

**August  
2023**

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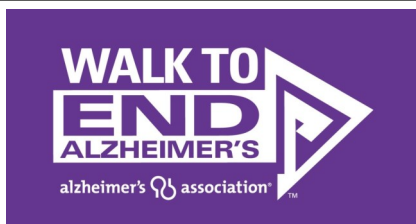
Carolyn Wynn, Director  
Edward A. Bettencourt, Jr., Mayor

## SAVE THE DATE!

### Mayor Bettencourt's 9th Annual "Senior Day" at Brooksby Farm

Wednesday, September 13th:  
10:00 am to 1:00 pm

Be sure to mark your calendars!



Join Peabody's Team Bill  
and walk in downtown Peabody  
[act.alz.org/goto/TeamBill](http://act.alz.org/goto/TeamBill)  
Sunday, October 1, 2023 at 9:30 a.m.  
Downtown Peabody 10:00—The Walk begins

## Welcome Back "Team Bill" Fundraiser

ALZ AROUND PEABODY - Join us for these events!

- Info Table: Thursday, 8/10 at Torigian Senior Center.  
(Sign up for either Thursday 9/28 or Sunday, 10/1 Walks)
- Ice Cream Social: Sunday, 9/24 from 1-4pm at the Torigian Senior Center (\$5.00 per person at the door (includes one Sundae) (We would like to thank Tom Gould "Treadwells" (for his generous donation of the ice cream for the fundraiser!))
- Annual Flag Raising at City hall: Tuesday, 9/26 at 1:00 pm
- Torigian Senior Center Walk: Thursday, 9/28 at 10:00 am.

Please note the  
following dates  
that the  
Friends Café  
will be closed:



Friday, Aug. 4th  
Friday, Aug. 25th  
And Monday,  
August 28th



### The Book Club

Our Book Club is run by Cate Merlin. They meet on the second Wednesday of each month for a book discussion, at the PCOA. Cate picks out and distributes the books to each participant. They are reading "The Library Book" by Susan Orlean, for the August meeting **Wed. August 9th from 10:30am - 11:30am** in the Conference Room



### **August Birthday Celebration** **Tuesday, Aug. 1, 2023**

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



**July Birthdays were:** Maria Kelley, Toni Gordon, Maureen LaPointe, Joanne Gallant, Harriet Bornstein, and Shirley Zizza

*Many thanks to Evans Flowers for the Birthday Balloon and Rose!*

### **LOW VISION GROUP**

Our Low Vision Group will meet on Wednesday, August 9th  
From 12:30pm - 2:00pm  
In Classroom A



### **Our Veterans Meeting**

*Both our Veterans Group and our DAV Group will not meet in August. They will be back in September.*



### \$\$ "GIFT CARDS" \$\$

As you may know, we already have gift cards for our "Friends Café". We now have gift cards that can be used for our exercise classes! They cost \$25.00 and have five \$5.00 punches. Our exercise classes cost \$5.00 a class, which is paid ahead at the beginning of the month. What a great gift to give someone you know that takes a class here!  
To purchase one, come see Judy or Laurie

### **Hee, hee, hee,!** **Ha, ha ha!**

### **Do you need a "Good Laugh"?**

On Wednesday, Aug. 9th, Comedian, David Shikes will be here to entertain us! We could all use a good laugh

these days! **It's free!**

He'll be here at 12:30

In the Jubilee Hall.

**Please sign up at the Front Desk**



### **MOVIE TIME**

Our Movies will be shown in Jubilee Hall from 12:15 – 2:15

Tues. Aug. 1 - "Things Change"

Tues. Aug. 8 - "Billy Elliot"

Tues. Aug. 15 - "Trumbo"

Tues. Aug. 22 - "The Untouchables"

Tues. Aug. 29 - "On The Town"



*Enjoy some popcorn while you watch!*

**Hearing Screenings** - Joe from Apex Hearing will be here on Thurs. Aug. 24th from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

**Senator Joan Lovely** office hours at the PCOA on Mon. Aug. 14th from 9 -10am

**Phone & Computer Help** - Fri. Aug. 4 & 18 - from 9:00am - 11:00am

**Ping-Pong** - Most Fridays 12:30 - 3:00pm in the Computer Room

**Crazy Cards** will take the Summer off and resume in the Fall!



## Peter A. Torigian Senior Center

August  
2023

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

Meal Cost: \$5.00  
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IMPORTANT LUNCH CHANGES</b> Diners need to purchase their lunch tickets between 10:00-11:00 am! They <b>WILL NOT</b> be sold after <b>11:00 am!</b></p>	<p>1</p> <p><u>Vegetable Quiche</u> Tomato Salad Pasta salad</p> <p>Birthday Cake </p>	<p>2</p> <p><u>Swedish Meatballs</u> Mashed Potato Basil Carrots Fruit Cup with Yogurt</p>	<p>3</p> <p><u>Stuffed Peppers</u> Steamed Potatoes Greek Salad Chilled Peaches</p>	<p>4</p> <p><u>Tuscan Tuna Salad</u> Italian Garden Soup Crackers Pasta Salad Vanilla Pudding with Fruit</p> <p><b>Café Closed</b></p>
<p>7</p> <p><u>Chicken Pot Pie</u> Baked Potato Sour Cream Corn Chilled Apricots</p>	<p>8</p> <p><u>Chef's Salad</u> (Turkey &amp; Cheese, Strips, Greens, Tomato Wedge, Egg Half )/Dressing Wheat Pita Bread Brownie</p>	<p>9</p> <p><u>Turkey Wrap</u> Pasta E Fagioli Soup Coleslaw Banana Cream Pie</p>	<p>10</p> <p><u>Cheese Burger</u> Lettuce, Tomato, Pickles French Fries Strawberry Cream Pie</p>	<p>11</p> <p><u>Haddock</u> Oven Brown Potato Peas/Red Pepper Chilled Peaches</p>
<p>14</p> <p><u>Chicken Piccata</u> Guacamole Salad Oven Brown Potato Ice Cream</p>	<p>15</p> <p>Reduced Sodium <u>Hot Dog</u> Ketchup, Mustard Bk Beans/ Homemade Coleslaw Ice Cream</p>	<p>16</p> <p><u>Stuffed Shells</u> Marinara Sauce Italian Blend Vegetables Tropical Fruit Salad Watermelon</p>	<p>17</p> <p><u>Roast Turkey</u> Gravy Cranberry Sauce Fresh Sweet Potatoes Green Beans Chilled Peaches</p>	<p>18</p> <p><u>Fish Sandwich</u> with Cheese On a Roll Lettuce &amp; Tomato Tartar Sauce Potato Puffs Chocolate Pudding</p>
<p>21</p> <p><u>Chicken Parmesan</u> Tomato Sauce &amp; Cheese/Ziti Chilled Mixed Fruit</p>	<p>22</p> <p><u>Steak Tips</u> on Tossed Salad Dressing Potato Salad Pita Bread Lemon Meringue Pie</p>	<p>23</p> <p><u>Italian Sub</u> Pasta Salad Wedding Soup Ice Cream</p>	<p>24</p> <p><u>Chicken Cordon Bleu</u> Gravy/Mashed Potato Broccoli &amp; Cauliflower Roasted Red Pepper Humus and Crackers Strawberry Shortcake</p>	<p>25</p> <p><u>Seafood Salad</u> On A Hot Dog Roll Potato Salad Tomato Salad Cookie</p> <p><b>Café Closed</b></p>
<p>28</p> <p><u>Breaded Chicken</u> Filet Marsala Sauce Rice Pilaf Green Beans Apple Pie</p> <p><b>Café Closed</b></p>	<p>29</p> <p><u>Pulled Pork</u> on a Roll Pasta Salad Homemade Coleslaw Ice Cream</p>	<p>30</p> <p><u>American Chop Suey</u> Grated Cheese/ Seasoned Green Beans/Tossed Salad/ Dressing Garlic Bread Chilled Pears</p>	<p>31</p> <p><u>Chicken Salad</u> w/Cranberries on a roll Cucumber Salad Potato Salad Watermelon</p>	<p><b>Menu Subject To Change Without Notice</b></p>



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**





# The WeCARE Program

THE WeCARE PROGRAM, Offered by a collaborative of North Shore Health Departments, offers friendly phone calls to older adults living in Beverly, Danvers, Marblehead, Nahant, Peabody, Salem and Swampscott.

Under this program, trained Community Health Workers will contact older adults or homebound individuals daily to provide comforting calls and offer a greater sense of personal connection. Our team of callers are available to speak with seniors Monday through Friday and offer interpreter services if needed.

If you or an older adult in your life is interested in participating in this free program, please reach out to Maryanne Pierce, LSW at 978-531-2254 X120.

## How to stop unwanted calls on a **CELL PHONE**

See what **built-in features** your phone has...

- Download a **call blocking app**
- Some apps are **free**, but others charge a monthly **fee**
- Some apps will **access your contacts**.
- Calls might be **stopped, ring silently**, or go straight to **voicemail**.



See what **call-blocking and call labeling services** your carrier offers.

Report unwanted calls at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)

## How to stop unwanted calls on your **HOME PHONE**

See what **call-blocking and call labeling services** your carrier offers.

- Is your carrier an **internet** or **VoIP** provider? Look into **internet-based call blocking & call-labeling services**.
- Have a **traditional landline** that doesn't use the internet?
- Install a **call-blocking and call labeling** device. (Not sure? Ask your **carrier**.)
- With blocking services, calls might be **stopped, ring silently**, or go straight to **voicemail**.
- Some services are free, but others charge a monthly fee.



**Federal Trade Commission: [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)**

Please continue to support our sponsors! Our newsletter would not be possible without them.

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## *Important information from the Peabody Board of Assessors:*

A tax exemption is a discharge from the obligation to pay all or a portion of your real estate tax. For eligibility, an individual must satisfy requirements relating to (1) age, (2) ownership and domicile (3) annual income and (4) whole estate or assets. All applicants must own & occupy the property as their domicile as of July 1, 2023. Applications must be filed annually, and the deadline is April 1<sup>st</sup> of each Fiscal Year. Please contact the Peabody Assessors at 538-5716 for further information or to request an application.

### **CL 17D Persons over 70, surviving spouses or minors with limited assets.**

Applicant must be (1) a widow or widower of any age, OR (2) over 70 OR (3) a qualified minor who has a deceased parent AND have assets that do not exceed \$66,497. Assets include, but are not limited to, savings account balances, checking account balances, stocks, bonds, CD's, and annuities as of July 1, 2023.

Applicants over 70 must have owned and occupied the property as their domicile for not less than 5 years. Qualified applicants are entitled to between \$175.00 and \$315.00 off their taxes.

### **CL 22 Qualifying Veterans, their spouses and parents**

Applicant must have a (1) service-connected disability of 10% or more, OR (2) been awarded the Purple Heart, OR (3) have served in the Spanish War, Philippine Insurrection or the Chinese Relief Expedition, OR (4) fathers and mothers of soldiers or sailors who died in wartime service, OR (5) spouses of qualifying veterans for as long as they remain unmarried. Applicants must have lived in Massachusetts for at least 6 months prior to entering the service or have resided in the Commonwealth for the 5 years prior to the date of filing for the exemption.

Qualified applicants are entitled to an exemption between \$400.00 and \$720.00 total tax exemption depending on their qualifications.

### **CL 37A Legally Blind**

Applicant must be legally blind as of July 1, 2023 with annual certification from the Commission of the Blind. Qualified applicants are entitled to between \$500.00 and \$900.00 off their taxes.

### **CL 41A Person over 65 with limited income**

Applicant must be over 65 years of age as of July 1, 2023 and have income that does not exceed \$46,054. Income includes, but is not limited to, social security, pensions, retirement, interest & dividends, wages, salaries, and tips. This exemption provides for the provision for the deferral of real estate taxes during the life of the owner until the property is sold and at that time the taxes and 8% interest must be paid back to the City.

Qualified applicants are entitled to determine the amount that they wish to defer annually.

### **CL 41C Persons over 65 with limited income and limited assets**

Applicant must have been continuously domiciled in Massachusetts for the 10 years preceding the application and have owned and occupied the property or other property in Massachusetts for 5 years. Applicant must be 65 years or older as of July 1, 2023.

Gross receipts (income) must be less than \$27,164 if single, and \$33,300 if married (INCLUDES SOCIAL SECURITY). Income includes, but is not limited to, social security, pensions, retirement, interest & dividends, wages, salaries, and tips.

Whole estate (assets) must be less than \$46,330 if single and \$49,640 if married.

Assets include, but are not limited to, savings account balances, checking account balances, stocks, bonds, CD's, stocks, and annuities as of July 1, 2023.

Qualified applicants are entitled to between \$500.00 and \$900.00 off their taxes.

# FOR 9-1-1 EMERGENCIES IN MASSACHUSETTS:

## CALL IF YOU CAN; TEXT IF YOU CAN'T.



Source: MA State 911 Department and the Executive Office of Public Safety and Security

[www.mass.gov/e911](http://www.mass.gov/e911)

# Friends Cafe News...

Summer has finally arrived and we are pleased to see all of you coming into the Friends Café for lunch, whether it be inside the dining room or under the awnings on our beautiful outdoor patio!

Our fabulous chef Cathy Andre does an amazing job preparing delicious and generous soups, salads and sandwiches for diners and our special volunteers welcome and serve all customers with a smile .

Every month a new special is introduced to the Café, so be sure to check the menu for any new additions.

Updates on our Café can be found on our website, just outside the Café itself on our blackboard or posted in our newsletter.

Hope to see you again soon!



No matter how hard life can get, be grateful you still have one.

*Marie Bishop*



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# Hot Weather Tips... Provided by Peabody TRIAD...

The Peabody TRIAD Council consists of Seniors and Law Enforcement working together to develop and implement policies and programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community in Peabody. In addition, the Council designs and supports programs to improve the quality of life for our senior citizens. The Peabody TRIAD Council believes they have the ability to make a difference in our community and are dedicated to serving our city and its residents.



- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

We collect eyeglasses and eyeglass cases for the Lions Club...If you have any old glasses and eyeglass cases that you are not using anymore, please bring them down to the Center.



Thanks !

## 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, please contact Social Services.



## Unwanted Cell Phones

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





## Points to Ponder... Jack Lawless August: The Sturgeon Supermoon/Blue Moon Month

- August was named to honor the first Roman emperor, Augustus Caesar, the grandnephew of Julius Caesar. Prior to that, Roman leaders such as Julius Caesar had the title of Dictator.
- August's first full moon, the full Sturgeon Moon will peak on Tuesday, the 1st. On Wednesday, the 30th it will be a Blue Moon (two full moons in the same month). This is the biggest supermoon of the year...check it out!
- On the 2nd in 1990, Iraq invaded Kuwait which led to the 100 day war against Iraq known as Desert Storm.
- On the 6th in 1945, the first atomic bomb in history was dropped on Hiroshima, Japan which was followed by a second atomic bomb strike on Nagasaki, Japan on the 9th. On the 14th, Japan surrendered, V-J (Victory Over Japan) Day is observed on the 14th.
- Wellesley Professor (MA) Katherine Lee Bates (1859-1929) was born on the 12th in Falmouth Mass and wrote a poem while visiting the Rocky Mountains, which became "America the Beautiful".
- International Left-Handers Day is on the 13th. The Roman Catholic Holy Day of the Assumption of the Blessed Virgin Mary is celebrated on the 15th.
- Elvis Presley passed away on the 16th in 1977 at the age of 42 in Memphis, Tennessee.
- President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state on the 21st, 1959.
- Vesuvius, an active volcano in southern Italy, erupted on the 24th in 79 A.D. and destroyed the cities of Pompeii, Stabiae and Herculaneum.
- On the 26th in 1920, U.S. Congress passes the 19th amendment to the U.S. Constitution granting women the right to vote.
- Martin Luther King, Jr. makes his famous "I Have a Dream" speech on the 28th in 1963.
- Walt Disney's movie "Mary Poppins" is released on the 29th in 1964.
- Princess Diana, Princess of Wales, dies in a car accident on the 31st, 1997.



"All you need in life is love and laughter. That is all anybody needs.  
To have love in one hand and laughter in the other" August Wilson, Playwright

## GOD BLESS AMERICA AND OUR PATRIOTS!

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**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 and Barbara Jones:**

For their generous gifts to the PCOA.

**In Honor of Maryanne Pierce, a dedicated employee for her many years of service to others:**

Susanne Baldracchi



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

**In Memory of Marguerite P. Prior:**  
Dolores O'Leary

**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**

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**MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: AUGUST 2023**

**Summer Barbeque**

On behalf the Board of Directors of the Friends of the Peabody Council on Aging, we hope that you enjoyed the music provided by the Golden Echoes Big Band, and barbeque lunch last month at the "Summer Barbeque" sponsored by the Friends. We had over 480 people in attendance on that day which was filled with fun, friendship, and laughter.

**Come on Down & Beat the Heat!**

The dog days of summer occur during the hottest and muggiest part of the season. Webster defines "dog days" as the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere.

And what better place for our Seniors to be, than at the Air-Conditioned Senior Center, enjoying friends and participating in the many activities.

**National Senior Citizens Day**

Senior Citizens Day is celebrated in the United States on Monday, August 21, 2023. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family, and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

**Senior Day at Brooksby Farm**

Mark your calendar for Senior Day. *Mayor Bettencourt has announced the ninth Senior Day at Brooksby Farm, to be held Wednesday, Sep. 13, 2023 from 10:00 AM -1:00 PM.* Plan to attend and enjoy a delicious meal and a fun filled day.



The Board of Directors of the Friends of the PCOA, Inc. wish our members a happy and fun filled Summer.

***"Friends Care – Friends Share" By Working Together to Make a Difference***

**In Honor of Gifts to the Friends of the Peabody Council on Aging:**

**In Honor of Sandi Dupont:**

Lucinda Wilmot

**In Honor of Kay Morrocco**

**(For years of service. Thank you!):**

Susanne Baldracchi

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

**For all you do for our seniors. Thanks!:**

Charlene Perkins

**In Honor of the PCOA Staff:**

Gita Parmar

**In Memory of Gifts to the Friends of the Peabody Council on Aging:**

**In Memory of Dorothy Buckley:**

Kathleen Ryan

**In Memory of Sara V. Cali:**

Ana B. Gutierrez

**In Memory of Pat Doyle:**

James Doyle

**In Memory of Geraldine (Geri) Jenkins:**

Ed and Bath Mazzetta

Frances McClure

Kathleen Ryan

**In Memory of my Mother,**

**Janet T. LaChapelle;**

**She loved coming to the Senior Center:**

Peter D. LaChapelle

**In Memory of Shirley Parish:**

Joan Johnson



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](http://www.peabodycoa.org) and click on DONATE..

**2023 Friends Board Meetings:**

September 11  
December 4



**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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**Remember to stay cool and hydrated!**

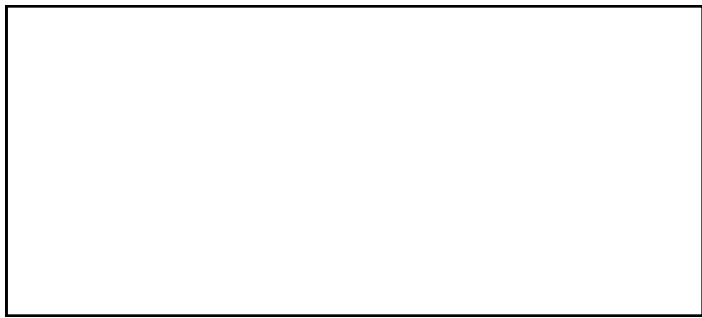
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**August 2023**

*Carol McMahon, Editor*

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**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 \_\_\_\_\_  
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 Please Circle: **In Memory** or **In Honor**

*(Please Print)*  
 Donee's Name: \_\_\_\_\_  
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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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