

March
2024

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

Be sure to join us for an
Absolutely delicious lunch on
ON WEDNESDAY, MARCH 13TH...
for our exciting
ST. PATRICK'S DAY PARTY!

A traditional St. Paddy's Day lunch and more will be served! Corned Beef with Mustard Sauce, Boiled Potatoes, Cabbage Wedge, Carrots and Turnips with Homemade Raisin Bread and Pistachio Cake for dessert!

Alright everyone, it's time to get your Irish on! Let's get together to eat and celebrate the holiday with the boundless entertainment by the one and only fabulous **ALAN LABELLA!**



Tickets are \$15.00 and went on sale
Monday, February 26th at the front desk!



SAVE THE DATES!

Come down to the Center and enjoy our three-part
MUSIC LECTURE SERIES!

Presented in three (3) parts and put on by John Clark
from the Great American Music Experience.

All presentations will be on Wednesdays from 12:30-1:30 pm

April 17th: "Great Ladies of Song"

May 8th: "Country Western"

June 5th: "Motown's First Decade"

This Music Series is **FREE!** So please sign up at the Front Desk.

Watch Battery Replacement

Jon Hosking
will be here for
one day only!

Thurs. March 14th
9:00am - 11:00am

in the
Health
Room.



Fall Risk Screening

Courtesy of Gordon College's
Center for Balance, Mobility and
Wellness: Screening will be
Thursday, March 21st 10:30—12:00
In our main hallway.

Senator Joan Lovely :

Office hours at the PCOA **Monday,**
March, 11, 2024 from 9 -10am.
For an appointment call (617) 722-1410
or email - joan.lovely@masenate.gov

**Veterans Meetings:**

Our Veterans Group will meet on
Tues. March 19th, 2024 from
9:30 - 10:30 am Classroom A.
The DAV Group will meet March 20th.

Rummikub Players

**Come on and have fun! Most
Wednesdays and Fridays
Computer room 12:15**

**Diabetic Shoe Clinic**

**Amy Baxter will be here on
Thursday, April 11th at 1:00.**

For an appointment call

Amy Baxter- 603-944-1311

**CRAZY CARDS**

A fun twist on whist!
**Wed. March 27 from 12:15—3:00
in Computer room**

**You must purchase your \$3.00 ticket by
March 20th...**Tickets may be purchased
at the Front Reception Desk

**CARD MAKING with SOPHIA**

Friday, March 8th from 12:15 - 1:30
In Classroom A
Limited to 10 people!

**Low Vision Group**

will meet on
Wednesday, **March 6**

**March Birthday Celebration
Tuesday, March 5, 2024**

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

February Birthdays were:

Beatriz Gutierrez, Markella Lygomenos,
David Haight, Judy Salvaneli, Augy Colarusso,
George Lowell, Ruthanne Lyons,
Don Rubin



*Many thanks to Evans Flowers
For the rose and balloon!*

The Book Club

Our Book Club is run by Al Hayden. They meet
each month for a book discussion, at the PCOA.
Al picks out and distributes the books to each
participant. They are reading "*Let Us
Descend*" by Jesmyn Ward for the
Wednesday, March 20th Mtg, From
10:30 to 11:30am, in the conference room.

**MOVIE TIME**

Our Movies will be shown by Earl Rosen
in the Jubilee Hall from 12:15 – 2:15 pm

Tues. March 5th - *Mama Mia*

Tues. March 12th - *My Left Foot*

Tues. March 19th - *Alice Doesn't
Live Here Any More*

Tues. March 26th—*To Sir With Love*

Enjoy Some Popcorn!

**Phone & Computer Help -**

Fri. March 1 & 15th from 9:00am - 11:00am

Diabetic Education will be on March 7th,
9:30—10:30 with Marianne Chajnicki

Hearing Screenings - Joe from Apex Hearing
will be here on Thurs. March 28th from
10:00am to 1:00pm. (To make an appointment,
call 978-531-2254)

Ping Pong - Most Mondays & Fridays from
1:00—3:00 pm in the Computer room

Worldly Travels!



"Travels with Anne"

Friday, March 15, 2024
12:30 pm to 1:30 pm in Classroom A.

Come Visit Iceland! and see the Rugged Shores of the Coastline, Puffins, the Godafoss Waterfall and the beautiful Jokulsarlon Glacial Lake!

Anne Goggin is going to share her wonderful pictures and experiences of her amazing trip with everyone! This class will be limited to Sixteen (16) people.

To participate in, please sign up the front desk!



Chair Reiki with Dot McKeen - Usui Reiki Master Teacher

What is Reiki: Reiki (Ray-kee) is a Japanese word meaning universal Life Energy.

It is an ancient hands on or off healing technique that helps to elicit the relaxation response & assists in restoration of the mind-body balance and the body's healing systems. Self-healing can then take place on all levels; physical, mental, emotional and spiritual.

Reiki energy is subtle energy and the session is done in a comfortable chair in a private room.

Every Thursday starting March 7th at 10:00 a.m. (15 minutes for \$10.00)

Please register for your session today!



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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**





Peter A. Torigian Senior Center

MARCH
2024

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

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Frozen Meals-To-Go Can be purchased in the dining hall from 10:00 am to 12:00 pm & only cost \$3.00!</p>	<p>BREAKFAST is served in the Friends Café on Tuesdays & Thursdays 8-10:00 a.m. Menus are In the lobby & Cafe</p>	<p>¹ <u>House Made Panko Crusted Fish Sandwich</u> Pickled Red Onion Lettuce, Tomato With Homemade Tartar sauce/French Fries/Ice Cream</p>
<p>⁴ <u>Stuffed Cabbage</u> Steamed Potatoes Greek Salad Mandarin Oranges</p>	<p>⁵ <u>Cheese Burger</u> on Roll (Lettuce, Tomato, Onion, Pickle/ Potato Puffs Tomato Salad <i>Birthday Cake</i> </p>	<p>⁶ <u>Chicken Pot Pie</u> Whipped Potatoes Greek Salad Brownie</p>	<p>⁷ <u>Yankee Pot Roast</u> Gravy Red Bliss Potatoes Peas/Onions Orange Cake</p>	<p>⁸ <u>Tuna on Salad</u> Lettuce, Tomato, Cheese, Egg Zesty Italian Dressing Butterscotch Pudding</p>
<p>¹¹ <u>Chicken Patty</u> on a roll (Lettuce, Tomato, Pickles, Onions) Cheese Mayo Packet French Fries Corn Chowder</p>	<p>¹² <u>Lasagna</u> Meat Sauce Apple Juice/Grated Cheese/Italian Blend Vegetables Garlic Bread Chilled Peaches</p>	<p>¹³ St. Patrick's Day Party <u>Corned Beef</u> Mustard Sauce/Boiled Potatoes/Cabbage Wedge/Carrots & Turnip/Homemade Raisin Bread Pistachio Cake</p>	<p>¹⁴ <u>Reduced Sodium Hot Dog</u> On a roll Homemade Coleslaw Baked Beans Condiments</p>	<p>¹⁵ <u>Pete's Pizza</u> Caesar Salad Ice Cream</p>
<p>¹⁸ <u>Steak Bomb</u> With Cheese on a Sandwich Roll Pasta Salad Homemade Cole Slaw Chilled Peaches</p>	<p>¹⁹  Spring Day <u>Oriental Chicken Salad</u> on Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie Peach Berry Pie</p>	<p>²⁰ <u>Pulled Pork</u> on a Roll Pasta Salad Cucumber Salad Chilled Pears</p>	<p>²¹ <u>Chicken Cordon Bleu</u> Gravy Mashed Potato Broccoli & Cauliflower Strawberry Cream Pie Roasted Red Pepper Hummus and Crackers</p>	<p>²² <u>Haddock</u> Cream of Broccoli Soup Baked Potato Sour Cream Butterscotch Pudding</p>
<p>²⁵  GREEK INDEPENDENCE DAY <u>Moussaka</u> Roasted Vegetables Baklava</p>	<p>²⁶ <u>Italian Sub</u> Chicken Noodle Soup Potato Puffs Brownie</p>	<p>²⁷ <u>Hamburger Stroganoff</u> Over Noodles Whipped Potato Mixed Vegetable Apple Pie</p>	<p>²⁸ <u>Roast Pork</u> Stuffing Gravy Roast Turnip Split Peas Soup Wheat Roll Bread Pudding</p>	<p>²⁹ <u>Fish Cakes</u> Beans Homemade Coleslaw Brown Bread Ice Cream</p>

Maryanne Pierce (Social Service)



Senior "Circuit Breaker" Tax Credit

What is it?

Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$2,590 for the tax year beginning January 1, 2023. If the credit due the taxpayer exceeds the amount of the total income tax payable for the year, the excess amount of the credit will be refunded to the taxpayer without interest.

Eligible taxpayers who own their property may claim a credit equal to the amount by which their property tax payments in the current tax year (excluding any exemptions and/or abatements), including water and sewer debt charges, exceed 10% of their "total income" for the same current tax year. Taxpayers residing in communities that do not include water and sewer debt service in their property tax assessments may claim, in addition to their property tax payments, 50% of the water and sewer charges actually paid during the tax year when figuring their credit.

For renters, the law assumes that 25% of their rent goes toward property tax. Accordingly, renters may claim a credit in the amount by which 25% of their annual rental payment is more than 10% of their total income.

For purposes of the tax credit, a taxpayer's "total income" includes taxable income as well as exempt income such as social security, treasury bills and public pensions.

Who is eligible for the credit?

To be eligible for the credit for the 2023 tax year, a taxpayer must be 65 years of age or older before January 1, 2024 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence. The taxpayer's total income cannot exceed \$69,000 for a single filer who is not the head of a household, \$86,000 for a head of household, or \$103,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed \$1,025,000.

No credit is allowed if the taxpayer claims the "married filing separate" status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer.

Is the tax credit considered income?

Tax credits received by eligible taxpayers are not considered income for the purpose of obtaining eligibility or benefits under other means-tested assistance programs including food, medical, housing, energy and educational assistance programs.

How does a taxpayer claim the credit?

Taxpayers who are eligible for the tax credit in the 2023 tax year can claim the credit by submitting a completed Schedule CB, Circuit Breaker Credit, with their 2023 state income tax return.

Note: Taxpayers who qualified for the tax credit in a prior year but did not file Schedule CB with their original state income tax return should file an amended return by filling in the "Amended return" oval on their state income tax return. Also, taxpayers who qualified for the tax credit in a prior year and did not file a tax return should file a state income tax return with Schedule CB.

What if the taxpayer is not required to file a state income tax return?

An eligible taxpayer who does not normally file a state income tax return may obtain a refund by filing a return with Schedule CB, Circuit Breaker Credit.

How does a taxpayer claim the credit?

As with all claimed tax credits and deductions, the taxpayer must keep all pertinent records, receipts and other documentation supporting his or her claim for the credit.

Schedule CB and further information is available at [mass.gov/dor](https://www.mass.gov/dor) or by contacting the Massachusetts Department of Revenue's Customer Service Bureau at (617) 887-6367 or toll-free in Massachusetts at 800-392-6089.

TAX CREDIT

Important Information from Medicare.gov

MORE VACCINES NOW COVERED BY MEDICARE

It is easier to stay up to date with your immunizations now that **people with Medicare Part D pay nothing out of pocket for even more vaccines.**

This means more people with Medicare can get protection against disease and severe illness.

Medicare part D now covers these vaccines and more at no cost to you.

Shingles, RSV, Tetanus/diphtheria (Td), Tetanus, Diphtheria, and Pertussis (Whooping Cough) (TdP), Hepatitis A, Hepatitis B, if you're at low risk for the virus

Also, Medicare still covers flu shots, COVID-19 vaccines and pneumococcal shots.



Stay up to date with vaccines. Talk with your doctor about which vaccines are right for you!

MEDICARE FRAUD: (Three) ways you can stop it and Shut it Down

The best way to stop Medicare fraud is to help prevent it in the first place.

Follow these 3 tips to protect yourself from scammers:

1. **If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember **Medicare will never call you** unprompted and ask you for your personal information.
2. **Check your Medicare Summary Notices (MSNs) claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over the counter test) it may be fraud.
3. **If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).**

Visit [Medicare.gov](https://www.Medicare.gov), the office source of Medicare information to learn more about preventing Medicare fraud.



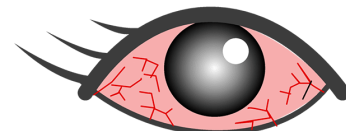
GLAUCOMA: Find out if you're at risk

Did you know that about half of all people with glaucoma don't even know they have it? If you get a glaucoma test and start treatment early, you may **protect your eyes from serious vision loss.**

Medicare covers a glaucoma screening once every 12 months if you're at high risk for developing glaucoma. Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness. **Some forms of glaucoma don't have any symptoms**, so you may have the disease even if you don't have any trouble seeing or feel any pain.

You are considered at **high risk for developing glaucoma** if one or more of the following is true:

- You have diabetes
- You have a family history of glaucoma
- You're African American and age 50 or older
- You're Hispanic and age 65 or older



If you think you may be at high risk, talk with your doctor to make sure you're up to date on your glaucoma screening.




Points to Ponder... Jack Lawless

March: The "Spring into Spring Daylight Savings Month"

- The ratification of the Articles of Confederation was announced by Congress on the 1st in 1781 and remained in effect until the U. S. Constitution was adopted in 1789.
- Telephone inventor Alexander Graham Bell (1847-1922) was born in Edinburgh, Scotland on the 3rd.
- On the 5th in 1946, the Iron Curtain speech was given by Winston Churchill to describe the boundary between free Western Europe and the East influenced by Soviet Russia.
- The Alamo on the 6th in 1836 fell to Mexican Troops under General Santa Anna but the Texans went on to defeat Santa Anna in the Battle of San Jacinto in April.
- Daylight Savings time returns at 2:00 a.m. on the 10th.
- The island of Bermuda was colonized on the 12th in 1609 by the British after a ship on its way to Virginia was wrecked on the reefs.
- Albert Einstein (1879-1955) was born in Ulm, Germany on the 14th and was famous for his Theory of Relativity.
- Julius Caesar was assassinated on the 15th - (Ides of March)" in 44 B.C.
- On the 17th, have a Happy St. Patrick's Day commemorating the patron Saint of Ireland!
- The Vernal Equinox or the beginning of Spring debuts on the 19th.
- Organist Johann Sebastian Bach (1685-1750) was born on the 21st in Eisenach, Germany.
- Jewish Purim begins at Sunset on the 23rd.
- The Full Worm Moon (return of earthworks) shows up on the 25th.
- The Boston Red Sox open the 2024 season playing at Seattle on the 28th.
- On the 31st in 1933, the Civilian Conservation Corp. (CCC) was formed putting unemployed youths and men to work outdoors in parks.
- Also, Happy Easter on the 31st!



*May Love and Laughter Light Your Days and Warm Your Heart and Home,
May Good and Faithful Friends Be Yours, Wherever You Roam,
May Peace and Plenty Bless your World and May all Life's Passing Seasons
Bring the Best to You and Yours!" An Irish Blessing* 



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Marie Bishop



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link us to your business!

TRIAD news

Attend a free Property Fraud Watch Alert Notification & Homestead Act presentation to learn how to protect your home from fraud and scams. It's your most valuable asset! Register of Deeds

Thursday, March 7, 2024
at the Peabody Senior Center
in Jubilee Hall at 12:30 pm.

DOROTHY A. HERSEY will be sending representatives from the Southern Essex District Registry of Deeds to explain the benefits of the **FREE** alert notification program and answer questions.

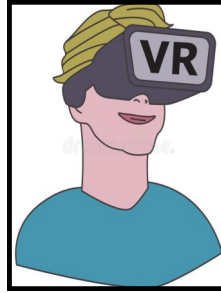
This seminar is FREE and open to the public.

Sign up by March 1, 2024 to receive a complimentary copy of your deed on the day of the seminar. To receive your complimentary copy, we need your name and property address.

Sign up at the
Peabody Senior Center
Reception Desk!



★ **ATTENTION!** We have a new ★
program being offered at the PCOA! ★



We have recently purchased (4) wireless VR (Virtual Reality) headsets! Every headset has *Wander* (which lets you travel around the world and experience places around the globe). There is *Mini Golf*, *Cornhole* and *Bowling*. Even better, you will be able to *watch movies the size of an OMNI theatre!*

Headset One (White) Games

Golf, Fishing Pickleball, Table Tennis, Chess Club, Poker, Mini Golf, CornHole, Wander, Darts, Bowling, Angry Birds

Headset Two (Orange) Work Out

Fit XR (Zumba & Working Out), Power Beats, (Work Out), Beat Saber, MiniGolf, CornHole, Wander, Bowling

Headset Three (Blue) Painting, Puzzles and Languages

Vermillion (Painting), Color Space (Color Book), Puzzle (3D Live Puzzle), Learn Piano, Learn Languages, Mini Golf, CornHole, Wander, Bowling

Headset Four (Purple) Experiences

Nature Treks, Meditation, National Geographic, Brinks Travel, Star Wars, Vader Immortal (Mini Series), Mini Golf, Corn Hole, Wander, Bowling, Tripp

There will be a demonstration of the headsets on Wednesday, March 20 at 1:00.

The location in the Center will be announced, so stay tuned!

Please go to our website (www.peabodycoa.org) or this link: <https://peabodycoa.blogspot.com/2024/02/meta-games-list.html> and click on all the games and activities you can do with all these headsets. You will be amazed!

Friends Cafe

MARCH Lunch Special:

Grilled Veggie Pocket

Grilled mushrooms, peppers & onions with melted provolone cheese in a pita pocket





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 listed in *Tips & Topics*.

In Honor of/In Memory of Gifts to the Peabody Council On Aging:

In Honor of the Transportation Department:
Susan Blau



In Honor of/In Memory of the Trask Adult Day Health Scholarship Program:

In Memory of Ephraim Katz:
Diane Zydavicius
Dorothy Taylor

In Memory of Francine Cormier:
Susan Levenson

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 x134 or email her at slevenson@peabodycoa.org.



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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: MARCH 2024

We are now entering 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 is 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 2024 Friends Annual Appeal for Funds is well underway. In January over 12,200 Letters and Friends Membership Enrollment Cards were sent out to our Current Members, Peabody Citizens 60 years old and older, and the Business Community, requesting a donation to renew or become new members. The response thus far has been tremendous, 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 TIPS & TOPICS Monthly Newsletter in the mail and a Membership Card. Card caring Members also receive a \$1.00 discount off the cost of the daily lunch at the Center.

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," please call the Torigian Center (978) 531-2254 and request that one be sent out to you.

It is with appreciation and sincere thanks from the Friends Board of Directors to all who assisted the Friends Board of Directors in preparing and mailing the Annual Appeal packets in record time.

I would personally like to thank each one of the following volunteers and Friends Board Members who assisted in the preparation of the mailing:

Board Members Russ Bowden, Joe Mendonca, Sandi Dupont, Dotty Bonfanti, Kaellen D'Amour, Ann Blazewicz, Judith Enos, Gayle Cavanaugh, Carol Murtagh, and Gita Parmar and the front desk volunteers Judy Buckley, Sally Driscoll, Maria Mendosa and Peg Parsons.



May you enjoy the wonderful moments and the joy of family. Hoping your St. Patrick's Day is full of cheer and everything you want it to be!
Have a wonderful day!

**Best Wishes for a
Happy St. Patrick's Day!**

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.

Friends Board Meetings for 2024:

March 4, June 3, September 9, December 2



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

In Honor of Marcy Consalvo:

Patsy Juliano

In Honor of John Early:

Patsy Juliano

In Honor of the PCOA Staff:

Berea

In Honor of Sue Savy:

Tracy Cranson

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

In Memory of My Dear Beloved

Brother, Max Spector:

Shirley Spector

In Memory of Patricia Doyle:

James Doyle

In Memory of Merrill Greaves:

Maria Greaves

In Memory of Ephraim Katz:

Ana Beatriz Gutierrez

Ellen Viger

Diane Zydavicius

In Memory of Jack Maguire:

Beverly Maguire

In Memory of Jack Shafman:

Joyce Hampson

In Memory of Connie Silva:

Lauren Dechayne-Donati

In Memory of Violet St. Pierre:

Tom & Claire Moran

In Memory of John P. Wilkinson:

Walter and Ann Blazewicz



**WEDNESDAY,
March 27th!**

**In Jubilee Hall
12:30—2:00 pm**

**Pick your songs and bring your talent!
Join us for another fun filled
afternoon at our next Karaoke event!**

**As always, prizes will be given
out to the winners and participants!**

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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Happy St. Patricks Day!

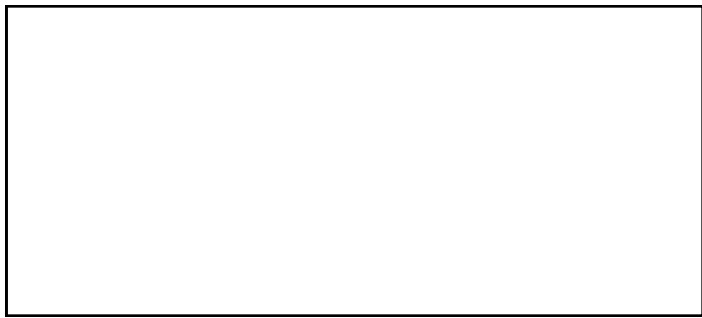


RETURN SERVICE REQUESTED

March 2024

Carol McMahon, Editor

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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)
 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 _____
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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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 - Dorothy Wallman
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