

March
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

Saint Patrick's Day Party

Wednesday, March 4th

9:30am - 12:30pm

Jubilee Hall



Entertainment by
The Famous
Brian Corcoran



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



Menu

Corned Beef with
Mustard Sauce
Boiled vegetables
(Potatoes, Cabbage
Carrots, Turnips)
Homemade Irish
Soda Bread
Pistachio Cake



The American War of Independence Battle of Chelsea Creek: Grounding the Historical Narrative through Cultural Landscape Analysis

March 18th @ 12:30 - Jubilee Hall

Please sign up at the front desk

Overshadowed by the iconic battles at Concord/Lexington and Bunker Hill, the Battle of Chelsea Creek is often overlooked as part of the siege of Boston. On May 27-28, 1775, American militia forces raided British forage and supplies on the northern shore of Boston Harbor

Lecturer Victor Mastone is a retired Massachusetts state Underwater Archaeologist, and former president of the Massachusetts Archaeological Society.

Please join us for this informative and fascinating presentation!

A LEGACY OF LEADERSHIP: THE STORY OF PETER TORIGIAN

A Legacy of Leadership: The Story of Peter Torigian is a heartfelt documentary chronicling the life and impact of one of Peabody's most dedicated public servants. From his modest upbringing and service in the Marine Corps to his decades-long tenure as mayor, the film highlights Torigian's unwavering commitment to his family, his city, and the values that shaped his leadership.

Featuring archival footage and reflections from those who knew him best, this film is a tribute to a legacy that continues to inspire.

This film will have two viewings: Wednesday, March 18th at 2:30 and 6:30 PM
Please sign up at the front desk



Game Show Day

Wed. March
25th @ 12:30 PM
Sign up at the front desk!



Sandwich Special:
Reuben Sandwich

Salad Special:
Caesar salad

Café Closed: March 4th,
9th, and 10th



March
2026

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

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>² <u>Chicken Patty</u> <u>on a roll</u> Cheese Mayo French Fries Corn Chowder Oreo Ice Cream Cones</p>	<p>³ <u>Lasagna/Meat</u> <u>Sauce</u> Apple Juice Grated Cheese Italian Blend Vegetables Garlic Bread Birthday Cake</p> 	<p>⁴ <u>Corned Beef</u> Mustard Sauce Boiled Potatoes Cabbage Wedge Carrots & Turnip Homemade Soda Bread Pistachio Cake St Patrick's Day Party</p> 	<p>⁵ <u>Reduced</u> <u>Sodium</u> <u>Hot Dog</u> Homemade Coleslaw Baked Beans Condiments Fruit Cup</p> 	<p>⁶ <u>Pete's Pizza</u> Caesar Salad Ice Cream</p> 
<p>⁹ <u>Chicken &</u> <u>Broccoli Ziti</u> Baked Potato Basil Carrots Tropical Fruit Cup</p> 	<p>¹⁰ <u>Italian Sub</u> Chicken Noodle Soup Potato Puffs Chocolate Cake</p> 	<p>¹¹ <u>Cheeseburger</u> Lettuce, Tomato, Onion Potato Salad Homemade Coleslaw Chips Cookie</p>	<p>¹² <u>Chicken</u> <u>Cordon Bleu</u> Mashed Potatoes Broccoli & Cauliflower Strawberry Pie Hummus/ Crackers</p>	<p>¹³ <u>Tuscan Tuna</u> <u>Salad</u> Garden Salad Pasta Salad Ice Cream</p> 
<p>¹⁶ <u>Italian Sausage</u> <u>On A Roll</u> Onions & Peppers Mustard Home Fries Tomato & Cucumber Salad Ice Cream</p>	<p>¹⁷ <u>Chicken</u> <u>Parmesan</u> <u>Calzone</u> Marinara Sauce French Fries Chilled Peaches</p>	<p>¹⁸ <u>Oriental</u> <u>Chicken Salad</u> Mixed Greens Lo Mein Noodle Salad Wheat Pita Fortune Cookie Tiramisu</p>	<p>¹⁹ <u>Roast Beef &</u> <u>Swiss Cheese</u> <u>Wrap</u> Chicken Soup Marinated Beets Banana Cake</p> 	<p>²⁰ <u>Haddock</u> Cheddar Broccoli Soup Baked Potato Sour Cream Butterscotch Pudding</p> <p>First Day of Spring</p> 
<p>²³ <u>Chicken Pot Pie</u> Whipped Potatoes Greek Salad Apple Crisp</p> 	<p>²⁴ <u>Pulled Pork</u> On A Roll Potato Salad Cucumber Salad Key Lime Pie</p>	<p>²⁵ <u>Moussaka</u> Greek Roasted Vegetables Baklava</p>  <p>Greek Independence Day</p> 	<p>²⁶ <u>Yankee Pot</u> <u>Roast</u> Gravy Red Bliss Potato Peas & Onions Orange Cake</p>	<p>²⁷ <u>Fish Cakes</u> Beans Homemade Coleslaw Brown Bread Ice Cream</p>
<p>³⁰ <u>Vegetable Quiche</u> Roasted Potatoes Butternut Squash Chilled Pears</p> 	<p>³¹ <u>Honey</u> <u>Mustard</u> <u>Chicken Wrap</u> With Bacon Pasta Salad Homemade Coleslaw Apple Pie</p>	<p>Reminder: Diners need to purchase their lunch tickets between 10:00- 11:00 am. Tickets will not be sold after 11:00 am</p>	<p>BREAKFAST is served in the Friends Café on Tuesdays/Thursdays from 8:00-10:00 a.m. Menus are in the lobby & Cafe</p>	<p>Menu is subject to change</p>

March Birthday Celebration

Tuesday March 3rd, 2026

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

February Birthdays were:

Deb Bradbine, Roberta Gorski, Victor Jordan,
Bea Gutierrez, Pat DeLeo, Randy Cole, Kelsey,
Don Rubin



Many Thanks to Evans Flowers
For the rose and balloon!

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

Virtual Reality Pinball

Every Wednesday in March

Morning Session: 9:00 to 11:00 AM

Afternoon Session: 12:30 to 2:30 PM

Please sign up at the front desk



Veterans Meetings:

Our Veterans Group will meet on
Tuesday, March 24th, 2026 from
9:30 - 10:30 am in
Classroom A



MOVIE TIME

With **Earl Rosen**

In Jubilee Hall, from 12:10 – 2:00 pm

Tues. March 10th: Leap Year

Tues. March 17th: The Quiet Man

Tues. March 24th: The Majestic

Tues. March 31st: Little Women



ENJOY AN AFTERNOON MOVIE & POPCORN

Book Club

March's book:
"The Story of
Arthur Truluv"
By Elizabeth
Berg

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



April's Musical: "West Side Story"

Wednesday, April 1st
@12:00 PM - Jubilee Hall

CRAZY CARDS

A fun twist on whist!

Wed., March 25th, from

12:15 - 3:00 in the Computer Room

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

Tickets may be purchased at the Front Desk



Computer room activities:

- **Phone/computer help:** On Fridays, March 6th & March 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. 9:00-11:00
Mah Jongg: Every Tue. 12:00-3:00
Japanese Bunka: Tues. 9:00-12:00
Learn to Speak Italian: Mon: 10:15
Knitting & Crochet: 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



Foot Clinic with
Crystal Perry – BSN, RN, CFCN
Mon. March 16th, & Tues.
March 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

Low Vision Group
Our next Low Vision Meeting will be Wed., March 11th at 12:30 PM
In Classroom A

Call Judy Enos if you have any questions:
978-290-6080

Diabetic Education
With Marianne Chojnicki
Tuesday, March 3rd:
10:30-11:30 AM

Please sign up at the front desk

The Diabetic Shoe Clinic
Amy Baxter will be at the PCOA on Thurs. April 9th @ 1:00PM.

You must call for an appointment: 603-944-1311

Hearing Screenings
Joe from Apex Hearing will be here on Thurs. March 26th, from 10:00am to 1:00pm.

To make an appointment, call 978-531-2254

KEY TECH IS BACK ~ Save the date!

Key is an iPhone Specialist who will be offering 2 different classes at the senior center. During the first class, you will learn the basics of picture-taking on your phone. During the second class, you will head outdoors and actually take photos.

First class: Monday, April 6th 10:00 - 11:30 AM

Second class: May 4th, 10:00 - 11:30 AM

Please sign up at the front desk



Mass Cultural Council

This program is sponsored by the Peabody Cultural Council

3D ART CLASS



Thursday, March 26th @ 12:30.
Sign up with Kat or Laurie to pick out your next project

Cornhole every Thursday!

12:15 pm: in the Computer Room



Game Shows For Seniors

Inspiring & Creative

"That was SO much fun!"



About Us

Since introducing our "LIVE" Game Show Program for Seniors in the fall of 2023, we have entertained Seniors in 70 different cities and towns all with rave reviews. When can we come to entertain your Seniors? Call TODAY!

Game Show Day

Wed. March 25th @ 12:30

Sign up at the front desk!

PCOA Transportation



Did you know that "Project Mobility" takes Peabody residents to 5 different communities for medical appointments?

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.



Medicare Advantage Open Enrollment: Act by March 31!

The Medicare Advantage Open Enrollment Period (MA OEP) is currently underway and runs through **March 31, 2026**. This is an important opportunity for Medicare beneficiaries who are already enrolled in a Medicare Advantage plan to review their coverage and make a one-time change if needed.

If you are currently enrolled in a Medicare Advantage **PPO plan**, it's especially important to check with your healthcare providers-particularly any **out-of-network providers** you regularly use. Here at SHINE, we are increasingly seeing situations where out-of-network providers are **declining to accept Medicare Advantage PPO coverage or refusing to bill the plan**, which can leave beneficiaries responsible for paying for services upfront and seeking reimbursement directly from their PPO plan.

During the MA OEP, eligible beneficiaries can take action to better align their coverage with their healthcare needs. This may include switching to a different Medicare Advantage plan that offers a more suitable provider network or coverage structure.

Now is the time to confirm that your plan works with the doctors and facilities you rely on. Reviewing your options before **March 31st** can help you avoid disruptions in care and unexpected expenses later in the year.

SHINE counselors are available to assist you in reviewing your coverage. To schedule a SHINE appointment, call 978-946-1374

AgeSpan • 280 Merrimack St., Suite 400 • Lawrence, MA 01843

Digital Access Program

Don't have access to the internet or a device?

The Digital Access Program is a service offered by AgeSpan that works to address the digital divide among older adults who reside in the Merrimack Valley and North Shore areas.

The Digital Access Program offers one free tablet (per household), training on how to use the tablet, and a free data plan for up to a year to those who do not have internet access in their home. The tablet provides another way to access AgeSpan's services through our website or sending an email.

The device can also be used to access other services, connect with friends and loved ones, access patient portals, games, music, television, movies, video conferencing with doctors, and so much more.

Eligibility

This program is intended to serve older adults with limited access to technology. Eligible individuals are those who do not currently own any devices (tablet/iPad, computer/laptop). Participants must be 60 years or older and live in the Merrimack Valley or North Shore.

More Information

For more information about our Digital Access Program or to make a referral, contact Digital Equity Program Manager, Molly Gerbutavich, at 978-651-3033 or email mgerbutavich@agespan.org. Alternatively, a referral can also be made by scanning the QR code.



Services

- **One-on-one training**, (approximately an hour) at the individual's home or can meet in a public place.
- **Training on a personal device**, if an individual already owns a device (cell phone/smartphone, tablet/iPad, computer/laptop), we can provide a training on how to use that device. This can be limited as we can only train on familiar devices.

Cost

There is no cost to participate in this program, however, the individual is responsible for replacing the charger if it breaks, screen repair if broken, and internet. Data plans are available for up to one year. Participants interested in extending the data plan must pay for the internet access through an internet service provider (such as Xfinity) or a data plan through a phone carrier (such as T-Mobile).

Lawrence - Main Office

280 Merrimack Street
Suite 400, Lawrence, MA 01843

Danvers

300 Rosewood Drive
Suite 200, Danvers, MA 01923

Phone

978-683-7747
800-892-0890

Email

info@agespan.org

It is difficult to say goodbye,

It is with a heavy heart that I write this article in memory of Catherine "Kay" Morrocco. I know that at 105 years young, it shouldn't have come as a surprise to anyone to hear news about her passing, but to be completely honest, it still surprised me. To me, she was like that energizer bunny, who somehow just keeps on going. I met Kay over 34 years ago at the ribbon cutting for our new senior center. She attended the opening with her husband John. I vividly remember them dancing in Jubilee Hall. They danced beautifully together and I truly enjoyed watching them. At that time, back in November of 1991, I was the Volunteer Coordinator. That very day, Kay talked to me about having a regularly scheduled dance here, which she automatically offered to help organize. When the center first opened, we were looking to fill rooms with activities, so I quickly said yes. Now we are looking to expand our center as we have simply run out of room.



Kay taught us so much over the many years, meeting her in my late 20's and now in my 60's. Many of our staff members, board members and participants refer to Kay as our biggest cheerleader, which describes her so perfectly. Anytime I was giving a tour of our center I made sure to introduce the newbies to Kay as she was so welcoming. If Kay was introduced to a younger person taking a tour, she would often say "this is your future" as she thought so highly of the place. Most of the guests taking the tour would say "I wish I could join now!" and we would have a great laugh.

Some of Kay's accomplishments (and I say some, as I know that she helped so many people that I am unaware of). Kay was: The Golden Age President, on the PCOA Board of Directors for over 20 years, a board member of the Friends of the PCOA, and a TRIAD member. She started "Crazy Cards," our Bocce league, organized the raffles, started the 50/50 at the Thursday morning dance, performed with the Ladies Drill Team as the Statue of Liberty, was the Master of Ceremonies for the Variety Shows, part of the Pen Pal program, the Hug-A-Bears, worked in our Thrift Shop, Oversaw the Friends Annual Appeal. She was also awarded the Torigian Spirit Award at the International Festival, and I am sure she volunteered in so many other community organizations before she found us at the center.



After working as a volunteer coordinator for 14 years, I left the PCOA for 5 years to work as the Director of the Plymouth NH Regional Senior Center. 18 years ago, I was extremely fortunate to be hired to become the Executive Director of the Peabody Council on Aging. At that point in time, I got to know Kay on a very different level as she was a Board Member. There would be days that Kay would arrive at 8AM like most of our staff members and start working. She used a desk outside of my office. She would often work right up to closing time. I would often have to say, "they are kicking us out as they have to lock the building, but lucky us, as

we get to come back tomorrow!"

For many of you who don't know, Kay is not done helping others. She had decided many years ago to donate her body to Tufts School of Medicine for their Anatomical Gift Program. This program helps young future doctors learn about human anatomy.

She lived a life of giving back and was a true example of "Age is just a number." I for one will try to remember the lessons Kay taught all of us in the way she lived her life. A memorial Service is being planned for May with a date to be announced. A plaque has been made in Kay's honor and will be mounted with the other honoree that have helped make our Senior Center what it is today.

The last time I saw Kay here at the center was August 2025, dancing the jitter bug with her son, Jimmy. Somehow "Thank You" seems too small of a phrase to express our deep gratitude for all that you have done for us.

I will always be truly grateful that you chose our center to call your second home. We love you.

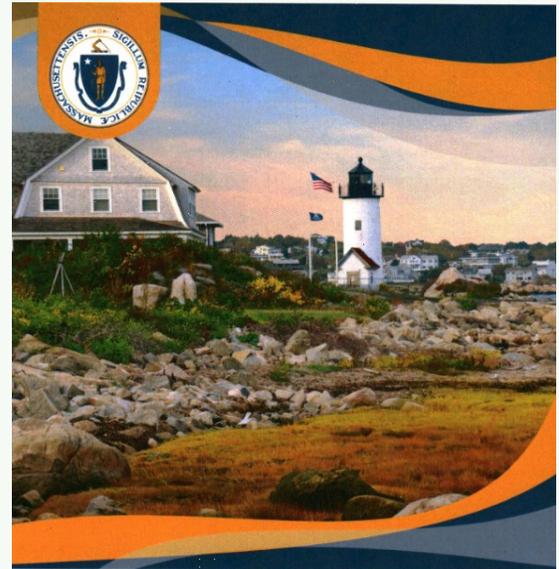
Love,
Your PCOA family





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PROPERTY FRAUD WATCH PROGRAM

The Southern Essex Registry of Deeds' Property Fraud Watch notification service will help protect you against property fraud! Sign up online for FREE!

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*Note: Property Fraud Watch is a notification service and should not replace insurance and/or your vigilance.

Southern Essex Registry of Deeds: *Property Fraud Watch Program*

Wednesday March 11th, at 12:30
Torigian Senior Center
Jubilee Hall
Signups at the front desk
978-531-2254

Words may be horizontal, vertical, diagonal, or backwards

Apples	N	S	L	I	T	N	E	L	O	T	B	A	D
Bok Choy	D	E	N	H	O	R	G	A	S	I	H	L	R
Carrot	M	H	O	R	N	E	D	M	E	L	O	N	Y
Cornmeal	O	U	D	O	L	S	Q	U	R	A	A	P	L
Horned Melon	T	R	Y	P	S	U	J	S	R	P	L	R	P
Jackfruit	L	E	T	H	O	F	R	H	Y	I	L	D	E
Lentils	T	D	R	K	I	R	A	R	C	A	I	C	A
Milk	O	C	U	T	L	C	K	O	P	C	T	A	H
Mushrooms	P	A	H	C	A	T	T	O	C	I	R	D	O
Pistachios	T	B	O	M	Q	E	A	M	L	S	O	E	J
Pork	T	B	C	N	U	O	O	S	A	P	T	N	A
Quinoa	C	A	R	R	O	T	P	I	B	B	H	O	C
Red Cabbage	M	G	C	Y	R	S	A	F	R	A	E	N	K
Ricotta	L	E	U	K	Q	O	M	E	U	T	M	L	F
Tilapia	G	L	R	O	N	B	K	R	N	O	I	C	R
Tortilla	R	E	F	I	J	A	C	A	G	M	L	Y	U
	L	E	U	L	A	P	P	L	E	S	T	O	I
	I	Q	N	F	I	E	I	M	L	F	R	H	T
	A	L	A	E	M	N	R	O	C	Y	O	C	Q
	B	M	I	S	A	O	G	I	R	A	C	K	A
	N	R	L	P	Y	S	E	T	L	L	B	O	T
	P	I	S	T	A	C	H	I	O	S	J	B	I
	S	F	L	E	W	U	G	M	Y	N	D	E	L



The above information is being shared on behalf of Peabody TRIAD in honor of National Nutrition Month

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

March: Welcome Spring, Baseball, Irish Luck Month

- On the 1st in 1872, President Grant established Yellowstone National Park.
- The Jewish Holyday of Purim begins at sundown on the 2nd.
- The full moon on the 3rd is named the Worm Moon. 
- The Boston Massacre (1770) occurred on the 5th when British troops opened fire on a crowd in Boston killing 5, which was a major spark for the American Revolution.
- After a 13-day siege, Mexican forces capture Fort Alamo (1836) in San Antonio, Texas on March 6th.
- On the 9th in 1862, the first battle between "Ironclad" warships took place - Monitor vs. Monitor during the Civil War.
- On the 13th in 1781, William Herschel discovered the Planet Uranus, making it the first planet to be discovered with a telescope.
- U.S. Congress establishes the West Point Academy on the 16th in 1802.
- Happy St. Patrick's Day on the 17th, as the first St. Patrick's Parade in the United States was held on the 17th in Boston in 1737.
- Welcome the Spring Equinox, making the start of spring in the northern Hemisphere on the 20th.
- The legendary escape artist, Harry Houdini, is born in Hungary on the 24th in 1874.
- The Boston Red Sox open the 2026 season on the road in Cincinnati on the 26th.
- The Alaskan Earthquake on the 27th in 1964 was known as the Good Friday Earthquake. It was the strongest in US history registering a 9.2 on the Richter Scale.
- The Vietnam War ends as the last U.S. troops leave Vietnam on the 29th in 1973.
- Western Palm Sunday is celebrated on the 29th.

"May today's laughter become tomorrow's fond memory and kindness and cheer light your way, until we meet again."
- An Irish Blessing

GOD BLESS AMERICA AND OUR PATRIOTS!

Gifts to the Roger B. Trask
Adult Day Health Program

To help further the initiatives of the program
and its positive impact on the community

Daughters Chapter #120 Charities, Inc

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To the Peabody Council on Aging

In Memory of Dorothy Bonfanti
Robert & Patricia Wright
Roy & Kathleen Feener

Gifts
To the Peabody Council on Aging
Anna Gallo

Gratitude for the Transportation Department
Barb & Al Staunton





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**SAME-DAY
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Volunteer spotlight

Sue Savy



March's Volunteer Spotlight features Sue Savy, who has volunteered with us for over 10 years!

Sue grew up in Beverly, MA - and has now lived in Peabody for 55 years. She attended Beverly High School, and then attended Boston University, where she studied to be a dental assistant, which she did for a few years until she got married. Sue has two children ~ a son and a daughter. Now, she also has a grandson, who she describes as "the love of her life!"

Following her time in the dentistry field, Sue started working nights at a shoe store, eventually progressing to being a traveling manager of the 5 different locations, as well as an assistant buyer. Eventually, after the commute became overwhelming, she worked as the office manager at a physical therapy office.

Sue first started visiting the PCOA with a friend, and describes the experience of coming here as "wonderful," noting that she got to meet many new people. Soon after her first visit, she became a volunteer! Sue notes that she loves the PCOA because, "No matter who you are, people are very nice, and there is always something to do here."

Sue has a very busy volunteer schedule. She calls bingo on Monday, sells lunch tickets on Tuesday, works at the front desk on Wednesday (also selling tickets for events when needed), sings in the Forever Young Chorus on Thursdays, and helps out in the coffee shop on Fridays.

Sue also belongs to Temple Ner Tamid, and did bingo calling there prior to doing it at the PCOA. Fun fact: she was the first female bingo caller on the North Shore!

When asked what her favorite thing about being a volunteer is, she says, "its the satisfaction of giving back to others" noting how important it is to give back to your community.

Her second favorite thing? Meeting friends!

What is one thing you would tell someone who was thinking about becoming a PCOA volunteer, but was on the fence about it?

She replied, "You don't know what you are missing until you come here! It is very fulfilling. Once you do it, you're stuck, and you want to be stuck!"

Thank you Sue, for all of your volunteering efforts! ~ You are much appreciated!

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

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

Volunteers Needed!

We are currently looking for energetic, sociable, and fun volunteers for our active Friends Café.



Working in the Café you will need to be able to stand and walk, and able to carry trays. We are looking for volunteers to work one day per week from 11:00AM to 1:30PM. Those hours include the setup and breakdown of the Café. We have both hostess and server jobs to fill.

If interested in volunteering or learning more about this opportunity please contact Kat DeLomba, Volunteer Coordinator at 978-531-2254.



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*.

Snow Days

To find out if the Senior Center is closed, check Peabody TV, our Facebook page 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!

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

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.

Monthly Birthday Celebrations

Celebrate your Birthday with a **"Free Lunch" and Birthday Cake!** Each month on the first Tuesday we celebrate our "Friends" who will be celebrating their birthday during the month. March's celebration will be held on Tuesday March 3rd at 11:30 am in the dining room. Just sign in with the Ladies at the door to receive your free lunch!

The 2026 Friends Annual Appeal for Funds is well underway. In January, over 11,300 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 Friends Board Members who assisted in the preparation of the mailing:

Board Members Russ and Marion Bowden, Joe Mendonca, Sandi Dupont, Peg Parsons, Kaellen D'Amour, Ann Blazewicz, Judith Enos, Andy Metropolis, Colleen Kolodziej, Carol Murtagh, Gita Parma, Jo Amico, Zilda Raposo, and Marianne Chojnicki.

May you enjoy the wonderful moments and the joy of family.



Hoping your St. Patrick's Day
is full of cheer.

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

**In Honor of the AARP Tax Preparers
Nikolista Roumeliotis**

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

**In Memory of Dorothy Bonfanti
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Sheila Dzengelewski
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**In Memory of George & Ruth Couris
Couris Family**

**In Memory of John Dassuk
Robert & Patricia Broughton**

**In Memory of Deborah Jean Erwin
PCOA Women's Drill Team
Joyce Robinson's TOPS Friends**

**In Memory of Dolly Mueller
Jacqueline Levesque**

**In Memory of Manny Pereira
Maria Pereira**

**In Memory of Connie Silva,
my dear grandmother
Lauren Dechayne-Donati**

**In Memory of Connie Silva
Maryanne Dechayne**

**In Memory of Diane Walker
Cheryl & Frances McLaughlin**



**PCOA
Happenings**

A table
handcrafted by
our woodshop!



There was a big crowd for Tony's presentation on AI!



Our art class students hard at work!



State Auditor, Diana DiZoglio, Julie Dangle and Kacy Armstrong, presenting along with Mayor Bettencourt and DA Paul Tucker for the scam presentation



Thank you to all who attended our Valentine's Lunch and Dance Party!

A great time was had by all enjoying the delicious meal, dancing, and wearing shades of pink and red!



PEABODY COUNCIL ON AGING
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 978-531-2254 www.peabodycoa.org

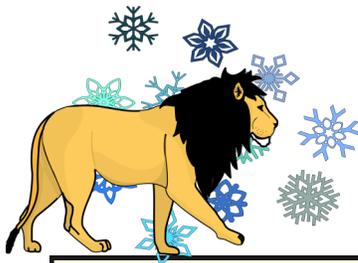
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March: In like a lion...

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