#### December 2025

# 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 www.peabodycoa.org / Find us on Facebook!





Live Peabody An Age Friendly Community

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

Carolyn, her staff, and the Board Members of the Peabody Council on Aging would like to wish all of our participants and their families a most Happy and Healthy Holiday Season! 

### Holiday Party

Wednesday, December 17th, 2025 9:30 AM - 12:30 PM ~ In Jubilee Hall

#### Featuring:

Tickets are \$10.00, and will be on sale at the front desk An opening performance by the PCOA Drill Team, followed by entertainment from Alan LaBella

#### MENU

- ~ Stuffed Chicken Breast
- ~ Red Bliss Mashed Potatoes
- Stuffing
- Green Beans Almandine





Tickets are \$5.00 and will be

The Peabody Council on Aging and
The Forever Young Chorus
Presents
A Forever Young Christmas

Wednesday, December 10th
2025
12:30 – 2:00 PM
79 Central Street, Peabody

Tickets are \$5.00 and will be

on sale at the front desk

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#### Friends Café December specials:

Salad special: Garden salad w/ deli turkey, dried cranberries, pecans and honey mustard dressing

Sandwich Special: Grilled turkey cheddar and bacon served on honey wheat bread with honey mustard





Please join us for an afternoon of holiday music and a delicious selection of pies

> Friday, December 12th 1:00-2:00 PM In our dining room



New Year's Toast!

Wednesday, Dec. 31st Jubilee Hall

Enjoy cheese and crackers with sparkling cider to ring in 2026!

#### **CITY OF PEABODY**

24 LOWELL ST. PEABODY, MA 01960



P:978-538-5700 F. 978-538-5980

#### OFFICE OF THE MAYOR Edward A. Bettencourt, Jr. December 2025

Dear Friends,

As Mayor of the City of Peabody, I am honored to extend to you my best wishes for a happy holiday season and a healthy and prosperous New Year. During this festive time of year, we often reflect on the truly important aspects of our lives like family, friends, and faith. We count our many blessings and give thanks for the freedom and opportunity we enjoy as Americans.

In celebrating our own good fortune, we are mindful of those who are less fortunate; the lonely and dispirited, the sick and dying, the hungry and helpless. The holiday season provides many opportunities to give of ourselves, our time, our money, and our prayers. As Mayor, I am privileged to witness extraordinary giving each day by the many caring individuals who make up the fabric of our community.

Peabody seniors are especially vibrant, leading active social lives and engaging in their community more than ever. We are fortunate to be home to the Peter A. Torigian Senior Center which is a hub for thousands of older residents and has long been the envy of the entire region.

As we approach the New Year, I look forward to spending time with you at the Senior Center during the wonderful celebrations throughout the year. I also look forward to our annual Senior Day at Brooksby Farm.

May the joy of the season be yours and may the spirit of giving fill all our lives in 2026. Happy Holidays!

Warmest regards,

Edward A. Bettencourt, Jr. Mayor, City of Peabody

Elal G. Rott



#### Peter A. Torigian Senior Center

December 2025

**Oven-browned Potato** 

Cookie

**Homemade Cole** 

Slaw

Peaches

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

Meal Cost: \$5.00 Friends Members: 4.00

lunch tickets

between 10:00-

11:00 am.

Tickets will not be

sold after 11:00 am

Is Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Ziti & Meatballs  Meat Sauce Green Beans Garlic Bread Fruit Cup	Honey Mustard Chicken Bacon Wrap Pasta Salad Homemade Coleslaw Apple Pie	Chicken Sausage Al Forno Penne Pasta Greek Salad Ice Cream	Roast Pork Stuffing Gravy Roast Turnip Split Peas Soup Wheat Roll Bread Pudding	Fish Cakes Beans Homemade Coleslaw Brown Bread Ice Cream
8	9	10	11	12
Vegetable Quiche French Onion Soup Soup/Crackers Oven Brown Potato Mixed Fruit	Chef Salad on Mixed Greens Dressing Wheat Pita Fortune Cookie & Birthday Cake	Chicken Parmesan Ziti/ Tomato Sauce Green Beans Garlic Dinner Roll Hummus and Crackers Chocolate Cream Pie	Roast Beef Gravy Baked Potato Sour Cream Corn and Pimentos	Grilled Salmon/ Lt Bearnaise Sauce Rice Pilaf Spinach Peaches And Strawberries
15	16	17	18	19
Reduced Sodium  Hot Dog  Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding	Chicken Marsala Sauce Rice Pilaf Greek Salad Cookie	Holiday Party Baked Stuffed Chicken Supreme Sauce Mashed Red Bliss Potatoes Green Beans Almandine Tiramisu	Shepard's Pie Gravy Glazed Carrots Peach cobbler	Haddock/Crumb Topping Lemon Wedge Oven Roasted Potatoes Vegetable Medley Bread Pudding/ Topping
22	23	24	25	26
Chicken Pot Pie Potato Salad Greek Salad Butterscotch Pudding	Italian Sausage Peppers & Onions On Roll French Fries Chilled Pears	<u>Pizza</u> Caesar Salad Ice Cream	MERRY CHRISTMAS!	Center Closed
			The state of the s	Ollias
29 <u>Chicken Piccata</u> Guacamole Salad	30 Cheeseburger Oven Fries	Chicken Cordon Bleu	Menu	Reminder: Diners need to purchase their

**Red Bliss Potatoes** 

**Corn and Pimentos** 

**Chocolate Cream Pie** 

**Cheese Platter and** 

Crackers

**New Year's Toast** 

#### | <del>|</del>

**December Birthday** Celebration Tuesday Dec. 2, 2025

**Activities (Laurie Nadeau)** 

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

November Birthdays were: Patricia Cinelli, Jack Lawless, Carolyn Wynn, Barbara Sudano, Micheale Currie, Joe Chidiac & Joe Collella (not pictured)



#### MOVIE TIM

With Earl Rosen In Jubilee Hall, from 12:10 – 2:00 pm

Tues. Dec. 2nd: Hugo

Tues. Dec. 23rd: A Christmas Story

Tues. Dec. 30th: The Holiday

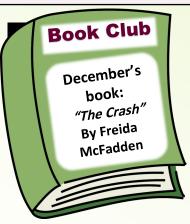
**ENJOY AN AFTERNOON MOVIE &** 

**Senator Joan Lovely:** Office hours at the PCOA: Monday, December 8th, 2025 from 9 - 10am. Walk-Ins Welcome!

#### **Veterans Meetings:**

Our Veterans Group will meet on Tues. December 16th, 2025 from 9:30 - 10:30 am in Classroom A





Our Book Club is run by Morgan Yeo. We meet each month for a book discussion, at the PCOA. This month's discussion is Dec. 10th at 10:30 AM in the conference room.



This Month's Musical: "White Christmas"

Wednesday, Dec 3rd @12:00 PM - In Jubilee Hall

#### CRAZY CARDS

A fun twist on whist! Wed., December 24th, from 12:15 - 3:00 in the Computer Room You must purchase your \$3.00 ticket by December 17th

Tickets may be purchased at the Front Desk

#### **Virtual Reality**

Wednesdays in December

Morning: 9:00 to 11:00 am

Afternoon: 12:30 to 2:30 pm



#### Computer room activities:

Phone/computer help: On Fridays, December 5th and 19th 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

Chess: Wednesdays at 10:00 AM



#### Some of our ongoing activities:

Whist: Tues. & Thurs. 8:30-11:00 Mah Jongg: Every Tue. 11:45-2:00 Japanese Bunka: Tues. 9:00-12:00 Knitting & Crochet: Tues. 11:45-2:00 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

#### **Hearing Screenings**

Joe from Apex Hearing will be here on Thurs. Dec. 4th, 10:00am to 1:00pm. To make an appointment, call 978-531-2254

#### **Diabetic Education**

With Marianne Chojnicki
Class is cancelled for December.
Next class: Jan. 6th: 10:30-11:230

#### **Low Vision Group**

Will meet Wed. Dec. 3rd at 12:30 in Classroom A Call Judy Enos for more Details - 978-290-6080

#### Watch Battery Replacement

Thursday, Dec 11th
Tickets are given out at 8:15 to
the first 20 people. \$2.00
donation, all proceeds go to the
Senior Center



#### Foot Clinic with

Crystal Perry – CFCN

Monday, Dec. 15th, 9:00 -3:00

Tuesday, Dec.16th, 9:00 -3:00

Please call 978-531-2254

To Schedule your appointment

\$50 for Evaluation, \$45 for a follow up.
Payment must be cash or check made out

#### St. John's Thrift Boutique

We will be returning to St. John's Thrift store on Friday, Dec. 5th. 12:30 –1:30. Get your Christmas goodies!



Transportation will be provided. Please sign up at the front desk. Limit of 12. You must be able to climb stairs.

#### **CORNHOLE IS BACK**

Starting Thursday, Dec. 4th @ 12:30, in the Computer Room

#### Time change!

Bingo now <u>starts</u> at 12:20 instead of 12:30







On November 10th, 2025, we celebrated Veteran's Day with a complimentary lunch for our PCOA veterans.

The kitchen cooked a delicious meal of stuffed sole for our veterans.

Before lunch was served, we saluted our flag and sang God Bless America. Joe Colella and Carolyn Wynn made a speech thanking our veterans for their service.

Pictured left is our Veterans group gathered during their November meeting, facilitated by Joe Colella.





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

Shaw's, Stop & Shop and NSSC

So. Peabody, Rockdale Park, Lynn & Lynnfield Sts. Monday:

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

20 Central St., 18 Walnut, Lowell St. Friday: West Peabody (Big Y, Shaw's & NSSC) Friday:

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

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

Monday

12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody

Tuesday 50 Warren Street, 75 Central Street, 20 Central Street

**Thursday** Friday

Wednesday South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street Eastman Park, Bresnahan Street, Washington Street, 98 Central Street East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

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

#### **Attention All Riders**

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

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.



#### CHOOSE SAFE DRIVING

Occupational therapy can assist seniors in maintaining the activities they enjoy most. Concern over changes from medical conditions or aging should be addressed, not ignored for fear that the only solution is turning in the keys. Occupational therapy practitioners can help older drivers stay safe behind the wheel with the priority of safe community mobility.



Tips and Topics

#### Here are some steps all drivers can take today to be safer on the road:

- Leave room for airbag deployment by adjusting the driver's seat so that your chest is 10 inches or more from the steering wheel.
- Adjust your sitting posture by moving the steering wheel and adjusting your seat to get your line of sight 3 inches or higher than the top of the steering wheel.
- Always adjust your side-view mirrors to minimize the "blind spot" to the side and rear of the vehicle. Find your safest fit at www.Car-Fit.org.
- Reduce crash exposure by planning a route with more right turns, minimizing or eliminating left turns.
- Busy roads can be extra demanding! Try planning an outing during quieter times, like the mid-afternoon to avoid those doing errands during lunch.
- · Do you still have unanswered questions or concerns?
- · Are you sitting too low or too close to the steering wheel?
- · Are you uncomfortable reaching the vehicle controls?
- · Consult with an occupational therapy practitioner to learn about a wide range of solutions to enhance your safety.
- Choose to be the safest driver you can be!



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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.

This information is being shared by Peabody TRIAD in honor of Older Driver Safety Awareness Week 2025 which will be held from December 1-5, 2025, during the first full week of December. This annual observance promotes proactive planning for safe mobility as people age and encourages conversations between older adults, their families, and healthcare professionals about vision, reflexes, and available resources. The goal is to support safe driving for as long as possible and explore alternative transportation options to maintain independence.

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.

**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

The PCOA is collecting Toys for Tots! New and unwrapped toys are accepted - the last day to donate is December 15th. Thank you!

#### Points to Ponder: By Jack Lawless December: The most festive month

- Iceland was granted sovereignty by the Danish parliament on the 1st in 1918.
- The first successful human heart transplant was performed in Cape Town, South Africa, on the 3rd in 1967
- The Cold Moon, or Long Night Moon, occurs on the 4th.
- The island of Hispaniola was encountered by Columbus on the 6th in 1492 and is now divided between Haiti and the Dominican Republic.
- Jewish Hanukkah begins at sundown on the 7th. Also on the 7th, the U.S. naval base at Pearl Harbor, Hawaii, was attacked by Japan in 1941.
- On the 9th in 1992, Buckingham Palace announced the separation of Prince Charles and Diana, Princess of Wales.
- American clergyman and composer Phillips Brooks (1835–1893) was born on the 13th in Boston, MA; he wrote the lyrics for the Christmas carol "O Little Town of Bethlehem."
- On the 15th in 1964, Canada adopted a new national flag featuring a red maple leaf on a white background.
- The Continental Army, led by General George Washington, settled in Valley Forge, PA, on the 17th in 1777.
- We welcome the start of winter on the 21st.
- Caspar Weinberger and five other Reagan administration aides involved in the Iran-Contra scandal were pardoned by President George H. W. Bush on the 24th in 1992.
- Have a healthy, joyous, Merry Christmas on the 25th.
- In Washington, D.C., the International Monetary Fund was established on the 27th in 1945.
- Israel and the Vatican signed an agreement on mutual recognition, seeking to end 2,000 years of strained Christian–Jewish relations, on the 30th in 1993.
- On the 31st, have a happy New Year, as the 31st is the final evening of the Gregorian calendar traditionally a night of merrymaking to welcome in the New Year. Have a happy, healthy New Year!

"December: a month of lights, snow, coziness, and feasts; time to make amends and tie up loose ends; finish what you started and make your wishes come true."

— Unknown

#### COD BLESS AMERICA AND OUR PATRIOTS!

In Memory of Gifts

To the Roger B. Trask Adult Day Health Program

In Memory of Jack and Cara Murtagh
Carol and Kim Murtagh

In Memory of Denise Morton
Bonnie Regan

In Memory of Jacky Ankeles
Betty and Tom Hosman

In Honor of Gifts
To the Peabody Council on Aging

Anna Gallo

In Memory of Gifts
To the Peabody Council on Aging

In Memory of Jacky Ankeles
Anthony Maistrellis



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Thank you!





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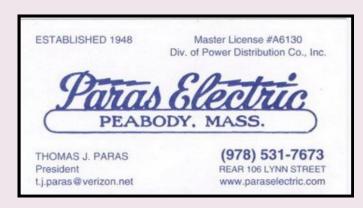
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If you are interested in placing an ad into our newsletter, please contact Sandra Dupont (978) 531-2254

There are other available options upon request! Call for more information. Your ad will appear on our website FREE!







#### The Roger B. Trask **Adult Day Health** Program:

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Susan Levenson RN, Program Manager 978-531-2254

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**SAME-DAY SERVICE** 









### Volunteer spotlight

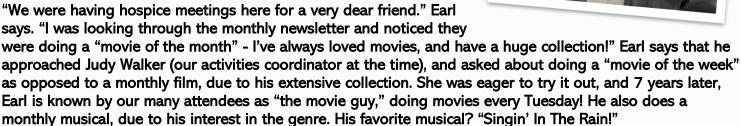
#### **Earl Rosen**

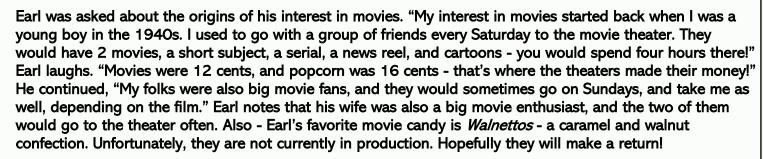
December's Volunteer Spotlight features Earl Rosen, who has been a volunteer with us since 2018!

Earl grew up in the Dorchester/Roxbury area of Boston, eventually serving in the Army for several years - being stationed in Berlin, Germany for a year and a half. Once he returned from his army service, he married his girlfriend in November of 1958! They had two children, a son and a daughter - both of which are film enthusiasts like their parents!

Earl worked for the Speidel Watch Band Company for 37 years - a long career! He retired at 60 in 1996.







Earl notes that the invention of the VHS tape is what started him on his movie collection journey, and once DVDs were available, he became serious about adding to his collection. Today, it is up over 3,000 films! "I am surrounded by movies!" he laughs, "They are in 4 different rooms." Earl says that his collection continues to grow to this day. In addition to the films he shares with the PCOA, he also shows some at the Brightview Independent Living facility.

When asked how he comes up with a list of films to show weekly at the PCOA, Earl says: "It's a challenge to find movies that everybody will like. I try to mix it up! I love old movies from the 1930s and 1940s, and I also love musicals. We get a good group of 20 or 30 people each week, and I also ask them what they would like to see for films."

No interview of a movie enthusiast would be complete without a list of favorites! And here are Earl's: Roman Holiday, The Shop Around The Corner, It Happened One Night, The Lady Eve, The Lion in Winter, The African Queen, and Cassablanca, just to name a few!





### GUIDE (Guiding an Improved Dementia Experience) Program



#### New Dementia Support available at AgeSpan

If you or a loved one have been diagnosed with dementia, you may be eligible for support through the federal government's new program, GUIDE (Guiding an Improved Dementia Experience).

#### What is GUIDE?

GUIDE is a program developed for Medicare dementia clients and their caregivers to offer increased support and education to individuals with mild, moderate, or severe dementia. The goal of the program is to provide individuals with compassionate, person-centered support for the dementia client and their caregiver that promotes quality of life and reduces stress.

#### **GUIDE Program Highlights**

- Services are covered at no additional cost to the client or the caregiver.
- \$2,563 annually for in-home or adult day center respite (time off for the caregiver)
- Personalized Care Plans: Tailored care that adapts as needs evolve.
- Comprehensive Assessments: To understand the specific challenges and strengths of each individual and caregiver.
- Ongoing Support: Regular check-ins to help you navigate the complexities of dementia care with confidence.
- Caregiver Services including training on how to best care for your loved one living with dementia, education, and respite services.

#### Who Qualifies?

- If you or your loved one has a diagnosis of mild, moderate, or severe dementia you may qualify.
- You have traditional Medicare parts A&B (not enrolled in Medicare Advantage).
- You live in a home, assisted living facility, group home, or rest home; you cannot live in a nursing home long term
- You are not enrolled in a SCO/One Care, PACE, or hospice.

#### Contact

Please contact 978-946-1211 or email hlce@agespan.org for more information







#### **Silver Alert Program**

The Silver Alert Program was created to provide support to family members caring for adults afflicted with serious memory impairments such as dementia and Alzheimer's disease who are at risk for wandering. This Program provides families with the ability to take a proactive approach toward protecting a loved one by registering them with the local police department. To participate in the program, families go directly to the Silver Alert Registration form, or meet with the outreach staff at the senior center. There is no-cost to participate in this program. The Peabody Police Silver Alert Program collects specific information about a potential missing person along with photo identification. All information is kept confidential and is to be used in the event that your family member is reported missing. This preventative action will help some of our most vulnerable citizens stay safe.

For more information, contact Officer Rick Cameron at 978-538-6300 (rcameron@peabodypolice.org) or Lt. David Bonfanti at 978-538-6366 (dbonfanti@peabodypolice.org)

### Roger B. Trask Adult Day Health Program









Photos from the bus trip back from the Mystery Ride visit to Treadwell's Ice Cream!

This program is available for those that need extra help maintaining an independent lifestyle, providing a warm and friendly setting with professional staff, including registered nurses, licensed social workers, activities coordinators and certified nursing assistants. We offer a structured and supervised daily program of stimulating activities tailored for older adults with individual interests and levels of functioning.

#### Benefits for the participant:

- A special place to come during the day to enjoy warm individualized attention in a safe and structured setting.
- Availability of individualized nursing care to assess and monitor medical conditions.
- A chance to meet new friends and socialize outside the home.
- A means of helping oneself to maintain or increase their present level of functioning.
- A means of instilling a feeling of self-worth and independence.

#### **Benefits for Caregivers:**

- Freedom from concern during the day, especially for caregivers working outside the home.
- A respite time for caregivers who are at home so they may be free for a few hours to pursue their own activities.
- A cost-effective method of maintaining an individual at home while ensuring their safety and emotional well-being.

#### Family Caregiver Support Group

We meet on the 3<sup>rd</sup> 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, December 16th 1:30 to 2:30 pm

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

#### MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: DECEMBER 2025

#### A Special Time of the Year

As we approach the upcoming Holiday Season, we will all be busy with our families and friends attending holiday parties, visiting the malls to purchase that special gift, or sending out greeting cards to family and friends. However, we all know that there are those who have no family to get together with, who will not receive a gift or a greeting card and may even spend a holiday alone. As "Friends" we cannot and should not forget that there are folks who are too proud to ask but need our help. It is a wonderful time to think of others and share friendship and kindness.

#### "Friends Care – Friends Share"

As we draw near to the end of the year, the Board of Directors of the Friends of the Peabody Council on Aging would like to thank the Members who have supported the Friends Organization during the current year. Because of each of you and your generous donations to the Annual Appeal, we were able to support the Council on Aging,

Director Carolyn Wynn, and her outstanding staff with their endeavors and to supplement their funding for the Council's many programs and events. 100% of the funds derived from the Annual Appeal, are used to supplement the budget of the PCOA.

#### Annual Holiday Party & Celebration

The Peabody Council on Aging will be hosting the Annual Holiday Party & Celebration on Wednesday December 17th. Tickets are available to be purchased at the front desk. Come on down and enjoy the festivities with entertainment provided by Alan LaBella.

A new year will begin on January 1, and the 2026 Annual Appeal for Funds Packet will soon be in the mail. We sincerely ask for your continued support so that we may continue to assist in providing the many services, programs, and recreational activities provided at the center.



In closing, the entire Board of Directors of the Friends of the Peabody Council on Aging wish each of you and your families a Joyous Holiday Season and a Happy New Year.

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

In Honor of the PCOA staff
Pam Walker

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

In Memory of Jacky Ankeles
Mary Bruno

In Memory of Rev. Robert and Mrs. Ruth

Barber

Bob Cavanaugh

In Memory of Rosemary Whalen Boudreau
(Sister)
Mary Whalen Mahoney

In Memory of Joseph DiBartolo Joseph Colella

In Memory of Alice and Jerry Fabrizio
Judy Fabrizio and Family

In Memory of Cara Murtagh
Mary Marron (Auntie Mary and Family)



### PCOA Happenings!







#### 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 PAID Permit No. 1 Peabody, MA 01960

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### December 2025

## Happy Holidays!



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Telephone Number:	
the Peabody Council on Agi	the PCOA is to supplement the budget of ang with their efforts to provide services which the quality of life for Seniors who original Senior Center.
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