IS BACK

Kev is an iPhone Specialist who will be
offering 2 different classes at the senior
center. During the first class, you will learn the
basics of picture-taking on your phone. During the
second class, you will head
outdoors and actually take photos.

First class: Monday, April 6th 10:00 - 11:30 AM

Second class: May 4th, 10:00 -11:30 AM

Please sign up at the front desk



Mass
Cultural
Council

This program is sponsored by
the Peabody Cultural Council

3D ART CLASS

Thursday, April 23rd @12:30



**Please sign up at the
Front Desk to pick
out your next project**

Bocce Season!

We are planning to begin our Bocce
season on Wednesday, April 15th, at
9:00 am

(weather permitting)

Sign up at the front desk!

PCOA Transportation



Did you know that following the famous Blizzard of '78, PCOA buses were among the first vehicles to be allowed on roads to deliver meals to the older adults of Peabody?

Our transportation offers door-to-door rides to Peabody residents upon request, for medical appointments and shopping. Wheelchair vans are also available.

For schedule information, or any questions, call 978-531-2254

A ride donation of \$1.00 *each way* is greatly appreciated!

General Transportation Schedule:

8:00 - 9:15 AM

Trask ADH pick-ups only

9:00 AM - 1:45 PM

Pick-ups for medical appointments, etc.

To: Peabody, Danvers, Beverly, Salem and Lynn

2:30 PM

PCOA and Trask ADH return trips

Medical appointment pick-up reminder:

In Peabody:

be ready **before 3 PM**

Outside of Peabody:

be ready **before 2 PM**

Attention All Riders!!!

The PCOA transportation Service "Project Mobility" provides door-to-door service. That means that the drivers assist riders from the bus to your door. We are asking riders to wait until the driver reaches the bus doors so they can safely assist you off the bus. A fall can truly be a life-changer, and we want to do as much as possible to avoid falls. Your patience is truly appreciated

Shopping Trip Schedule:

Maximum of **4 PCOA blue bags per person**

Schedule for trips to the Danvers Market Basket

Pickup: 11 AM

Return: 1 PM

<u>Monday:</u> 12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody	<u>Tuesday:</u> 50 Warren Street, 75 Central Street, 20 Central Street	<u>Wednesday:</u> South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street	<u>Thursday:</u> Eastman Park, Bresnahan Street, Washington Street, 98 Central Street	<u>Friday:</u> East End area, Connolly Terrace, Wilson Terrace, 103 Central Street
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Schedule for trips to Shaw's, Stop & Shop, and North Shore Shopping Center (NSSC)

Pickup: 9:30 AM

Return: 11:30 AM

<u>Monday:</u> So. Peabody, Rockdale Park, Lynn & Lynnfield streets	<u>Tuesday:</u> Eastman Park, Bresnahan Street, Washington Street and 98 Central St.	<u>Wednesday:</u> East End, Connolly Terrace, Wilson Terrace and 103 Central St.	<u>Thursday:</u> 50 Warren, 12-15-16 Crowninshield, 75 Central St	<u>Friday:</u> 20 Central St, 8 Walnut St, Lowell St., West Peabody (Big Y, Shaw's & NSSC)
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Please **call by at least by 2:00 pm the day before** to get your name on the list!

Hairdressing/Barber appointments:



Those wishing to go the hairdresser or barber will follow the same schedule as medical appointments.

Any available date or time, as long as your hairdresser is located in Peabody.

Ride reservations for appointments:

Due to the high volume of riders, all immediate (non-shopping) reservations must be made a minimum of one week before your appointment date. Reservations can be made up to two months in advance for a ride, and we are encouraging riders to call us as soon as they have an appointment.



Please Note:

For booked appointments, you will arrive on time but return time can vary due to various circumstances.

April is

National Healthcare Decisions Month

And while talking about future medical care can feel heavy, it's actually one of the greatest gifts you can give your family.

The goal is simple: making sure your wishes are known so your loved ones don't have to guess during a crisis.

Here's how to get started

Weekly Goals



Pick Your Person

If you couldn't speak for yourself, who would? This person is your Health Care Proxy (or Agent). Choose someone who remains calm under pressure and will honor your specific values.



Start the Conversation

You don't need a medical degree to have this talk. Focus on what matters most to you. Resource: Check out [The Conversation Project's Starter Guide] to help break the ice with your family.



Put it in Writing

A Living Will or Advance Directive outlines your preferences for treatments like life support. Having this on file with your doctor ensures your "voice" is heard even if you're silenced by illness.



The "5 D's" Rule

Is it time to update your plans? Revisit your documents if you've experienced any of the 5 D's: Decade (every 10 years), Death of a loved one, Divorce, Diagnosis, or Decline in health.

Take 10 minutes to identify your proxy would be, and let them know

Eyeglasses and cases collection for the Lions Club

If you have any old glasses and/or eyeglass cases that you are no longer using anymore, consider donating them to the PCOA!

Unwanted Cell Phones

We continue to accept donations of unwanted cell phones. If you no longer use them, you can donate them to the PCOA. You can 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.

Points to Ponder... Jack Lawless April: Sports and Springtime Month

- April 1st marks the beginning of the Jewish holiday Passover (Pesach), and it is also the date of April's full "Pink Moon."
- During the U.S. Civil War on the 2nd in 1863, a bread riot occurred in the Confederate capital of Richmond, Virginia.
- Tammany Hall "Boss Tweed" (1823-1878) was born on the 3rd in NYC, and was famous for his political corruption of New York City.
- On the 5th in 1986, a bomb exploded at a discotheque frequented by American military personnel in West Berlin, killing two U.S. Soldiers and a Turkish woman.
- After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece on the 6th in 1896.
- Buddhists celebrate the birthday of Buddha (563-483), on the 8th.
- NCAA's hockey's Frozen Four will be held in Las Vegas on the 9th through the 11th.
- Publisher Joseph Pulitzer (1847-1911) was born on the 10th. He established a fund for the Pulitzer prize for journalism.
- Happy Easter! Western Easter is celebrated this year on April 5th, while Orthodox Easter is celebrated on April 12th.
- On the 14th in 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.
- On the 16th in 1682, Congress abolished slavery in the District of Columbia and appropriated \$1 million to compensate owners of freed slaves.
- On the 19th in 1775, in Lexington and Concord, MA, a group of armed militia met the British Redcoats and fired a "shot heard 'round the world" to start the American Revolution.
- Have a happy Patriots Day! The Patriots Day holiday in MA/ME is celebrated on the 20th as well as the 130th running of the Boston Marathon.
- The 23rd was established by Israel's Knesset as Holocaust Day, in remembrance of the estimated six million Jews killed by the Nazis.
- On the 27th, telegraph inventor Samuel S.B. Morse was born in Charlestown, MA.
- George Washington was inaugurated as first president of the USA on the 30th in 1789.

"April is a promise that May is bound to keep."

-Hal Borland

GOD BLESS AMERICA AND OUR PATRIOTS!



Board Chairperson Natalie Maga presents Michael Callahan and Tom Santos with certificates of appreciation for all their hard work in clearing snow from the PCOA during one of the most challenging winters we have had in many years!

Their tireless efforts kept our participants safe, and they went above and beyond!





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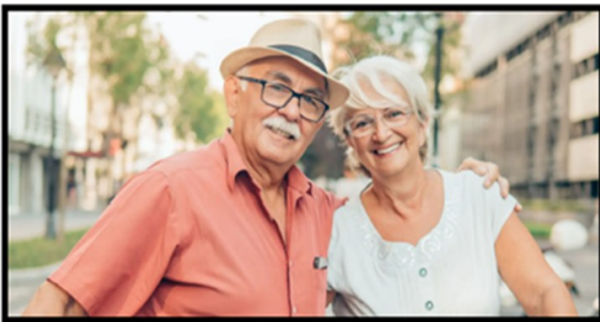


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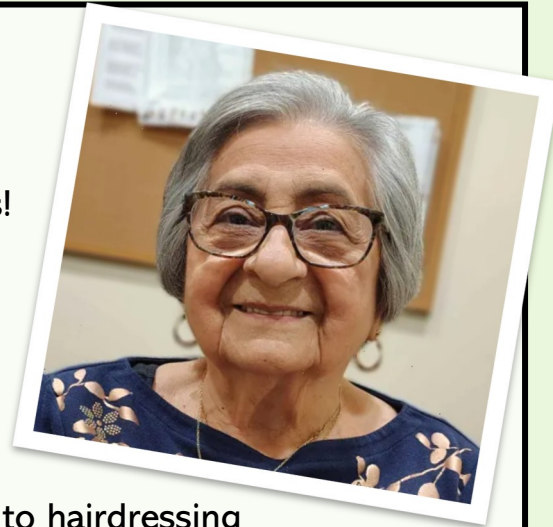

Volunteer spotlight

Beatriz Ann Gutierrez

April's volunteer spotlight highlights Beatriz, who started volunteering at the PCOA around 15 years ago.

She moved to Peabody in 2011, coming here from Malden. Originally, Bea grew up in Colombia, the oldest of 10 siblings! She had 7 brothers and 2 sisters. She moved to America in 1963.

When she first came to America, it was during the winter. Bea noted how the trees had no leaves during this time of year, which is very different from the year-round green foliage where she grew up! She came here as a nanny, and then went to hairdressing school, working as a hairdresser for 15 years. Following this, she worked in a factory for two years. Finally, she ended up at Mass General, working there for 20 years! She was initially a nutrition assistant, and then moved into a role in the cafeteria. She says that she loved her work there.



After Bea's daughter got married and started having kids, she decided it was time to retire, and moved to Peabody to take on her new role as a grandmother! She has two grandsons.

When asked how Bea discovered the PCOA, she said that she lives nearby, and people were talking about it, making her curious about the place. Initially, she saw they had a coffee station here, which reminded her of her work at Mass General. Soon after she got here, she became a volunteer, and roles soon expanded! Prior to the pandemic, Bea and other volunteers would put together the Tips and Topics on Fridays and Mondays for delivery to the post office. She also worked answering the phones, and would also call and remind people about food commodity offerings. When asked about her favorite part of being a PCOA volunteer, she said "Everyone!"

If you had a friend or neighbor who was interested in volunteering here, but was on the fence about it, what would you tell them? Bea replied "Please do! Come! They will find something for you to do, and you will love it!" In fact, the night before this interview, Bea mentioned that she talked to someone in her building who was thinking of coming here and volunteering for the Café, and she told them this very thing!

Bea is also a baker, and enjoys baking banana bread for her grandsons! It is a frequent request when they come home from college. And of course, everything she bakes is from scratch! She also likes making cookies and cakes.

Thank you Bea, for all of your volunteer work!

Need help buying groceries? SNAP can help!



SNAP can help you buy healthy food

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible For SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
8+	+\$917	+\$220

*Effective 2/1/2025

*Effective 10/1/2024



Scan code with phone camera to apply online



DTAConnect.com



877-382-2363 (Mon-Fri: 8:15 am - 4:45 pm)



Mail or Fax a paper application
(Get a paper application: Mass.gov/SNAP)



In the community: local kiosk, SNAP outreach partner, or DTA office
Find a location near you: Mass.gov/ContactDTA

Get Help Paying Medicare Costs

Apply to Medicare Savings Programs (MSPs) **now** to save thousands a year on Medicare costs.

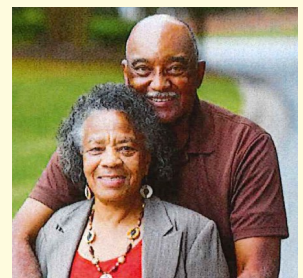
What are Medicare Savings Programs?

Medicare Savings Programs (MSPs) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSPs will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies? Medicare beneficiaries who meet the following income limits:

You are	Your income is at or below
Single	\$2,993 per month
Married	\$4,058 per month

There is no asset limit. Income limits change each year on March 1



If you think you may be eligible, call the PCOA to book a Social Services appointment at 978-531-2254

Call: **1-800-841-2900/TDD/TTY: 711** to receive an application.

Learn more at Mass.gov/MedicareSavings

Meet some of our fish!



Rosy Barb



Gold Dojo Loach - Often seen hanging out at the top!



Red-spotted Severum



Banded rainbowfish

Here are a few of the many fish species we have in our tank at the PCOA lobby!

These species are mostly native to South American freshwater habitats, such as the Amazon river basin. Our beautiful tank was installed last year, and was a generous donation by Mary Furey along with a matching gift from the Friends of the PCOA. Come by and say hi - our fish can be quite friendly!



Clown Loach



Silver Angelfish



To find out more, check out our identification book beside the tank!



Denison Barb



Pictus catfish

Roger B. Trask Adult Day Health Program

The Peabody Council on Aging is known for many services and programs that are offered to our community.

Some people know us for our wonderful transportation program "Project Mobility." We are known by others because of the delicious food that is served here. Our congregate lunch program is on par with some of the finest restaurants in the area. Meals prepared in the Friends Café are absolutely marvelous, with monthly specials and numerous items to choose from. Additionally, you can even meet friends for breakfast in the café twice per week.

Others have enrolled in one of our many classes, activities, and special events. Some have found out first-hand the helpfulness of our very caring social services team through support they have received. If you have questions about health insurance, SNAP, fuel assistance, subsidized housing, we are not only willing but also very able to help.

**This brings us to probably one of the best kept secrets in our beautiful city, our
Adult Day Health Program!**

The Roger Trask Adult Day Health Program opened for service almost 35 years ago. A little-known fact is that there are 350 senior centers in Massachusetts, and we operate the only Adult Day Health Program (ADH) licensed by the Department of Public Health. This program's sole purpose is to assist caregivers in helping them keep their loved ones home, thus remaining in our community. We do this by providing a full day's activities to stimulate the body and mind of our clients with medical oversight. Our nurses and certified staff members provide quality care for all participants. Our program allows caregivers much needed respite as well. It is impossible for caregivers to provide 24/7 care for a loved one and take care of themselves at the same time. Unfortunately, caregivers are under an incredible amount of stress, and often feel alone and isolated. Our program provides answers and solutions for both the caregiver and their loved ones.

Family Caregiver Support Group

**We meet on the 3rd Tuesday of each
month at the *Roger B. Trask Day Health
Program* from 1:30 to 2:30pm**

**Please join us to connect with
others, share the challenges of
caregiving and explore potential
suggestions and solutions.**

Facilitators:

Mary Ellen Abodeely, LSW
Susan Levenson, RN, Program Manager

**Next meeting: Tuesday, April 21st
1:30 to 2:30 pm**

Please RSVP: 978-531-2254 x 136 or 134

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

In Honor of the PCOA

Anna Gallo

Gratitude for the Transportation

Department

Kyra Pollet

In Memory of Beverly Granese Maguire

Grace Carr

In Memory of William H Kelley IV

Stephen J Kelley

In Honor of/In Memory of Gifts To The Roger B. Trask Adult Day Health Program

In Memory of Wilhelmina "Willa" Veno

Carolyn Wynn

In Memory of Catherine "Kay" Morrocco

Carolyn Wynn

MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: APRIL 2026

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 \$87,359 in donations, which is \$4,969 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. Brian Corcoran 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 Irish Soda Bread and Pistachio Cake for dessert.

The Friends are bringing Karaoke back!!

The Friends are putting on another Karaoke afternoon on Wednesday, April 22nd from 12:30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing.

Top male and female singers will receive a Market Basket Gift Card. All singers receive a Friends Café Gift Card. Come on down and join the fun.

If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to renew your membership or to become a "Friend of the Peabody COA Member," 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**



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

**In Honor of the AARP Tax Preparers
Sandi Dupont**

**In Honor of the PCOA Staff
Susan T Turner**

**In Honor of the PCOA Transportation
Department
Anonymous**

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

**In Memory of Thomas Begley
(Special Forces Green Beret)
Susan Begley**

**In Memory of Bob Driscoll
Sally Driscoll**

**In Memory of Maurice (Tom) Hallinan
Eileen Ciman**

**In Memory of Jacques Hatchouel
Colette Ford**

**In Memory of Evelyn J. Kulakowski Levesque
Linda Lanes**

**In Memory of Estelle McOsker
Claire Chalifour**

**In Memory of Catherine "Kay" Morrocco
Mr. & Mrs. Mario Carrabba
Ikuo & Terumi Shinzato**

**In Memory of John O'Donnell
Sheila & Doug Hayes**

**In Memory of Barry Poretsky
The Henrys**

**In Memory of Carol (Johnson) Swanson
Maureen & James Farren**

**In Memory of Phil & Barbara Walz
Tom & Claire Moran**

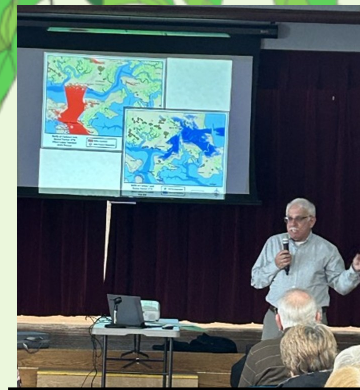
**PCOA
Happenings**



An award was presented to veterans Rocky Calavedo and Dominic D'Errico by the Korean Embassy in Boston for their service during the Korean War. The leader of our Veteran's Group, Joe Colella, is also pictured.



Carolyn Wynn introduces the documentary presentation of *A Legacy of Leadership: The Story of Peter Torigian*



Presentation on the Battle of Chelsea Creek by Victor Mastone

**Photos from the
St. Patrick's Day Party**

Our St. Patrick's Day party was a great success! Patrons enjoyed a delicious meal of corned beef and boiled vegetables, along with Irish soda bread and pistachio cake for dessert.

Traditional Irish Entertainer Brian Corcoran provided the music for the day, as a crowd dressed in shades of green enjoyed the tunes!

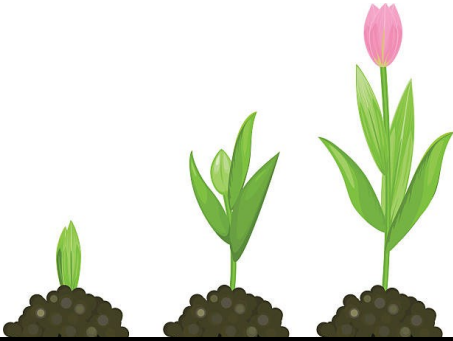


PEABODY COUNCIL ON AGING
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April 2026



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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 _____
 City _____ State _____ Zip _____
 Please Circle: **In Memory** or **In Honor**

(Please Print)
 Donee's Name: _____
 Please notify the following individual (s). *(Please Print)*
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 Address _____
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The Name of Donor and Donee will be recognized in The Peabody Council on Aging *Tips & Topics* Newsletter.

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