

March
2023

TIPS & TOPICS



PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
79 Central Street, Peabody, MA 01960
Monday-Friday 8:00AM - 3:00PM
Ph: (978) 531-2254 / Fax: (978) 531-7176
www.peabodycoa.org / Find us on Facebook!



Live Peabody
An Age Friendly Community

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

The Grand Opening of the *Friends Cafe!*



The Ribbon Cutting to celebrate the grand opening of the Friends Café in the Peter A. Torigian Senior Center took place on Wednesday, February 8th.

Pictured: Friends President Mike Zellen, Mayor Ted Bettencourt, Kay Morrocco (l) and Judy Enos (r).

We are so excited to finally open this special café to our (60+) senior citizens!

Here is everything you need to know...

We are currently open Monday to Friday for lunch only to those (60 and over) between 11:30 am and 1:00 pm, closing at 2:00 pm.

Lunch is a flat price of **\$6.00 (CASH ONLY)** and includes a beverage of your choice and one side. Dessert is an additional \$2.00 and both will be paid for when entering the café and prior to being seated. If you wish to purchase only a cup of coffee and/or a dessert, you may order that "To Go". (Coffee is \$1.00 and dessert is \$2.00.) The café is only open for those who wish to have lunch.

At this time, we **do not** offer take-out. **"Specials"** will be posted inside the café.

(The café dining room and the outdoor patio area is for dining only.)

If we are having an event in our dining hall that day, the Café will be closed.

Outside patio dining will be available in the spring and we are hoping that breakfast will be offered in the near future as well. We will do our best to keep you posted as things are subject to change as we evolve! Please be sure to check our monthly newsletter *Tips and Topics*, our website at www.peabodycoa.org or our Facebook page for any updates!

We look forward to having you and appreciate your patience as we prepare to take off and once again serve the amazing seniors in our community!

*Look who is
eating at our cafe!*

*On Thursday, February 9th,
we hosted a
delicious luncheon for
some very special guests!!*



St. Patrick's Day Party

Wed. March 15th



9:30am - 12:30pm



Corned Beef with
Mustard Sauce, Boiled
Potatoes, Cabbage
Wedge, Carrots, Turnips
Homemade Raisin Bread
and Pistachio Cake



Entertainment by
Alan LaBella

Tickets cost \$15.00
Sold at the Front Desk



March Birthday Celebration

Tuesday, March 7th

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



Feb. Birthdays were: Markella Lygomenos,
Minas Dakos, Teddy Thrasivoulos, Rita Gagnon,
Joanne Karakaedos, Augy Colarusso, Ruth
Anne Lyons, and Don Rubin

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

Our Veterans Meeting

The Veterans meeting will be held
In the Computer Room on Tuesday, March
21st from 9:30am—10:30am
This group is run by Tom Moran
All Veterans are welcome!



DO YOU LIKE TO MARCH?

Our Drill Team is looking for new members.
They meet in the Jubilee Hall on Mondays
from 12:30 to 2:00. It's a lot of fun. Come on
in and watch what they do to see
if you're interested! Don't be shy!



MOVIE TIME



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

Tues. Mar. 21 - "Yankee Doodle Dandy"

Tues. Mar. 28 - "Made in Dagenham"

Enjoy some popcorn while you watch!

We're bringing Karaoke back!!

The Friends are putting on another



Karaoke afternoon:

Tuesday, March 7th
12:30pm—2:00pm

Jane Mitchell will be here to lead the
singing. The top male and female
singer will win a gift card!

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

Blood Pressure Clinic - Thursday, Mar. 9th from 9:00 - 10:30 in the Health Room

Senator Joan Lovely will hold office hours at the PCOA on Monday, Mar. 13th
from 9:00am—10:00am

Phone & Computer Help - Friday Mar. 3 & 17 - from 9:00am - 11:00am

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

Low Vision Group will meet on Wed. Mar. 8th 12:30pm - 2:00pm



Book Club - Wed. Mar. 8th from 10:30am - 11:30am in the Conf. Room

Crazy Cards - Wed. Mar. 22nd from 12:15pm - 3:00pm



ACTIVITIES 2023

<u>CLASS / ACTIVITY</u>	<u>ROOM</u>	<u>DAY</u>	<u>TIME</u>	<u>COST</u>
AEROBICS	JUBILEE HALL	MON. WED. FRI.	9:00AM - 10:00AM	FREE
AGING BACKWARDS	JUBILEE HALL	TUESDAY	9:15AM - 10:15AM	\$5.00/CLASS
BIG BAND DANCING	JUBILEE HALL	THURSDAY	9:30AM - 11:30AM	NO CHARGE
BINGO	DINING ROOM	MONDAY	12:15PM - 2:15PM	.50/CARD/1.00 STRIP OF 3
BOOK CLUB	CONFERENCE ROOM	2ND WEDNESDAY OF MONTH	10:30AM - 11:30AM	NO CHARGE
BUNKA WORKSHOP	ART ROOM	TUESDAY	9:00AM - 12:00AM	\$5.00/CLASS
CHAIR YOGA	JUBILEE HALL	MONDAY	10:00AM - 11:00AM	\$5 CLASS
COMPUTER / PHONE HELP	COMPUTER ROOM	1ST & 3RD FRIDAY/MONTH	9:00AM - 11:00AM	NO CHARGE
CRAZY CARDS	COMPUTER ROOM	4TH WEDNESDAY OF MONTH	12:15PM - 3:00PM	\$3.00
DRILL TEAM	JUBILEE HALL	MONDAY	12:30PM - 2:00PM	NO CHARGE
DUPLICATE BRIDGE	COMPUTER ROOM	MONDAY	9:00AM - 1:00PM	NO CHARGE
FITNESS ROOM	FITNESS ROOM	EVERY DAY (M-F)	8:00AM - 1:45PM	NO CHARGE
FOREVER YOUNG CHORUS	JUBILEE HALL	THURSDAYS	12:30PM - 2:30PM	SEASONAL
KNITTING / CROCHETING	CLASSROOM A	TUESDAY	11:30PM - 2:30PM	NO CHARGE
LINE DANCING	JUBILEE HALL	TUESDAY	10:30AM - 11:30AM	\$5.00/CLASS
MAH JONGG	COMPUTER ROOM	TUESDAY	12:00AM - 3:00PM	NO CHARGE
MODEL SHIP BUILDING	ART ROOM	WEDNESDAY	12:00PM - 2:30PM	NO CHARGE
MOVIE	JUBILEE HALL	TUESDAY	12:15PM - 2:15PM	NO CHARGE
PAINTING	ART ROOM	THURSDAY & FRIDAY	8:30AM - 11:30AM	NO CHARGE
PLAY POOL	POOL ROOM	EVERY DAY (M-F)	8:00AM - 3:00PM	NO CHARGE
QUILTING	CLASSROOM A	THURSDAY	8:00AM - 11:30AM	NO CHARGE
RHYTHM & RELAX	JUBILEE HALL	FRIDAY	11:15AM - 12:15PM	\$5.00/CLASS
RUG HOOKING	COMPUTER ROOM	WEDNESDAY	9:00AM - 11:30AM	NO CHARGE
SEWING & REPAIR SHOP	CLASSROOM A	WEDNESDAY	8:00AM - 11:00AM	There's a Charge per Item
TABLE-TENNIS/ PING-PONG	COMPUTER ROOM	FRIDAY	12:30AM - 3:00PM	NO CHARGE
WHIST	COMPUTER ROOM	TUES. (EXCEPT 3RD) & THURS.	8:30AM - 11:00AM	NO CHARGE
WOOD CARVING	ART ROOM	WEDNESDAY	9:00AM - 11:30AM	NO CHARGE
WOOD WORKING	WOOD SHOP	EVERY DAY (M-F)	8:00AM - 2:30PM	NO CHARGE
ZUMBA	JUBILEE HALL	MONDAY	11:15AM - 12:15PM	\$5.00/CLASS
ZUMBA	JUBILEE HALL	WEDNESDAY	10:15AM - 11:15AM	\$5.00/CLASS
HEALTH / WELLNESS CLINICS AND SUPPORT GROUPS				
HEARING SCREENINGS	HEALTH ROOM	4TH THURS. OF MONTH	10:00 AM - 1:00 PM	Joe Sarofeen Apex Hearing
DAV GROUP	CONFERENCE ROOM	3RD WED. OF MONTH	9:30AM - 11:00AM	Donald White
LOW VISION GROUP	CLASSROOM A	2ND WED. OF MONTH	12:30 PM - 2:00 PM	Judy Enos: 978-290-6080
TOPS	CLASSROOM A	FRIDAYS	WEIGH-IN - 8:30AM-9:15AM	MEETING - 9:30AM-10:30AM
VETERAN'S GROUP	COMPUTER ROOM	3RD TUES. OF MONTH	9:30AM - 10:30AM	Tom Moran 978-968-0999



Peter A. Torigian Senior Center



March
2023

Lunch is served
promptly at 11:30.



Meal Cost: \$5.00
Friends Members: \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE WITHOUT NOTICE	IMPORTANT LUNCH CHANGES Diners need to purchase their lunch tickets between 10:00-11:00 am! <u>Lunch Tickets WILL NOT be sold after 11:00 am!</u>	¹ <u>Stuffed Peppers</u> Steamed Potatoes Corn Fruit Cup	² <u>Reduced Sodium Hot Dog</u> on Roll Homemade Coleslaw Baked Beans Banana Cream Pie	³ <u>Fish Sandwich</u> with Cheese On a Roll Lettuce & Tomato Tartar Sauce French Fries Ice Cream
⁶ <u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad Mandarin Oranges	⁷ <u>Pulled Pork</u> on a Roll Pasta Salad Cucumber Salad <i>Birthday Cake</i> 	⁸ <u>Shepherd's Pie</u> Gravy (Whipped Potatoes, Gr. Beef, Corn) Green Beans Ice Cream	⁹ <u>Chicken Cordon Bleu</u> Gravy Roasted Potatoes Corn and Pimientos Brownie	¹⁰ <u>Seafood Salad</u> On A Hot Dog Roll Potato Salad Coleslaw Chocolate Pudding
¹³ <u>Swedish Meatballs</u> Gravy Mashed Potatoes Peas & Carrots Chilled Apricots	¹⁴ <u>Sloppy Joe</u> On a Roll Italian Blend Vegetables Mixed Fruit Cup	¹⁵  <u>St Patrick's Day Special</u> <u>Corned Beef</u> Mustard Sauce/Boiled Potatoes/Cabbage Wedge/Carrots & Turnip/ Homemade Raisin Bread Pistachio Cake 	¹⁶ <u>Lasagna</u> Apple Juice Grated Cheese Italian Blend Vegetables Garlic Bread Chilled Peaches	¹⁷ <u>Gallo Nero Pizza</u> Caesar Salad Ice Cream
²⁰ <u>Steak Bomb</u> With Cheese on a Sandwich Roll Pasta Salad Homemade Cole Slaw Chilled Peaches	²¹ <u>Chicken Pot Pie</u> Whipped Potatoes Greek Salad Tropical Fruit	²² <u>Meatball Sub</u> Minestrone Soup French Fries Chilled Mixed Fruit	²³ <u>Breaded Chicken</u> Filet Marsala Sauce Rice Pilaf Corn Ice Cream	²⁴ <u>Tuscan Tuna Salad</u> Italian Garden Soup Crackers Pasta Salad Apple Pie
²⁷ <u>Hamburger Stroganoff</u> Over Noodles Whipped Potato Mixed Vegetable Chilled Peaches	²⁸ <u>Italian Sub</u> Chicken Noodle Soup Potato Puffs Lemon Squares	²⁹ <u>Stuffed Peppers</u> <u>Mashed Potato Carrots</u> Strawberry Cream Pie	³⁰ <u>Cheeseburger</u> French Fries Beet Salad	³¹ <u>Haddock</u> Cream of Broccoli soup Twice Baked Potato Wheat Bread Butterscotch Pudding



TRANSPORTATION: Jim Downey

RIDE DONATION OF \$1.00 EACH WAY IS GREATLY APPRECIATED

8:00 - 9:15 AM

Trask ADH pick-ups only

9:00 AM— 1:45 PM

Senior pick-ups to Medicals,
etc. to: Peabody, Danvers,
Beverly, Salem and Lynn

2:30 PM

Center and Trask ADH

**MEDICAL RETURN
PICK-UP REMINDER:**

In Peabody:

be ready before **3:00 PM**

Out of Peabody:

be ready before **2:30 PM**

Attention Shoppers!!

9:30 am PICKUP/11:30 am RETURN

Shaws, Stop & Shop and NSSC

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

Tuesday: Eastman Park, Bresnahan Street,
Washington Street and 98 Central St.

Wednesday: East End, Connolly Terrace, Wilson Terrace
and 103 Central St.

Thursday: 50 Warren, 12-15-16 Crowninshield, 75 Central

Friday: 20 Central St., 18 Walnut, Lowell St.

Friday: West Peabody (Big Y, Shaws & NSSC)

Due to the high volume of riders, the time for making a reservation for transportation has changed. All immediate reservations must be made a minimum of ONE WEEK before your appointment date.

Reservations can be made up to two (2) months in advance for a ride and we are encouraging riders to call us as soon as they have an appointment. Please be aware that you should call as early as possible to secure a ride. Shoppers can still call up until 2:00 pm the day before and be added to the shopping pickup.



ATTENTION ALL SHOPPERS!!!

Below is the MARKET BASKET in Danvers schedule starting at 11:00 AM and returning at 1:00 PM.
The limit is **4 COA BLUE bags per person**

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

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

Wednesday South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street

Thursday Eastman Park, Bresnahan Street, Washington Street, 98 Central Street

Friday East End area, Connolly Terrace, Wilson Terrace, 103 Central Street

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

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



ATTENTION All Riders!!

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

***** JUST A NOTE *****

Those wishing to go the hairdressers will follow the same schedule as the Medical.
Any day, any time,
**AS LONG AS YOUR HAIRDRESSER
IS LOCATED IN PEABODY**



SOCIAL SERVICE: Maryanne Pierce

The Attorney General's Elder Hotline

The Attorney General's Office has a statewide, toll-free hotline to help elders with a range of issues. Call the Elder Hotline at (888) AG-ELDER or (888) 243-5337 / TTY: (617) 727-4765. *The Elder Hotline is open Monday through Friday from 10:00 am to 4:00 pm. and is staffed by senior volunteers.*

How the Elder Hotline Can Help You.

Senior volunteers with the Elder Hotline can help you find answers to your questions, resolve disputes with businesses, and assist with other issues including:

- Abuse and exploitation of elders
- Debt and debt collection practices
- Health insurance
- Home improvement
- Landlord, tenant, and housing issues
- Long-term care
- Identity theft ad scams
- Retail disputes
- Telemarketing



Get Consumer Support.

Read about getting consumer support at the Attorney General's Office ([/get-consumer-support](#)) for more information on how we can help you.

In addition to calling the Elder Hotline, you can file a consumer complaint online with our office at: ([/how-to/file-a-consumer-complaint](#)).

Contact: <https://www.mass.gov/service-details/the-attorney-generals-elder-hotline>

Phone: (888) AG-ELDER (888) 243-5337
Monday through Friday 10:00 am—4:00 pm
Mass. Relay: dial 7-1-1 and connect via main number.

Learn more about this organization: ([/resources-for-elders-at-the-attorney-general-office](#))

File a consumer complaint: ([/how-to/file-a-consumer-complaint](#))

Get Consumer Support: ([/get-consumer-support](#))

Unwanted Cell Phones.

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



We collect eyeglasses and eyeglass cases for the Lions Club.

If you have any old glasses and eyeglass cases that you are no longer using anymore, please bring them down to the Senior Center.

Thanks!



Friendly Telephone calls

Are you lonely and just want someone to talk to? Call Social Service at the PCOA at

978-531-2254
and ask for Amber.





Could you benefit from FREE groceries EVERY MONTH? You may be eligible for CSFP!

The Commodity Supplemental Food Program (CSFP) is a once-a-month food distribution for individuals 60 years of age or older. You may be eligible to receive two free bags of food once a month containing healthy shelf stable products! Proof of identity and age are all that is required to apply.

SFP Income Guidelines (effective January 31, 2023)

Household Size	Weekly	Monthly	Annually
1	\$365	\$1,580	\$18,954
2	\$493	\$2,137	\$25,636
3	\$622	\$2,694	\$32,318
4	\$650	\$3,250	\$39,000

For more information or to apply:

by email @ CSFP@gbfb.org
or call
Social Services
at 978-531-2254.



Need help buying groceries? SNAP can help! SNAP can help you buy healthy food.

- It is fast & easy TO APPLY
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a "public charge" test
- If you are not a US Citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

For more information, apply to SNAP or call Social Services at 978-531-2254.

Household Size	Your Monthly Income (before taxes*)	Monthly Maximum SNAP Amount**
1	\$2,430	\$281
2	\$3,287	\$516
3	\$4,143	\$740
4	\$5,000	\$939
5	\$5,857	\$1,116
8+	+ \$857	+ \$211

- Call DTACConnect.com or call 877-382-2363 Mon-Fri 8:15 am—4:45 pm
- Mail or Fax a paper application
Get a paper application at [Mass.gov/SNAP](https://www.mass.gov/SNAP)
- In the Community: Local kiosk, SNAP outreach partner, DTA office

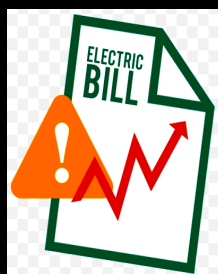


Find a location near you: [Mass.gov/ContactDTA](https://www.mass.gov/ContactDTA)

SOCIAL SERVICE: Maryanne Pierce

Just a friendly reminder...

In case you forgot or didn't know, we have a drop off box near the front entrance for your electric bills.



Peabody Municipal Light Plant (PMLP) comes in every day to pick them up!

FOR 9-1-1 EMERGENCIES IN MASSACHUSETTS:**CALL IF YOU CAN;
TEXT IF YOU CAN'T.**

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

www.mass.gov/e911

THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM**Care-Giving Support In Your Neighborhood**

We are an Adult Day Health Program located, along with the Peabody Council on Aging, in the Peter A. Torigian Senior Center. Our Program is designed to provide a structured setting for individuals who would benefit from supervised care. We offer social and therapeutic activities, transportation, personal care, bi-lingual staff, medical monitoring, meals and snacks, as well as counseling and other social services.

The Trask Program also offers many benefits for families and caregivers such as freedom from concern of leaving a loved one home alone, as well as needed respite time for caregivers to pursue their own activities.

Services are provided by a Program Coordinator, Registered Nurses, Licensed Social Worker, Activities Coordinator, Certified Nursing Assistants, and Trained Volunteers.

For more information, or to make an appointment to visit our Center, please call our Program Coordinator: Susan Levenson, RN at 978-531-2254 x 134 or email her at slevenson@peabodycoa.org.



Inspector General Warning: Offers to Increase Your Social Security Benefit Are from Criminals

Criminals continue to Impersonate Government Agencies

DO NOT CLICK

<https://1gov-ssapp.com/system-ssa-logon>



This information is being shared by Peabody TRIAD. The Peabody TRIAD Council consists of Seniors and Law Enforcement working together to develop and implement policies and programs to rescue criminal victimization, promote crime prevention and safety awareness and serve the needs of the senior community in Peabody.

TIPS TO PROTECT YOURSELF:

1. **Do not take immediate action.** If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. **Do not transfer your money! Do not buy that gift card!** Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, Monthly transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
3. **Be skeptical.** Do not believe scammers who "transfer" your call to a government official or law enforcement officer, or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
4. **Be Cautious** of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don't recognize or an unsolicited offer. Do not provide your personal information, even if the caller has some of your information.
5. **Do not click on links or attachments.** Block unwanted calls and text messages.

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Without them, our newsletter
would not be possible! Thank you!



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AnchorHomeMedical.com AnchorHomeMedical@gmail.com



Do You Need Help Paying Your Heating Bills And Keeping Your Home Warm This Winter?

The Home Energy Assistance Program at North Shore Community Action Programs, Inc. helps income-eligible households pay their winter heating bills even if the cost of heat is included in your rent*. If your gross household income falls within the limits shown in this chart, you *may* qualify for payment towards your winter heating bills. In addition, eligible National Grid customers may qualify for a discount of up to 32% off their electric and gas bills, too!

(*Some restrictions apply)

2022-23 INCOME GUIDELINES

Household Members	Maximum Gross Income**	Household Members	Maximum Gross Income**
1	\$42,411	4	\$81,561
2	\$55,461	5	\$94,610
3	\$68,511	6	\$107,660

For an appointment call: (978) 531-0767 Ext. 136

October 1st – April 30th

For more information about Home Energy Assistance

Call: (978) 531-8810, visit nscap.org or

email: fuelassistance@nscap.org

North Shore Community Action Programs, Inc.

**Call the PCOA for more information
at 978-531-2254 and ask for Social Services.**

Points to Ponder... Jack Lawless

March: "The March into Spring" month

- March is named for the Roman God of War—Mars.
- On the first in 1961, President John F. Kennedy established the Peace Corps.
- The 1st meeting of the new congress under the new Constitution took place in New York City on the 4th in 1789.
- Winston Churchill delivered "The Iron Curtain" speech describing the boundary between the nations of the West and those under Russia's control on the 5th in 1946.
- Jewish Purim is at sundown on the 6th.
- The full moon-the Worm Moon occurs on the 7th ushering in the rebirth of things in the northern hemisphere.
- On the 10th in 1880, the Salvation Army was founded in the United States.
- Daylight Savings time returns on Sunday, the 12th. Be sure to check batteries in safety devices while you Spring Forward with the clock.
- Albert Einstein (1879-1955) was born in Ulm, Germany on the 14th.
- Happy St. Patrick's Day on the 17th on the wearing of the Green (The Emerald Isle) although Ireland's official color is St. Patrick's Blue
- Twenty years ago on the 19th in 2003, the USA invaded Iraq.
- In the northern hemisphere on the 20th during the vernal equinox-spring returns.
- On the 25th in 1807, the British Parliament outlawed slave trade.
- Newly elected President Ronald Reagan was shot in the left lung on the 30th in 1981.
- The Civilian Conservation Corps (CCC) was established in 1933 on the 31st putting youth and unemployed men to work.



*"Always remember to forget the troubles that passed away,
but never forget to remember the blessings to come! Irish Blessing*



GOD BLESS AMERICA AND OUR PATRIOTS!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!



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**IN MEMORY OF/IN HONOR OF
ENVELOPES:**

Envelopes are available to remember a deceased individual or to honor an individual or group by a donation to the *Friends of The Peabody Council on Aging*.

Envelopes are also available that will send your donation to the *Roger B. Trask Adult Day Health Program, City of Peabody*. Donations help to fund the scholarship and Activity Programs in the Trask Center.

Both envelopes are available at the local Funeral homes and at the reception area at the Peter A. Torigian Senior Center. All donations will be

**In Honor of/In Memory of Gifts
to the Peabody Council on Aging:****In Honor of Anna Gallo:**

For her generous gift to the PCOA

In Memory of Joanne Anderson

Jan Archterhoff, Janet Ralph,
Erika Sullivan, Grace Tenn

In Memory of Ms. Jacqueline Demers:

Terumi Shinzato

In Memory of Fr. Andrew Demotses:

Brenda and Phil Brophy & Families
Gail & Wayne Everson, Mary Mavroules,
Debbie Mavroules

In Memory of Leona Kaplan:

Patricia Lendall

In Memory of Rosalyn Stein:

Beverly Bertsch, Saul Gurman

**In Honor of/In Memory of Gifts
to the Trask ADH Scholarship Program:****In Honor of Thomas & Dawna Butler:**

For their generous gift to the
Trask ADH Scholarship Program

In Memory of Maria Medeiros:

Elizabeth Brennan

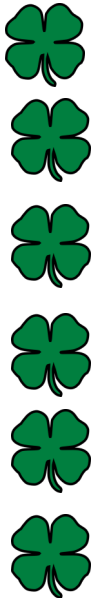
In Memory of Kenneth Webster:

Dorothy Taylor, Carolyn Wynn

In Memory of Joanne Anderson:

The Forever Young Chorus

*May your day be touched by a bit
of Irish luck, brightened by a song
in your heart and warmed by the
smiles of the people you love. ...*



Please support our Sponsors. Our monthly newsletter would not be possible without them!

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Rani Varghese, DMD

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

We are now into the third month of the new year. Most people know the old expression that March comes *"in like a lion and goes out like a lamb."* It's all about the weather. The month often greets us with a lion's roar of inclement weather, only to leave us with the gentle lamb-like days of spring warmth and sun.

The Friends Annual Appeal for Funds is well underway. In January over 10,500 Letters and Friends Membership Enrollment Cards were sent out our Current Members, Senior Citizens, and the Business Community, requesting a donation to renew or become new members. The response thus far has been overwhelming, and we thank you 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 Monthly TIPS & TOPICS Newsletter in the mail and a Membership Card. Friends Members also receive \$1.00 off the cost of the daily lunch served in the dining room.

If you did not receive the Annual Appeal Letter, Enrollment Card, and return envelope in the mail to renew your membership or to become a "Friend of the Peabody COA"; please call the Torigian Senior Center (978) 531-2254 and request that one be sent out to you.

Last month the Friends Board of Directors held the Ribbon Cutting Ceremony of the newly renovated *Friends Café* with Friends President Mike Zellen and Mayor Ted Bettencourt cutting the Red Ribbon. The Café is officially open for lunch daily Monday thru Friday between the hours of 11:30 a.m. and 1 p.m.

We're bringing Karaoke back!!

The Friends are putting on another Karaoke afternoon on Tuesday, March 7th from 12.30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing. Top male and female singers will receive a Gift Card. Come on down and join the fun.



Best Wishes for a
HAPPY ST. PATRICK'S DAY!

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

In Honor of Annette Green:

Best Wishes for a Speedy Recovery:

Irma Kline

In Honor of the PCOA Staff:

Anonymous

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

In Memory of Joanne Anderson:

Barbara Therrien & Daniel Scotina

Joan Johnson

The Forever Young Chorus

In Memory of Joanne "Tootie" Anderson:

Pat Fabucci

In Memory of Maureen C. Conrad:

Liane Conrad

In Memory of Paul J. Costanzo:

Maria Mendonca

In Memory of Leona Kaplan:

Joan Johnson, Eva Melanson, Andrew

Metropolis, Alan & Deborah Pransky,

Alan and Marlene Rubin, Janice Wyner

In Memory of Maria Medeiros:

John Johnson, Roberta Swift,

Linda Mendonca

In Memory of Rosalyn Stein:

TOPS Chapter 425, Ann & Joe Birkner,
Loretta Delpero, Beth Fleet, Karen Iorio,
Viginia Rundell, Martin Snow, Roberta
Swift.

In Memory of Rosalyn Stein: "A Mighty
Fine Lady":

The Betts Family

In Memory of Ken Webster:

Walter & Ann Blazewicz, Sandra

Dupont, John Johnson, Ruthanne

Lyons, Carol Murtagh

In Memory of Leon Zaimes:

Anna Zaimes



The Friends of the PCOA have a
PAYPAL account for donations for
(In Honor of/In Memory of).



Go to the PCOA Website: (www.peabodycoa.org)
and click on DONATE..

2023 Friends Board Meetings:

March 6

June 5

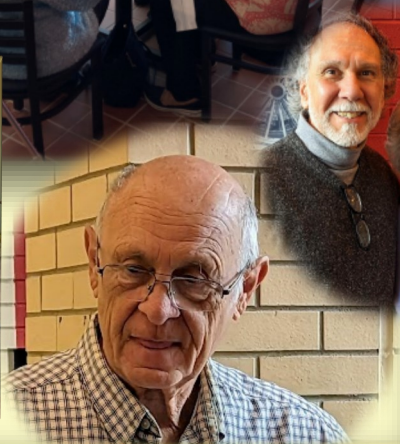
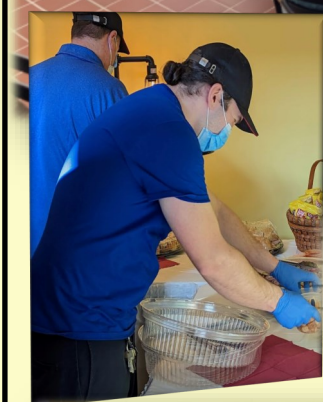
September 11

December 4





On Wednesday, February 8th, a special luncheon was held in the new Friends Café in honor of the 'Friends of the Peabody Council on Aging'.



PEABODY COUNCIL ON AGING

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Happy St. Patrick's Day!



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MARCH 2023

Carol McMahon, Editor

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 _____

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Please Circle: In Memory or In Honor

(Please Print)

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

Name _____

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

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