

Tips & Topics

July
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

Happy 250th
Anniversary
to the USA!



The Friends of the PCOA are
sponsoring a Karaoke afternoon!

Wednesday, July 15th
12:30 - 2:00 PM
In Jubilee Hall



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

Come and join us!!!

John Clark and his Great American Music
Experience presents:
State Songs of the USA!

A musical journey across America



Wednesday, July 8th
12:30 PM
Jubilee Hall



"Home On
The Range"

Many state songs are barely known
by the residents of that state, but
most of this program's state songs
will be familiar to everyone in the
room!

"Rocky
Mountain
High"



"Massachusetts"

Join us to learn about the
history of many of our states
and great country from the
stories behind the writing of
these tunes.



"Swanee
River"



"My Old
Kentucky
Home"



"Georgia
On My
Mind"



"Take Me
Home,
Country
Roads"



Friends Café
Specials

Sandwich Special: Summer Prosciutto
Sandwich - Baguette with thinly sliced
prosciutto, mozzarella, tomatoes and
spring greens topped with balsamic glaze.

Salad Special: Summer Prosciutto
Salad - Mixed greens topped with sliced
peaches, mozzarella cheese and prosciutto
served with balsamic dressing.

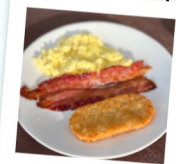
Sides: Chips, coleslaw, and, potato salad



Breakfast
is served in the
Friends Café
on Tuesdays/
Thursdays

from:
8:00-10:00 a.m.

Menus are in the
lobby and Café



Peter A. Torigian Senior Center

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Reminder:</u> Diners need to purchase their lunch tickets between 10:00-11:00 am. Tickets will not be sold after 11:00 am	Menu subject to change	<u>Italian Sausage On A Roll</u> Onions/Peppers Corn Salad Cookie	<u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad Orange Cake	PCOA Closed for Independence Day
<u>Ziti & Meatballs</u> Meat Sauce Green Beans Garlic Bread Butterscotch Pudding 	<u>Steak Bomb Calzone</u> French Fries Homemade Coleslaw Birthday Cake	<u>Chicken Piccata</u> Guacamole Salad Lyonnais Potato Peaches 	<u>Meatloaf</u> Baked Potato Sour Cream Spring Vegetables Boston Cream Pie	<u>Haddock</u> Bread Topping Tartar Sauce Lemon Wedge Roasted Yams Broccoli Cookie
<u>Meatball Sub</u> Minestrone Soup French Fries Watermelon 	<u>Chicken Kabob On Wild Rice</u> Cucumber Salad With Feta Ice Cream	<u>Lasagna/Meat Sauce</u> Corn Garlic Bread Cookie 	<u>Roast Turkey/Gravy</u> Cranberry Sauce Fresh Sweet Potatoes Green Beans Whole Wheat Roll Strawberry Cream Pie	<u>Grilled Salmon/Light Béarnaise Sauce</u> Rice Pilaf Spinach Peaches 
<u>Chicken Breast Parmesan</u> Ziti/Tomato Sauce Greek Salad Garlic Dinner Roll Hummus and Crackers Chocolate Cream Pie	<u>Italian Sub</u> Italian Wedding Soup Potato Puffs Watermelon 	<u>Cheeseburger</u> With Fixings Pasta Salad Homemade Coleslaw Ice Cream 	<u>Chicken Cordon Bleu</u> Gravy Baked Potato Cauliflower Vanilla Pudding w/ Strawberries and Kiwi	<u>Chef Salad</u> On Mixed Greens Dressing Pita Bread Chilled Mandarin Oranges 
<u>Chicken Tenders</u> Dipping Sauce French Fries Homemade Coleslaw Pineapple	<u>Sodium-Reduced Hot Dog On A Roll</u> Baked Beans Chilled Beets Chilled Pears 	<u>BBQ Pulled Pork On A Roll</u> Oven Fries Ketchup Sautéed Cabbage Chilled Mixed Fruit	<u>Breaded Chicken Filet</u> Marsala Sauce Rice Pilaf Green Beans Brownie	<u>Clam Chowder</u> Crackers Tuscan Tuna Salad Hot Dog Roll Pasta Salad Ice Cream

July Birthday Celebration Tuesday, July 7th, 2026

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

June Birthdays were:

Denise Cino, Judy Rosenthal, Ellen Curran,
Tom Donato, James Michaud, Janey Rorose,
John Stepenuck, Italo Dellamarta
Missing from the photo: Cathie Tassinari
Many thanks to Evan's Flowers for the
rose and balloon!



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

Veterans Meetings:

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



Book Club

July's book:
*"The Guernsey
Literary and
Potato Peel
Society"*
By Mary Ann
Shaffer and
Annie Barrows

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

MOVIE TIME

With **Earl Rosen**
In the Jubilee Hall, from 12:10 - 2:00 pm

Tues. July 7th: *Argo*

Tues. July 14th: *Eight Below*

Tues. July 21st: *Shirley Valentine*

Tues. July 28th: *The Russians are Coming,
The Russians are Coming*



CRAZY CARDS

A fun twist on whist!
Wed., July 22nd, from
12:15 - 3:00 in the Computer Room
**You must purchase your \$3.00
ticket by July 15th**
Tickets may be purchased at the
Front Desk



Computer room activities:

- Phone/computer help: On Friday July 17th 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



Virtual Reality

Every Wednesday in July

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

Low Vision Group

*Our next Low Vision Meeting Will be
Wed. July 8th 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. July 7th, 10:30-11:30 am
Please sign up at the Front Desk

Hearing Screenings

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



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

Mon. July 20th, 9:00 - 3:00

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

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

**Outdoor Corner**

We are now playing Bocce!

Wednesdays, 9:00 - 11:30 am

Thursdays, 12:30-2:00 pm

**Pickleball Courts are
open!**

**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**

Thursday, July 23rd @12:30

Please sign up at the front desk

Mahjong Class

We are having Mahjong classes
starting Monday, July 13th @ 9:30
AM, running consecutive classes
each Monday.

There will be a class limit of 12.
Please sign up at the front desk



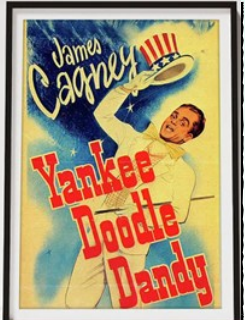
**Looking for
Scrabble Players**

Tuesdays at 10 am in the
computer room. Come
out of the hot sun and
enjoy a game or two!

**This Month's Musical**

**Yankee Doodle
Dandy**

**Wed. July 1st
12:10 pm start time
In Jubilee Hall**



PCOA Transportation



Did you know?

The PCOA applies for grants to acquire our buses, and the Friends of the PCOA provide the 20% required local match.

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.



The Morrocco Family wishes to thank all those who attended the celebration of life services for our dear Mom, Kay Morrocco!

We received so many kind thoughts, condolences and donations to the senior center before, during and after the services, and we truly appreciate them all! Kay thoroughly enjoyed being part of the senior center for so many wonderful years. She loved being an active member participating in the business and social events and, of course, enjoying the Thursday morning big band dances, loving the music and leaving us all with happy memories of her dancing in her high heels each week. Thank you all for being part of all that enjoyment for her - and for helping us honor and celebrate her amazing 105 years!

She was quite a gal, a wonderful Mother and Grandmother... and we'll be forever grateful that she lived a full and beautiful life. Who can ask for more?!

Thank you, again!

Most Sincerely,

Jackie, Jimmie and Cathy



Happy 250th Birthday to The USA!

A note from Carolyn Wynn

How fortunate we are as a nation to be celebrating our 250th Anniversary as a Republic. As I look back on these 40 years, when I started working in Peabody, I feel truly blessed to have really gotten to know our WWII generation. Men and women who lived in a time when they were asked to sacrifice and serve to make the world a better place. The lessons that I learned helped shape my adult years and have influenced many parts of how our senior center operates today. I wanted to share some quotes for just how important our liberty and freedom are to us:

"Liberty, when it begins to take root, is a plant of rapid growth." – **George Washington**

"Freedom of speech is a principal pillar of a free government; when this support is taken away, the constitution of a free society is dissolved, and tyranny is erected on its ruins." – **Benjamin Franklin**

"I know not what course others may take; but as for me, give me liberty or give me death!" – **Patrick Henry**

"Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal." – **Abraham Lincoln**

"There was one of two things I had the right to do: liberty or death, If I could not have one, I would take the other, for no man should take me alive. I should fight for liberty as long as my strength lasted." – **Harriet Tubman**

"True patriotism hates injustice in its own land more than anywhere else." – **Clarence Darrow**

"In the truest sense, freedom cannot be bestowed; it must be achieved." – **Franklin D. Roosevelt**

"Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and success of liberty." – **John F. Kennedy**

"Freedom is never more than one generation away from extinction. We didn't pass it on to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free." – **Ronald Reagan**

"We've got to get back to a sense of an American identity, and that identity is not nationality or religion or ethnicity. It is a particular idea, and that idea is that you should live in liberty and you should be able to pursue happiness." – **Condoleezza Rice**



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!



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.





Mayor Bettencourt issued a proclamation recognizing July as TRIAD Month. This initiative aims to raise awareness and foster community support for the TRIAD program. The proclamation serves as a visual testament to the community's commitment to the TRIAD program and its objectives.

Home Improvement Contractor (HIC) Program

The four functions of the HIC Program help protect homeowners and regulate the business practices of contractors.

Contractor Registration

- Registers contractors per HIC Law.
- Supports the Guaranty Fund through a one-time contractor fee.
- Helps consumers make informed choices and avoid scams.

Complaints

- Investigates allegations made against contractors.
- May result in discipline for a contractor.
- Does not provide a monetary award to a homeowner.

Arbitration

- Offers neutral dispute resolution to contractors or homeowners.
- May lead to a monetary award for a homeowner or contractor.
- Requires an arbitrator fee of \$500-\$1,250.

Guaranty Fund

- Serves as a fund of last resort for unpaid judgments against contractors.
- Provides compensation for actual loss up to \$25,000 for homeowners who meet eligibility.

Visit mass.gov/HIC for homeowner resources and eligibility requirements for arbitration and the Guaranty Fund. Look up contractor registration status and disciplinary history at ContractorHub.mass.gov.

Massachusetts Office of Consumer Affairs and Business Regulation



Consumer Alert: Contractor Scams

10 Ways to Protect Yourself

- 1 Request the contractor's Home Improvement Contractor (HIC) Registration number.
- 2 Research contractor registration status and disciplinary history at ContractorHub.mass.gov to make an informed decision.
- 3 Know that by law, any website or advertising must have the contractor's HIC registration number displayed.
- 4 Don't hire an unregistered contractor to work on your home.
- 5 Don't pay more than 1/3 the estimated cost upfront, unless special order materials are needed.
- 6 Never pay in cash.
- 7 Always have a written contract signed by both parties.
- 8 Require that the contractor pull the building permit.
- 9 Get references and check them.
- 10 Ask for proof of insurance.



Important:
If a contractor refuses to provide you with the information listed here, find someone else who will.



Massachusetts Office of Consumer Affairs and Business Regulation

mass.gov/consumer | ContractorHub.mass.gov | consumer@mass.gov
Consumer Hotline: 617-973-8787. Live language translation is available.

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 July: The Semiquincentennial Month

- The Medicare health insurance program went into effect on July 1st in 1966, providing health insurance coverage for Americans age 65 and older.
- On July 2nd in 1964, President Lyndon B. Johnson signs the Civil Rights Act of 1964 into law. WWII also ended on the 2nd in 1945.
- *A look back at our history:* Much has happened since July 22nd in 1620, when the Pilgrims departed Delfshaven, Holland, aboard the Speedwell, beginning the voyage that led to the founding of Plymouth Colony in New England. This town was named for Plymouth, England from where they sailed. Here are a few key dates throughout U.S. history:
 - ♦ Salem, MA was incorporated in 1626 of which Peabody was its Middle Precinct (Brooksby).
 - ♦ In 1790 on July 16th, Congress declares the city of Washington and the District of Columbia to be the permanent capital of the United States.
 - ♦ U.S. Independence Day occurred when the US Congress declared Independence from Great Britain on the 4th of July in 1776, so Have a Happy 4th of July! Some other important years in U.S. Civic History: Constitution of the United States (1787), Bill of Rights (1791).
 - ♦ WWI ended at the 11th hour of the 11th month of the 11th day of the 11th month (1918).
 - ♦ The 19th Amendment to the U.S. Constitution: Women's Right to Vote (1920).
 - ♦ WWII ended on the 8th of May in 1945.
 - ♦ July 20th in 1969, was the "one small step for Man, one giant step for Mankind", as astronaut Neil Armstrong becomes the first person to walk on the moon. And speaking of the moon, the full *Buck Moon* occurs on the 29th. Its name comes from the annual growth of new antlers on male deer and has been used for generations throughout North America. 

"The 4th of July is more than a calendar date"

— Anonymous

GOD BLESS AMERICA AND OUR PATRIOTS!

SAVE THE DATE!

The Friends of the PCOA are planning several exciting trips and are pleased to share a preview of what's being considered:

PLEASE NOTE: We're excited to share these upcoming trip opportunities. Some trips are awaiting final confirmation, while others are still being finalized. Dates, costs, and other details are tentative and subject to change.

Questions? A Friends board member will be available in the lobby on Mondays and Thursdays from 9:00-11:00 AM to answer questions and provide updates on upcoming trips **starting Monday, July 13th**. Additional trip details, registration information, and final confirmations will be announced in the August newsletter.

**Chips N' Chicken
Wright's Farm & Bally's Twin
River Casino**
Date: Sept. 17, 2026. Cost:
\$102 per person

**The Salem Cross Inn
Fireside Feast**
Date: Nov. 5 or Nov. 10,
2026. Cost: \$155 per person

**Ogunquit Playhouse
John Mellancamp
Small Town/lunch at
Jonathan's**
Date: October 21 or
October 22, 2026
Cost: \$190 per person

**Help Us Choose Our
December Holiday
Getaway!**

**Option 1: Christmas Prelude and Nonantum Resort,
Kennebunkport Maine - OVERNIGHT TRIP**
Date: December 8-9, 2026
Cost: \$659 Double, Occupancy, \$799 Single Occupancy
**Option 2: 2026 Christmas NY Style - Featuring the Radio City
Rockettes - OVERNIGHT TRIP**
Date: December 14, 15 2026,
Cost: \$949



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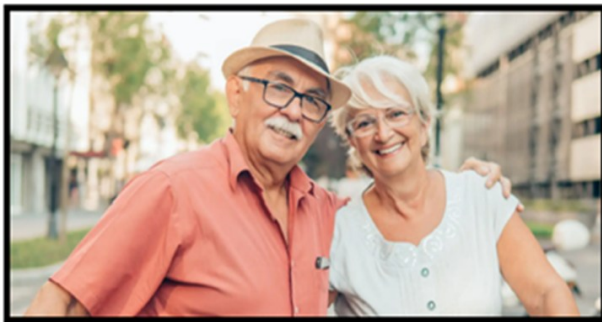
Alliance Health at Rosewood (978) 535-8700
22 Johnson St., Peabody, MA 01960 AllianceHHS.Org/Rosewood



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Susan Levenson RN, Program Manager
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SAME-DAY SERVICE



Volunteer spotlight

Sonny and Linda Dall

July's volunteer spotlight highlights Sonny and Linda Dall, two of our Bocce Court volunteers!

Sonny graduated Medford High School in 1966, attending Bryant & Stratton College from 1967-1968, and joining the US Army in 1969. His basic training was at Fort Jackson, SC. He attended electronics school at Aberdeen Proving Grounds in Maryland for 3 months. Sonny received a "top secret" security clearance upon graduation, allowing him to work on classified equipment and weapons. Eventually, he ended up being stationed in South Korea for 20 months, assigned to a calibration & maintenance team that traveled cross-country, and assisting the ROK army with their defense systems equipment. After his 3-year term was up, he was hired in 1972 by a defense contractor in Burlington, MA, named Microwave Associates. He stayed working there as an electrical engineer, until retirement in 2015. Sonny also has two associates degrees from taking evening classes at Bunker Hill Community College, in Administration and General Science!



Linda graduated from Chelsea High School in 1968, and then from Chamberlayne Junior College in 1970. She worked as a teacher's aide in the Everett school system for 10 years, and eventually at Sovereign Bank for 20 years! In 1972, Sonny and Linda first met. They would be married a year and a half later, eventually having two sons. As a fun fact - this interview took place on their anniversary, June 10th!



Linda began coming to the PCOA 13 years ago, and getting Sonny involved as of the past few years. Linda's first volunteer role here was calling bingo prior to the pandemic closures.

Volunteering is a big part of Linda's life, as she has been volunteering at the Cohen Florence

Levine Estates assisted living in Chelsea for the past 24 years, keeping a promise to her father, who lived there for 2 years.

Sonny and Linda are involved in a Bocce league in Chelsea, and when the Bocce court was being constructed at the PCOA, our Activities Coordinator Laurie reached out to ask the two if they would be interested in helping out, due to their prior experience! Sonny makes a Bocce team schedule/standings sheet every week, always keeping everything very organized!



Sonny notes how nice he found everyone to be here, and said soon he started coming for more than just Bocce. He also helps serve lunches, and is always available to help out anywhere else that is needed. The couple comes to dance at the PCOA on Thursdays as well! On the weekends, the two "freelance" - doing things such as spending time at Salem Willows, visiting friends, and as they describe, "whatever they feel up to for the day!"

When asked about their favorite parts about volunteering at the center, Linda says, "I just love everybody here, whether you know them or not, everyone is so kind! The food is good, the people are good, they do so much!"

Sonny had similar comments. "It's amazing what they do here, how people come from all around, and everyone is so nice." He continued: "I so look forward to coming here, this is the highlight of my week."

Thank you, Linda and Sonny, for all of your volunteer work, and for introducing so many folks to the great sport of Bocce!

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TIP
SHEET

Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When Its Too Darn Hot

80°

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

STAY AWAY from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

STAY HYDRATED. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

DRESS APPROPRIATELY. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

AIR CONDITIONING is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

STAY HYDRATED. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

COOL DOWN! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

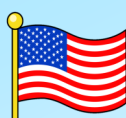


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We are once again collecting worn American Flags for proper disposal. Thanks to the Vice Chair of our Board Members, John Sacramone. John has made a connection with a Veterans group, and has willingly agreed to transport the flags that are collected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

Woodshop Notice

We are very fortunate here at the Torigian Senior Center to have a woodshop on-site. Participants can come in and work on personal projects. Volunteers will be on hand to determine one's ability to use the equipment. It is important to note that our woodshop is not a repair shop. You can work to repair your own items, but no items will be dropped off to be repair by volunteers. Thank you for your cooperation. - Carolyn Wynn

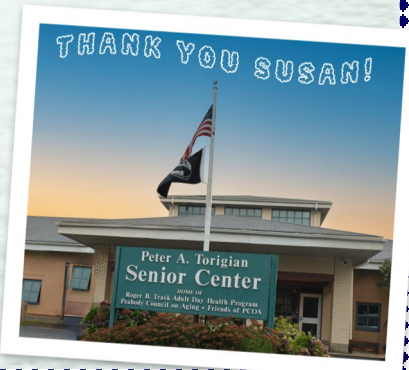
A note from Susan:

Seventeen years may sound like a lot. Not so when you spend that time working with and for people you love and admire. I'm forever grateful that was my good fortune. On Thursday, June 18th my time serving at the Adult Day Health program came to a close.

And what a close! Staff, Management, Board Members, and friends treated me with their company, stories, laughs, hugs, hilarious (and generous) gifts. PLUS, a delicious meal with homemade desserts. Who could ask for more?!

This heartwarming entrance into retirement continues the appreciation I have for the wonderful people, clients, and families who have blessed and enriched me during my time at the Trask Center. To you all, with all my heart, thank you.

XO, Susan Levenson



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

Gift to the PCOA
Anna Gallo

In Memory of Dora A. Dyer
Mr. & Mrs. Chandler Boyd

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

Gift to the Scholarship Fund
JB Thomas Lahey Foundations

Gift to the Trask ADH Program
Margaret Lazzaro



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, July 21st, 1:30 to
2:30 pm**

Please RSVP: 978-531-2254 x 136

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

July 2026

Celebrate the 4th of July

In just a few days, it will be the 4th of July. Scenes of picnics, parades and fireworks will be everywhere. This is how we celebrate the holiday. It is the day we set, apart from all others, to honor the anniversary of the birth of our nation.

It is the day America declared our Independence.

The 4th of July is a holiday Americans hold near and dear to their hearts.

It marks the day America became the country it is today - a country where people have a right to life, liberty, and the pursuit of happiness.

On this day, we remember the United States' fight for freedom and celebrate our country with friends, family, food, and fun. The second mailing of the Annual Appeal to our many "Friends of PCOA, Inc." who have been away for the winter months, and to those Members who may have misplaced or did not receive the Annual Appeal Packet, a second mailing was sent out in May. The response to the second mailing has been very good. If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to become a "Friend of the Peabody COA" this year; please call the Torigian Center (978) 531-2254 and request that one be sent out to you.

The Friends are bringing Karaoke back!!

The Friends are putting on another Karaoke afternoon on Wednesday, July 15, 2026, from 12:30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing.

The top male and female singers will receive a Market Basket Gift Card.

All singers receive a Friends Café Gift Card

Come on down and join the fun.

Seeking Applications

The Friends of the Peabody Council on Ageing, Inc. are accepting applications to fill a vacancy on the Board of Directors. Anyone interested should request an application from Kaellen D 'Amour, Chairperson of the Nominating Committee.



The Board of Directors of the Friends of the Peabody Council on Ageing wishes everyone a safe and enjoyable 4th of July.

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

**In Honor of the PCOA Staff
Anonymous**

**In Honor of the PCOA Staff (Maryanne Pierce)
Balbino & Conceicao Bettencourt**

**In Honor of the PCOA Transportation
Department
Lorraine Keough**

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

**In Memory of Dora Anne Dyer
Geraldine Cummings
Mary Ferrelli
Martha Giovenelli
Joan Johnson
John & Nancy Sutcliffe
Susan M. Thompson
Tom & Kathy Tower**

**In Memory of Anna McMaster
Tom McMaster**

**In Memory of Catherine "Kay" Morrocco
Kevin & Deborah Donovan
Marianne Ouellette
Paula Giuggio-Shea & Terry**

**In Memory of Thomas Zellen III
(Born 6/13/1968, Died 3/21/1981)
Tom Zellen**





Photos from a lovely Father's Day Luncheon, with the sounds of the Gemtones providing our musical entertainment! Thank you to all who attended, celebrating dads everywhere!



TOPS
winners for 2026: (Left to Right): Joyce Robinson, Helen Jaworski, Natalie Bengali, Kathy Barbeau.

Congratulations to all!

Last day volunteering for the Peabody Post High School Students - Thank you for all of your amazing work at the PCOA, Happy summer!



Our dedicated puzzle-makers!



Brain health presentation with the Alzheimer's Association



PEABODY COUNCIL ON AGING

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July
2026

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Enclose Check Payable to 'Friends of the PCOA, Inc.'.

\$ _____ Date: _____

Telephone Number: _____

The Purpose of *Friends of the PCOA* is to supplement the budget of the Peabody Council on Aging with their efforts to provide services and programs designed to enrich the quality of life for Seniors who seek them at the Peter A. Torigian Senior Center.

(Please Print)

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Address _____

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

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

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

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