



Tips & Topics

August
2026



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
www.peabodycoa.org / Find us on Facebook!



Live Peabody
An Age Friendly Community

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

Liam Foley *Music Maker*



Liam Foley, having performed for seniors for the past 18 years, delivers a solid, engaging performance of songs from all time periods, consisting of blues, country, jazz, rock and roll, bluegrass, and the like. Interspersed with stories and bad/good jokes, Liam provides an hour of great and enthusiastic entertainment.

Come and join us for this entertaining show!

Wednesday, August 19th
@ 12:30 PM

Save the date!

Mayor Bettencourt's 12th
Annual Senior Day at
Brooksby Farm ~

Wednesday, September 16th



Roger Tincknell's "Beatles and Beyond!"
Performance, featuring 60s and 70s British and
American pop music ~ **Wednesday, September 23rd**

Tony Gangi presents "The Great American Street
Organ" combining the music and rich history of the
sometimes forgotten hand-cranked street organ ~
Wednesday, September 30th



Specials for August

Sandwich special: French dip sandwich

Thinly-sliced roast beef with Swiss cheese
and an au jus sauce for
dipping.

Menus are in the
lobby and Café

Café Closed:
August 18th, 19th and 20th



Courtesy of PHS Class of 1961

A big thank you to the Class of 1961 from Peabody
High School, who donated 2 benches to the PCOA.
Class members were on-hand for the presentation!

Left to Right: Fred Lomas, Lennie Laakso, Bill Laakso,
Natalie Maga and Carol Connors

Peter A. Torigian Senior Center

August
2026Lunch is served
promptly at 11:30 a.m.Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Chicken Pot Pie</u> Baked Potato Sour Cream Broccoli Pineapple 	4 <u>American Chop Suey</u> Grated Cheese Corn Garlic Bread Birthday Cake	5 <u>Turkey Wrap</u> Tomato Salad Potato Salad Ice Cream 	6 <u>Shepherd's Pie</u> Gravy (Whipped Potatoes, Ground Beef, Corn) Green Beans Tiramisu	7 <u>Haddock</u> Oven Browned Potato Peas/Red Peppers Chilled Peaches 
10 <u>Mac & Cheese</u> Stewed Tomato Spinach Ice Cream 	11 <u>Swedish Meatballs</u> Mashed Potatoes Basil Carrots Lemon Meringue Pie	12 <u>American Hotdog</u> With fixings Baked Beans Homemade Coleslaw Brownie 	13 <u>Chicken Primavera</u> Roasted Vegetable Garlic Bread Bread Pudding	14 <u>Fish Sandwich with Cheese on a Roll</u> Tomato & Onion Tartar Sauce Potato Puffs Watermelon
17 <u>Italian Sub</u> Pasta Salad Tomato Salad Cookie 	18 <u>Pete's Pizza</u> Cucumber Salad Apple Pie 	19 <u>Cheeseburger</u> with Tomato/Onion Potato Salad Coleslaw Ice Cream 	20 <u>Chicken Cordon Bleu</u> Gravy Mashed Potatoes Broccoli & Cauliflower Strawberry Shortcake Roasted Red Pepper Humus and Crackers	21 <u>Tuscan Tuna Salad</u> Pasta E Fagioli Soup Crackers Cucumber Salad Tropical Fruit Cup
24 <u>Eggplant Parmesan</u> Tomato Sauce & Cheese Ziti Watermelon 	25 <u>Roast Beef & Swiss Cheese Wrap</u> Pasta Salad Marinated Beets Vanilla Pudding with Fruit	26 <u>Stuffed Peppers</u> Steamed Potatoes w/ Butter Corn Ice Cream 	27 <u>Roast Turkey</u> Gravy Peas Fresh Sweet Potatoes Chocolate Cake 	28 <u>Shrimp On Skewers</u> Rice Pilaf Tomato Salad Rice Pudding 
31 <u>Chicken Salad w/Cranberries on a Roll</u> Coleslaw Potato Salad Cookie		Menu subject to change	Reminder: Diners need to purchase their lunch tickets between 10:00-11:00 am. Tickets will not be sold after 11:00 am	Breakfast is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m. Menus are in the lobby & Café



August Birthday Celebration

Tuesday, August 4th, 2026

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

July Birthdays were:

Joe Millette, Suzanne Nadeau, Velma Cayao,
Joanne Gallart, Jerry Powers, Anne Goggin,
Wendy Long, & Kat DeLomba

Many thanks to Evan's Flowers for the
rose and balloon!



MOVIE TIME

With **Earl Rosen**

In the Jubilee Hall, from 12:00 – 2:00 pm

Tues. August 4th: Alice Doesn't Live Here Anymore

Tues. August 11th: Big

Tues. August 18th: Hildago

Tues. August 25th: Forget Paris



CRAZY CARDS

A fun twist on whist!

Wed., August 26th, from

12:15 - 3:00 in the Computer Room

**You must purchase your \$3.00
ticket by August 19th**

Tickets may be purchased at the
Front Desk

Computer room activities:

- Phone/computer help: On Friday August 7th and August 21st from 9:00 AM - 11:00am
- Ping Pong: Most Mondays & Fridays from 1:00 - 4:00 pm
- Rummikub: Most Wednesdays and Fridays at 12:15 pm
- Scrabble: Tuesdays at 10:00 AM



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

Veterans Meetings:

Our Veterans Group will meet on
Tues. August 18, 2026 from
9:30 - 10:30 am in Classroom A



Book Club

August's
book:

*"The View
From Lake
Como"*

By Adriana
Trigiani

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

August 12th at 10:30
AM in the conference
room.

Virtual Reality

Every Wednesday in August

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
Mahjong: 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
Scrabble: Tues. 10:00
Quilting: Thurs. 8:30-11:30
Call Laurie for more info: 978-531-2254



Low Vision Group

Our next Low Vision Meeting Will be Wed. August 12th at 12:30. Call Judy Enos at 978-290-6080 if you have any questions.

Diabetic Education

with Marianne Chojnicki. The next class will be Tues. August 4th, 10:30-11:30 am. Please sign up at the Front Desk

Hearing Screenings

Joe from Apex Hearing will be here on Thurs. August 27th, 10:00 am to 1:00 pm. To make an appointment, call 978-531-2254



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

Tues. August 18th, 9:00 - 3:00

Please call 978-531-2254 to schedule your appointment. Payment must be cash or check made out to the PCOA. Cost is \$55.00

Outdoor Corner

Bocce games

Wednesdays, 9:00 - 11:30 am

Thursdays, 12:30-2:00 pm

Pickleball

Monday through Friday,
8:30 am - 3:00 pm

Please call to make a reservation, or see Laurie/Kat.

Outdoor Cornhole

8:30 - 3:00, Monday through Friday

Come and have fun while meeting new people!



3D ART CLASS



Two of our students showing off their projects!

Next class:

Thursday,

August 27th @12:30 PM

Please sign up at the front desk

This Month's Musical **Flower Drum Song**

**Wed. August 12th
12:10 pm start time
In Jubilee Hall**



PCOA Transportation



Did you know?

All of our buses are wheelchair accessible

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

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

Schedule for trips to Shaw's, Stop & Shop, and North Shore Shopping Center (NSSC)

Pickup: 9:30 AM

Return: 11:30 AM

Monday:

So. Peabody, Rockdale
Park, Lynn & Lynnfield
streets

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 St

Friday:

20 Central St,
8 Walnut St, Lowell
St., West Peabody
(Big Y, Shaw's &
NSSC)



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.



Here are the outfits from our volunteer dinner's "Funky Fashion Show!" Each of our models paraded their sizzling Summer 2026 looks around the stage, featuring regalia such as a *sundress*, *bell bottoms*, a 14-carrot necklace, and even *ball gowns*!

Following the fashion show, our staff and volunteers did a flash mob, with a choreographed dance.

Much fun was had by all.

A big *THANK YOU* to all of our hardworking volunteers - you mean so much to us! If we could put on a show for you every week, we would!



Sundress

Print dress



Garden Party dress



Cardigan



Pill box hat and 14 carrot necklace



Bell bottoms



Spring dresses



Blazer



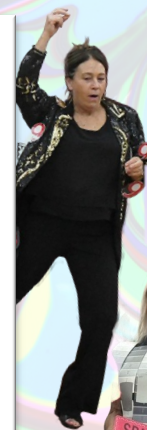
Shell dress



Turtle neck and bear feet



Dressed to the 9s



50 shades of grey



Crop top



Straw hat and tee-shirt

Cereal killer



Bloomers



Ball gowns



Tea dress



National Senior Citizens Day Timeline

January 20, 1981

40th President

Ronald Reagan is sworn in as the President of The United States of America at the age of 69.



1985

Age is Just a Number

"The Golden Girls" premieres on television, following the adventures of four senior ladies who live together.



August 21, 1988

Proclamation 5847

National Senior Citizens Day is declared by President Ronald Reagan



May 31, 2015

A Formidable Force

92-year-old Harriette Thompson finishes the Suja Rock 'n' Roll San Diego Marathon, and becomes the oldest woman ever to complete a 26-mile race.



National Senior Citizens Day arrives every August 21, dedicated to recognizing the profound impact of older adults on our society. Take time to celebrate their wisdom, experience, and ongoing contributions to family, community, and the workforce. Show your appreciation by spending quality time, offering assistance, or advocating for senior well-being.

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.

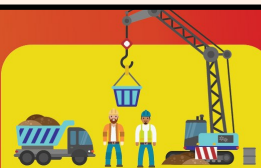
August is
TRIAD's
Heat Safety
Month

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.



weather.gov/heat



Job Sites

Stay hydrated and take breaks in the shade as often as possible



Indoors

Check up on the elderly, sick and those without AC



Vehicles

Never leave kids or pets unattended - LOOK before you LOCK



Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated

Points to Ponder By Jack Lawless:

August - The "Ready for School" and Stargazing Month

- Moby Dick author Herman Melville (1819–1891) was born in New York City on the 1st.
- Film star Marilyn Monroe died at the age of 36 on the 5th in 1962 from a drug overdose. She came to symbolize Hollywood glamour.
- On the 7th in 1990, just five days after Iraq's invasion of Kuwait, President George H. W. Bush ordered Operation Desert Shield, a massive military buildup to prevent further Iraqi advances.
- Effective at noon on the 9th in 1974, President Richard Nixon resigned from office as a result of the Watergate scandal.
- King Philip's War ended on the 12th in 1676 with the death of Metacom (also known as King Philip), leader of the Pokanoket people, who were part of the Wampanoag Tribe.
- The 14th in 1945 is V-J (Victory over Japan) Day, as President Harry S. Truman announced that Japan had accepted the terms of surrender, effectively ending World War II.
- Gold was discovered on the 16th in 1896 at Bonanza Creek, a tributary of the Klondike River in Canada's Yukon Territory, sparking the Klondike Gold Rush.
- The 17th is Cat Night, a little-known observance based on an obscure Irish legend associated with witches and the belief that cats have nine lives.
- Bill Clinton was born on the 19th in 1946 in Hope, Arkansas, and he was the first U.S. president born after World War II.
- On the 21st in 1959, President Dwight D. Eisenhower signed the proclamation admitting Hawaii as the 50th state.
- During the War of 1812, British forces invaded Washington, D.C., and burned the U.S. Capitol and the White House on August 24–25, 1814.
- The Sturgeon Moon occurs on the 28th and is so named because this was traditionally the time when lake sturgeon were most readily caught in the Great Lakes and other major North American waters.
- Following the unsuccessful coup attempt of August 19–21, 1991, the Communist Party of the Soviet Union was suspended, bringing to an end the institution that had ruled the Soviet Union for nearly 75 years.

Remember to be gentle with yourself and others. We are all children of chance, and none can say why some fields will blossom while others will lay brown beneath the August sun. Care for those around you" - Kent Nerburn

GOD BLESS AMERICA AND OUR PATRIOTS!

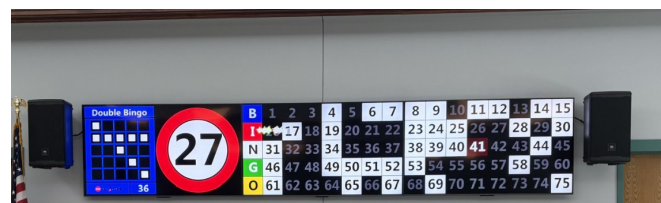
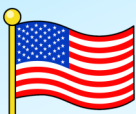


3D Printing

We now offer
3D printing. It will be
available the 1st and
3rd Friday of the
month from
9 am to 11 am.

We have 3 great
volunteers that will be there to assist you. The
only cost is for the printing
element that you use.

We are once again collecting worn
American Flags for proper disposal. Thanks
to the Vice Chair of our Board Members, John
Sacramone. John has made a
connection with a Veterans group, and has
willingly agreed to transport the flags that are collected at
our senior for proper respectful disposal. Please bring the
worn flags to the front reception desk.



Bingo Machine

The Friends just added a new \$23,000
bingo machine. It truly brings the bingo
experience to another level with the
new animated bingo board!

Watch Battery Replacement

Jon Hosking will be here on Thursday,
August 13th. Tickets given out starting at
8:15 to the first 20 people, one per
person please.



A \$2.00 donation is requested, with all proceeds
going to the Senior Center.
Thank You Jon for doing what you do!



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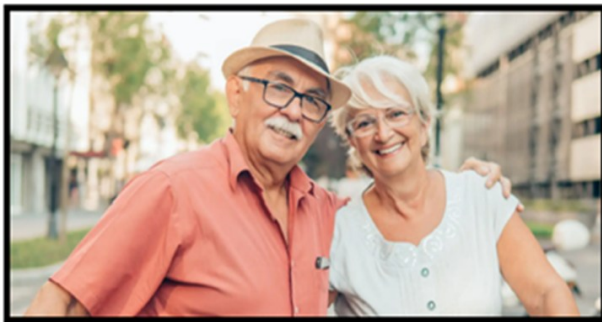
Annual Classic Car Show | Weekly Pet Therapy | Waffle Bar Celebration | Fun event with Serenity Hospital | Alzheimer's Awareness Walk

Alliance Health at Rosewood
22 Johnson St., Peabody, MA 01960 (978) 535-8700
AllianceHHS.Org/Rosewood



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SAME-DAY SERVICE



Volunteer spotlight

Marcy Consalvo

August's volunteer spotlight highlights Marcy Consalvo, who has been volunteering at the PCOA for 31 years.

Many of us know Marcy as an artist - but he was also a manufacturing engineer for over 40 years!

He started out wanting to be a machinist - in particular, a tool and die maker like his father, who managed an entire factory. Seeking this career path, Marcy attended the Lynn trade school, where he graduated with high marks due to the knowledge he gained from his dad. These good grades resulted in him getting into an apprenticeship course at General Electric at just 19 years of age.



Marcy also met his wife, Barbara, when he was 19. They were married for nearly 63 years, until her passing. Marcy describes her as his best friend, and confidant. He notes that they had the same sense of humor, which is very important! Over the years, they went on many adventures and trips together. They had two sons. Marcy now has 3 grandchildren, and 2 great-grandchildren!

After working there for around 36 years, GE offered Marcy an early retirement. He was home for two weeks, and started putting in applications to other jobs! Eventually, he ended up at Cybermation, a software company who hired him due to his machinist experience. They had a computer-controlled machine that cut out sheet metal parts, and were having some issues with it. Marcy straightened it out, and ended up working there for 5 years!

Marcy retired at the age of 60. He notes that he had a lot of hobbies at the time, and that he "Never saw a hobby he didn't like." His friend at the time told him about the model shipbuilding group at the PCOA. Before long, he was instructing the model shipbuilding class! Over the years, he made between 60 and 70 model ships. His favorite model that he made? A warship from the 1812 era - "The USS Wasp." After a while of teaching model shipbuilding, Marcy turned the class over to a friend of his to teach, and began instructing an art class.

Marcy has been an artist and an art teacher for many years! But how did he get interested in art? When he was 12 years old, his mother gave him a set of oil paints, sparking his interest. He still has one painting from back then - the only oil painting he has left! He uses and teaches in all mediums - oil, watercolor, pastel, acrylic, etc. Marcy experiments a lot with art, and is a fan of abstract art as well as traditional styles. He says that he likes to do abstract art in a way that "reflects the natural world."

Both before and during his retirement, he belonged to many art organizations, exhibiting his work in fall and spring shows, the Peabody International Festival, and more. He has won numerous ribbons over the course of 20+ years of exhibiting. Many of his students have also won awards as well. When asked what his favorite part about volunteering at the PCOA as an artist and art teacher, he says it is watching his students grow and bloom over time! Marcy has very generously decided to donate approximately 60 of his paintings to the PCOA for an art auction this fall. This event will kick off the fundraising campaign for the expansion of the senior center.

Thank you Marcy, for your many years of service to the PCOA, and for teaching art to so many!



**BOARD OF ASSESSORS
CITY HALL
24 LOWELL STREET
PEABODY, MA 01960
TELEPHONE (978) 538-5716**

**TERESA READE
SUSAN E. ANTONELLIS
LESLIE GEORGE**

Fiscal Year 2027 Exemption Criteria

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, 2026. Applications must be filed annually, and the deadline is April 1st 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 \$75,930. Assets include, but are not limited to, savings account balances, checking account balances, stocks, bonds, CDs, and annuities as of July 1, 2026. 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 \$350.00 off their taxes.

CL 22 Qualified 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 \$800.00 total tax exemption depending on their qualifications.

CL 37A Legally Blind

Applicant must be legally blind as of July 1, 2026 with annual certification from the Commission of the Blind. Qualified applicants are entitled to between \$500.00 and \$1000.00 off their taxes.

CL 41A Person over 65

Applicant must be over 65 years of age as of July 1, 2026 and have income that does not exceed \$50,372. 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, 2026.

Gross receipts (income) must be less than \$30,824 if single, and \$37,695 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 \$53,151 if single and \$56,948 if married.

Assets include, but are not limited to, savings account balances, checking account balances, stocks, bonds, CDs, stocks, and annuities as of July 1, 2026. Qualified applicants are entitled to between \$500.00 and \$1000.00 off their taxes.



Central Street Project

We know how difficult it has been on certain days arriving at the senior center with the ongoing Central Street Project. We also know that when it is completed, we will have a beautiful street that will be safer for everyone to travel. That being said, we also know that we need to work together to make it as easy as possible to arrive at our center.

We have just purchased two signs, pictured to the right, that will hopefully help the flow of traffic to our center during construction. We have asked that the signs be placed where traffic is stopped and a traffic officer there to assist. On our Facebook page, we will share any updates from both the city and any last-minute changes that we have been made aware of. Thank you for your patience.

- Carolyn Wynn

Director, Peabody Council on Aging





Roger B. Trask Adult Day Health Program

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 2:30 pm

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

Facilitator:

Mary Ellen Abodeely, LSW

Next meeting:

Tuesday, August 18th, 1:30 to 2:30 pm

Please RSVP: 978-531-2254 x 136

Therapy dogs visit!



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

Gift to the PCOA
Daughters of Penelope
Chapter #120

Gift to the PCOA
Lydia Nichols

Gift to the PCOA
Anna Gallo

In Honor of/In Memory of Gifts To the Trask ADH Program:

Gift to the Scholarship Fund
Daughters of Penelope
Chapter #120

Just a reminder:

We are contracting with the Veterans Administration to provide Veterans in need of ADH program services to have their fees paid through the Veterans Administration.

In order to take advantage of this VA program, Veterans need to be registered with VA healthcare system. We can assist with that process.

For questions about this program please call Carolyn Wynn at 978-531-2254 Ext. 109

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

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 August 21, 2026. National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens, and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21st as the day seniors will be celebrated.

"Throughout our history, older people have achieved much for our families, our communities, and our country."

Hope you had an Enjoyable Day

This past month the Friends sponsored a Karaoke Party which was a tremendous success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer Cely Thompson who sang "People" and the top male singer Lynn Cockrehan who sang "This is the Moment," each with a \$25.00 gift card to Market Basket.

Senior Day at Brooksby Farm

Mark your calendar for Senior Day. Mayor Bettencourt has announced the twelfth Senior Day at Brooksby Farm, to be held Wednesday, Sep. 16, 2026, 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 PCOA:

In Honor of Maria Kelley
Renee Jacavano

In Honor of The PCOA Staff
- Thank you!
Doris & Lynn Cockreham

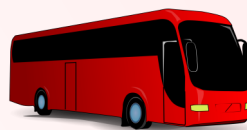
In Honor of Carolyn Wynn -
For all the wisdom
she has shared
Joanne Wooldridge

In Memory of Gifts
to the Friends of the PCOA:

In Memory of Milton
Goldberg
Gerald Goldberg & Anita Solov

In Memory of Maria Rebelo
Cynthia Gargas

In Memory of Lorraine
Turmenne
Sheila Dzengelewski



**UPCOMING FRIENDS OF
THE PCOA TRIPS**

Join the Friends of the PCOA
for these

exciting fall trips! Be sure to register and
submit your payment by the deadlines listed
below to reserve your spot:

- **Twin River Casino – Thursday, 9/17/26**
Payment Deadline: Monday, 8/17/26 (\$102 pp)
- **Ogunquit Playhouse – Thursday, 10/21/26**
Payment Deadline: Thursday, 9/22/26 (\$190 pp)
- **Salem Cross Inn – Thursday, 11/5/26**
Payment Deadline: Monday, 10/19/26 (\$155 pp)

Have questions? A Friends of the PCOA Board member is available in the lobby on Mondays and Thursdays from 9:00 -11:00 AM to answer questions, provide trip information, and assist with registrations.

All trip departures will be from Holy Ghost
20 Howley St., Peabody, MA

Please register early - each trip requires a minimum
of 35 participants.

Trips not meeting the minimum may be canceled.



Photos from our 2026 Volunteer Appreciation Dinner

Thank you to all of our volunteers who attended this event! It

featured a tropical theme, a meal catered by Kowloon restaurant, and a special performance by our PCOA staff. We truly appreciate all that is done by our dedicated volunteers!



Our TOPS group with magnets they made!



**John Clark's
"State Songs
of The USA"
presentation**



**Ballroom
dancing**



**Thank you to the Friends of the
PCOA for sponsoring another
fun afternoon of karaoke!**

PEABODY COUNCIL ON AGING

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

Non-Profit Org.

U.S. Postage

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Permit No. 1

Peabody, MA 01960

RETURN SERVICE REQUESTED



August 2026

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

**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 _____

City _____ State _____ Zip _____

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

(Please Print)

Donee's Name: _____

Please notify the following individual (s). *(Please Print)*

Name _____

Address _____

City _____ State _____ Zip _____

The Name of Donor and Donee will be recognized in
The Peabody Council on Aging *Tips & Topics* Newsletter.

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