

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



Live Peabody
An Age Friendly Community

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

Special Valentine's Day Lunch Wednesday, February 11th, 2026



11:30 am
in the Jubilee Hall

If you plan to attend,
please purchase a lunch
ticket ahead of time.
\$4 for Friends Members,
\$5 for non-members.

Menu

Lunch

- Steak tips
- Salad w/raspberry dressing
- Pita bread/chips

Dessert:

- Strawberry shortcake

There will be a volunteer selling tickets in the hallway one week prior, from Monday, February 2nd to Friday, February 6th.

Valentine's With Victor Dance Party

Feb 11th
12:30-1:30 PM
Jubilee Hall

We are having another dance party following our Valentine's lunch, so bring your dancing shoes and join in for some good music and fun!



Scrapbooking your life's story!

Tell the story of your life through your personal photos, ancestor's newspaper articles, handwritten notes, etc.

This class is limited to 10 participants and will run for 6 weeks, Thursdays, 12:15pm - 1:45pm.

The cost will be \$29.00 (due at the time of sign up) and covers all materials for the class.

Start Date: February 19th

Please sign up at the front desk

Save the Date!

Saint Patrick's Day Party

Wednesday, March 4th ~ 9:30am - 12:30pm

Entertainment by

The Famous
Brian Corcoran



Tickets cost \$10.00, and will be sold by a volunteer in the hallway

A delicious traditional Irish menu of Corned Beef and homemade soda bread will be served



Friends Café Specials

Sandwich Special:
Tuna Melt

Tuna, Tomato, and American cheese grilled to perfection served with choice of side.



Salad Special:
Southwest salad

Garden salad topped with black beans, corn, red pepper, red onion and shredded cheese served with homemade southwest dressing and warm pita bread.



Friends Café Closed:

All day on February 11th, and for breakfast on February 17th


Peter A. Torigian Senior Center
**February
2026**
**Lunch is served
promptly at 11:30 a.m.**
**Meal Cost: \$5.00
Friends Members: 4.00**

Monday	Tuesday	Wednesday	Thursday	Friday
² <u>Chicken Patty</u> <u>on a roll</u> (Lettuce, Tomato, Pickles, Onions) Cheese Mayo French Fries Corn Chowder 	³ <u>Turkey Wrap</u> Chips Homemade Coleslaw Brownie Birthday Cake 	⁴ <u>Eggplant</u> <u>Parmesan</u> Pasta Cauliflower Lemon Meringue Pie	⁵ <u>Meatloaf</u> Gravy Carrots Red Bliss Mashed Potatoes Vanilla Pudding 	⁶ <u>Grilled Salmon</u> Light Bearnaise Sauce Rice Pilaf Broccoli Ice Cream 
⁹ <u>Reduced Sodium</u> <u>Hot Dog</u> Condiments Baked Beans Sautéed Cabbage Butterscotch Pudding 	¹⁰ <u>Chicken</u> <u>Parmesan</u> <u>Calzone</u> Marinara Sauce French Fries	¹¹ <u>Steak Tips</u> Pita Bread Salad w/ Dressing Chips Strawberry Shortcake Valentine's Day Lunch 	¹² <u>Roast Stuffed</u> <u>Pork w/Sauce</u> Wild Rice Vegetable Medley Apple Crisp with Vanilla Ice Cream	¹³ <u>Stuffed</u> <u>Cabbage</u> Tomato Sauce Steamed Potatoes Carrots Tapioca Pudding
¹⁶ Presidents' Day  PCOA Closed	¹⁷ <u>Italian Sub</u> Italian Wedding Soup Chips Ice Cream 	¹⁸ <u>Ziti &</u> <u>Meatballs</u> Tomato Sauce Green Beans Garlic Bread Apple Crisp 	¹⁹ <u>Shepherd's</u> <u>Pie</u> Gravy Broccoli Chilled Peaches	²⁰ <u>Fish Sandwich</u> <u>with Cheese</u> <u>On a Roll</u> (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Cookie
²³ <u>Chicken Piccata</u> Baked Potato Corn & Pimentos Watermelon Port Wine Cheese & Crackers 	²⁴ <u>Tuscan Tuna</u> <u>Salad</u> Hot Dog Roll Clam Chowder Crackers Pasta Salad Cookie	²⁵ <u>Cheese</u> <u>Lasagna</u> Apple Juice Meat Sauce Green Beans Ice Cream 	²⁶ <u>Roast Beef &</u> <u>Swiss Cheese</u> <u>Wrap</u> Chicken Noodle Soup Marinated Beets Banana Cake	²⁷ <u>Baked</u> <u>Haddock</u> Mashed Potato Carrots Bread Pudding 

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 from 8:00-10:00 a.m.
Menus are in the lobby & Cafe

Menu is
subject to
change

February Birthday Celebration

Tuesday Feb 3rd, 2026

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

January Birthdays were:

Judy McLaughlin, Gerry Woodman, Maria Rebelo,
Leslie Courtemanche, Kathy Mello, Richy Mello,
Paul Bedard, Leah Allman, Anne Gandorfo,
Gail Fine, Shelley Green, Jim Davis, Camille Cino,
Sonny Dall, Earl Rosen



Many Thanks to Evans Flowers
For the rose and balloon!

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

Virtual Reality

Every Wednesday in February

Morning Session: 9:00 to 11:00AM

Afternoon Session: 12:30 to 2:30 PM

Please sign up at the front desk



Veterans Meetings:

Our Veterans Group will meet
on Tues. February 17th, 2026
from 9:30 - 10:30 am in
The Computer Room



MOVIE TIME

With **Earl Rosen**

In Jubilee Hall, from 12:10 – 2:00 pm

Tues. Feb 3rd: Hidden Figures

Tues. Feb 10th: Pygmalion

Tues. Feb 17th: City Island

Tues. Feb 24th: Eight Below



ENJOY AN AFTERNOON MOVIE & POPCORN

Book Club

February's
book:
"Pride and
Prejudice"
By Jane Austen

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
Feb. 11th at 10:30 AM in
the conference room.

CRAZY CARDS

A fun twist on whist!

Wed., Feb 25th, from

12:15 - 3:00 in the Computer Room

You must purchase your **\$3.00**
ticket by February 18th

Tickets may be purchased at the Front Desk



This Month's Musical:

"My Fair Lady"

Wednesday, Feb 4th

@12:00 PM - In Jubilee Hall



Computer room activities:

- **Phone/computer help**: On Fridays, Feb 6th & Feb 20th 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. Feb 26th, 10:00am to 1:00pm. To make an appointment, call 978-531-2254

Foot Clinic with

Crystal Perry – CFCN
 Tuesday, Feb 17th, 9:00 -3:00
 Please call 978-531-2254
 To schedule your appointment.
 A payment of \$55 must be cash or check, made out to the PCOA

**Health
 Corner**

Diabetic Education

With Marianne Chojnicki
 Tuesday, Feb 3rd:
 10:30-11:30
 Please sign up at the front desk

Low Vision Group

Will not meet in January or February
 Call Judy Enos if you have any questions:
 978-290-6080

AI (Artificial Intelligence)

Class conducted by Tony Schettino.
 Come on in and find out what the hype is all about. This is a basic class for the average person.

Friday, Feb. 13th @ 12:30 –1:30
 in Classroom A.

This is a limited class, please sign up at the front desk.

Art Class

We have canvases, paints, brushes, and we have the talented Marcy as the instructor...

But we don't have YOU!!
 Every Thurs. & Fri.
 8:30 – 11:00 am

In the Art Room

Cornhole every Thursday!
 at 12:15 pm, in the
 Computer Room



PCOA Transportation



Did you know that our transportation department provides over 4,600 rides to various locations per month?

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. Thank you for your patience and understanding!

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:

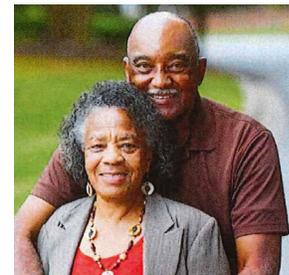
If you think you may be eligible, call the PCOA to book a Social Services appointment at 978-531-2254

You are	Your income is at or below
Single	\$2,935 per month
Married	\$3,966 per month
There is no asset limit	

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

MED-ALF_2025-03

Learn more at Mass.gov/MedicareSavings



Need Help Paying Your Heating Bills and Keeping Your Home Warm This Winter?

The Fuel Assistance Program at North Shore Community Action Programs, Inc. helps income-eligible homeowners or renters pay their winter heating bills. If your gross household income falls within the limits shown in this chart, you may qualify for payment towards your winter heating bills as well as Weatherization services including: heating system repair or replacement, a new refrigerator and a home energy audit which may help reduce your electricity bills and keep your house warm. In addition, National Grid customers may qualify for a discount of up to 25% on their bills.

Household members	Maximum Income*	Household Members	Maximum Income
1	\$51,777	4	\$99,753
2	\$67,709	5	\$115,504
3	\$83,641	6	\$131,436

*60% of Estimated State Median Income - Effective June 2025
For information about Fuel Assistance, call: 978-531-8810

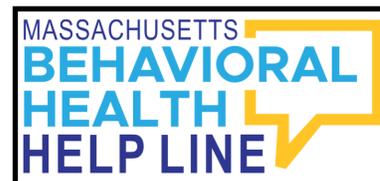
Email: fuelassistance@nscap.org, or visit nscap.org

Appointments - Call: 978-531-0767 x 136

(October 1st - April 30th).

North Shore Community Action Programs Inc.

119 Rear Foster Street, Building 13, Peabody, MA 01960



About the Massachusetts Behavioral Health Help Line

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages.
- Deaf or hard of hearing? Contact MassRelay at 711, or use your video relay or caption provider of choice.

The Behavioral Health Help Line is a service of the Commonwealth of Massachusetts, operated by the Massachusetts Behavioral Health Partnership (MBHP).

Call or Text: 833-773-2445

masshelpline.com

We're here for you 24/7, including holidays

Residents of Peabody - Activate your new benefit today!

Life can be challenging, but you don't have to navigate it alone. As part of the City of Peabody's new partnership with BLOOM, you now have free access to confidential, personalized support for:

- Mental Health Therapy, Psychiatry, & Substance Use Support
- Parenting & Eldercare
- Personal Well-Being
- See how BLOOM can make a difference for you and your family. Check out this month's eldercare resources by scanning the QR code below, or by visiting: <https://bloom-hub.mn.co/landing>

Download *The* BLOOM App



Girl Scout Cookies

We will have girl scouts in the hall selling cookies on Thursday, Feb. 19th at 9:30 AM.

They are \$6.00 per box
Cash only



A note from Betty Brennan:
To all the sweethearts who had anything to do with the Christmas raffle: It wouldn't have been such a success without you all. With all my heart, thank you!

-Betty

And a big thank you to Betty from the PCOA for organizing and running her raffle! We are truly grateful for her efforts.

Volunteers needed for *The Friends Café!*

We are currently looking for energetic, sociable, and fun volunteers for our Café. Restaurant experience is preferred but not necessary, as we are willing to train the right candidates!

Qualities needed: Kindness, reliability, punctuality, being a team player, able to stand, walk, and carry trays of food. Hostess responsibilities include: Arriving early to prepare for the day, collecting the starting cash, and setting up the station. From 11:00 to 11:30 a.m., the hostess is responsible for taking to-go orders. Throughout the shift, the hostess manages seating, operates the cash register, and keeps track of orders and payments. At the end of the shift, they complete all accounting tasks and ensure that all necessary paperwork is prepared for the next shift.

Servers: Servers are expected to arrive early to prepare for their shift and are responsible for refilling supplies such as soda, chips, and other necessary items. Each server will be assigned specific tables to wait on, taking customer orders, serving drinks and food, and handling cleanup. At the end of the day, servers help with sweeping the dining room, cleaning tables, and restocking supplies. Plan to stay at least 30 minutes after closing to complete these tasks.



This information is being shared on behalf of Peabody TRIAD in honor of National Heart Month

♥ Are You Heart Smart? ♥

What to Know for a Healthier Heart

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though it is largely preventable¹

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge?
Take this short Heart Smart Quiz:



- **True or False?** High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
- **True or False?** Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
- **True or False?** Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
- **True or False?** Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
- **True or False?** Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

¹ https://www.cdc.gov/heart-disease/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/heartdisease/facts.htm

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from *The Heart Truth*[®] at www.hearttruth.gov and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.

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.

Points to Ponder: By Jack Lawless February - Chinese New Year, Lovers, Superbowl, Lent Month

- On the 1st, the Jewish holiday Tu B'Shevat begins at sundown, and the Full Snow Moon occurs as well.
- Groundhog Day is on the 2nd.
- Thaddeus Kosciusko (1746-1817) was born on the 4th in Poland. He served in the American Revolution, building the first fortifications at West Point.
- On the 5th in 1917, a new constitution of Mexico was adopted, allowing for sweeping social changes.
- Superbowl LX will be played on the 8th at the Levi's stadium in Santa Clara, CA.
- Between Lincoln's birthday on the 12th and Washington's birthday on the 22nd will be the National Holiday, Presidents Day on the 16th.
- Happy Valentine's Day on the 14th!
- Chinese New year, year of the Horse starts on the 17th.
- Ash Wednesday falls on the 18th.
- On the 21st in 1994, CIA Agent Aldrich Ames was arrested on charges - he was a spy for the Soviet Union from 1985-1991.
- Frontiersman "Buffalo Bill" Cody (1846-1917) was born on 26th.
- NATO conducted its first combat action in its 45 year history as four Bosnian Serb jets were shot down by American fighters.



Though February is short, it is filled with love and surprises
Charmaine J. Forde

GOD BLESS AMERICA AND OUR PATRIOTS!

In Memory of Gifts

To the Roger B. Trask Adult Day Health Program

In Memory of Dorothy Bonfanti
Dorothy Taylor

In Memory of Adele D McDonnell
Ellen McDonnell

In Memory of Dorothy Bonfanti
Dorothy Taylor

In Honor of Gifts To the Roger B. Trask
Adult Day Health Program
Captain Richards and
The Southern Police Institute
Alumni Association Inc

In Memory of Gifts

To the Peabody Council on Aging

In Memory of Glorinda Bettencourt
David Ankeles

In Memory of Dorothy Bonfanti
Deborah & Charles Bonfanti
William & Louise Scanlon
Evelyn Strout
Merie Duffy
David Ankeles
Charlotte Schilling
Ann Harrison

In Memory of Judith L Ross
David Ankeles

In Honor of Gifts
To the Peabody Council on Aging

Gifts to the PCOA: Anna Gallo, Kathleen O'Leary

In Honor of the Transportation Department:
Elizabeth Ritcey





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SAME-DAY SERVICE

 **4.9 RATING**  **5.0 RATING**  

Volunteer spotlight

Russell Bowden



February's Volunteer Spotlight features Russ Bowden, who has been volunteering with us since 2003!

Russ was born and brought up in Peabody, MA - and attended Peabody High School. While there, he played trombone in the marching band, where they played at football games and parades! During his time in high school, the football team were the state champions, and rewarded with a trip to NYC. The band members also joined, and they all got to visit many historic places. Russ was also a member of the high school's baseball team.

On the school's government day during his senior year, Russ's classmates were asked to elect their fellow students to take the positions of city officials for a day. Russ was elected to represent State Representative Joseph O'Keefe. Representative O'Keefe invited Russ to his office to chat about his position and work, and the next day, Russ accompanied him to the Boston house of representatives, and he sat in his seat for a session.

Russ ended up marrying his high school sweetheart, Marion, in 1952 (they will be celebrating their 74th wedding anniversary this year!) - Marion and Russ ended up having two children, and now they have four grandchildren, and four great-grandchildren!

Russ has had a number of interesting career paths! Initially following graduation, he worked for M.C. Hicks hardwood floor specialists, where he learned to install various designs of wood flooring. Following this, he enlisted in the National Guard during the Korean War. He was activated to Fort Bragg, where he worked in a field artillery battalion on weapons testing. He was honorably discharged with the rank of sergeant.

But his list of careers doesn't stop there! He worked for various electrical contractors as an apprentice electrician, passed the police exam and worked as a reserve patrolman for the City of Peabody, and then as a field inspector for Underwriters Laboratory Inc. He eventually was promoted by UL to the supervisor of the Boston field office, where he spent 38 years in the role before retiring.

Russ has also had a great deal of community involvement throughout his life. He was appointed to the City of Peabody planning board, and was one of the board members to vote down a plan to develop Brooksby Farm into housing developments, keeping the space as a farm and orchard. He was also a member of the Board of Directors and a trustee for the Sutton Residence for Women, and elected to the Peabody Electric Light Commission for 6 years. Additionally, he was very involved with the Red Cross, being chairman of the Peabody chapter, the annual fund drive, and chairman of the North Shore Region American Red Cross of Mass Bay from 1982-1983. In 2005-2006, he was chairman of the AARP Greater Peabody Area Chapter, and a member of the Peabody Historical Society and Museum, receiving the pioneer award in 2010.

Russ has been involved with the PCOA since the early 2000s. In 2003, he was voted in as a member of the Friends Board, and was elected president in December 2010 - serving until December 2017. In last month's interview, it was written that Mike Zellen had been the Friends president since 2009, which was an error. As a correction, Mike was elected Friends president in 2018, with Russ serving in the role of vice-president since then.

Russ also served on the PCOA board from 2006-2014, and drafted the board's first by-laws. In terms of what his favorite things about the PCOA are, Russ mentioned that it is a great organization - especially for those who are on their own. He noted that if people are sitting at home all day alone, they shouldn't be! There are so many opportunities for everyone - from the wood shop, to our many classes, to card games. He mentions that both himself and Marion have made many friends here!

Thank you Russ, for all of your service to the PCOA, and to the community overall!

Roger B. Trask Adult Day Health Program

We have some exciting news to share - We are now 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 Program Manager Susan Levenson, RN at 978-531-2254 Ext. 134.

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, February 17th
1:30 to 2:30 pm

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

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

The Friends Board of Directors would like to welcome the newest members of the Board who were elected to fill vacancies on the Board. We welcome Zilda Raposo and Marianne Chojnicki, both are hard-working volunteers at the Senior Center and will certainly be an asset to the Friends of the Peabody Council on Aging, Inc.

At the January meeting of the Board of Directors, the Board discussed and voted on a new budget for the ensuing year in an amount of more than \$188,000 to financially supplement the budget of the Peabody Council on Aging. Included in the budget there were funds to replace the bingo machine in the dining room and kitchen equipment that needs to be replaced.

The Friends Annual Appeal for Funds is well underway. In December, 11,338 Letters and Friends Membership Enrollment Cards were sent out to our Current Members, Senior Citizens, and the Business Community, requesting a donation to renew or become new members. The packet contains a letter explaining the 'Purpose' of the Friends, and an enrollment card with a self-addressed return envelope. If you did not receive it, please call 978-531-2254 and I will arrange to have one sent to you. We thank you in advance for your continued support of the Friends of the Peabody Council on Aging.

Everyone who enrolls to become a member of the 'Friends of the Peabody Council on Aging' receives the TIPS & TOPICS Monthly Newsletter in the mail, and a 2026 Membership Card which reduces the cost of daily lunch at the Center from \$5.00 to \$4.00.

It is with appreciation and sincere thanks to the Friends Board of Directors for preparing and mailing the Annual Appeal packets. It is with appreciation and deep gratitude from the Friends Board of Directors for your continued support.

BEST WISHES FOR A HAPPY VALENTINE'S DAY

Roses Are Red, Violets Are Blue, You Make the World Better, By Just Being You.

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

**In Honor of the PCOA Staff -
wishing everyone a Happy and Healthy
New Year**
Elaine Hammond

In Honor of Sue & Dick Turner
Ann Marie Damian

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

In Memory of Jay Anastasi MD
Sandra C Anastasi

In Memory of Jacky Ankeles
Marie Newhall

In Memory of Dorothy Bonfanti

Carol & Mike Baghrmian
Ernest & Sharlene Barbeau

Walter & Ann Blazewicz
Mary & Len Bonfanti

James Bonfanti

Susan Ring Brown

Paula & Milt Burnett

Louie & Eileen Ciman

Kaellen D'Amour

John & Elaine Dassuk

Shirley A Gagnon

Sheila Gallagher

Sandra Hoffman

Mr & Mrs Edward Kittredge

Debi & Larry Levine

Jeffrey Levine

Linda Merrill

Judy Meserve

Tom & Claire Moran

Marie Newhall

Marie Opidee

Gita Parmar

Arthur & Maria Pavlo

Peabody Historical Society Museum

Anne V Quinn

Jim & Peg Roderick

Diane Silva

Wendy Tirck

Ellen Viger

Judi Wulf

Tom & Anne Zellen

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

In Memory of Francisca Cannon
Maria Rendeiro

**In Memory of
Beverly June Colella**
Joseph Colella

**In Memory of
Benja Duncan Curran**
Sheila Dzengelewski

In Memory of John Dassuk
Mr & Mrs Joseph Michaud

In Memory of Carl DeStefano
Joseph Colella

In Memory of Rita Edry
Lisa Pellegrini

In Memory of Ellen Hardy
Suzanne Plummer

In Memory of Elizabeth Murphy
Albert Cloyd

**In Memory of
George P Tsouvalas**
Arthur & Maria Pavlo

In Memory of Maria F Vieira
Sheila Dzengelewski

In Memory of Josephine Ward
John Ward



Snow Days

To find out if the Senior Center is closed, tune into radio station 104.9 FM or turn on Channel 9 on your television. Even if school is closed, we may be open. If you're unsure, call the PCOA at 978-531-2254. We cannot call everyone to let them know when we are closed, and safety should always come first!

In Memory of/In Honor of Envelopes:

Envelopes are available to memorialize 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* at the PCOA.

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 PCOA. All donations will be listed in *Tips & Topics*.



**Pictures from the first TRIAD
meeting of 2026**

**PCOA
Happenings**



Larchmont Remembered
An informative presentation
by Daniel Harrington



"Medicines and You" talk with
pharmacists Carol Freedman and
Dan Newberg



Thank you to Janet and Jon for
a wonderful afternoon of
creating abstract art!



Photos from our Arts and Crafts class with 3D painting
Lots of fun was had by all!
The next class is Thursday, Feb. 19th @ 12:30
Please sign up at the front desk. If you wish to choose a project, you
must notify the front desk by Feb 5th to place your order!



Photos from the PCOA Holiday party
Lots of great food, fabulous company,
and fun times dancing!
Thank you to all of our attendees!

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

February 2026

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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Cookie Melanson: Secretary

Anne Goggin Catherine E. Morrocco

Linda Mendonca Judy Selesnick

Andrew Metropolis Jacqueline Torigian

Dorothy Wallman

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