

May
2025

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



Mother's Day Tea Party

Come and enjoy a relaxing afternoon of tea sampling and delicious scone treats!

We will also learn some interesting facts on the health benefits of drinking tea, the difference between *High Tea* and *Cream Tea*, and the favorite Tea Treats of Queen Elizabeth.

Hats are encouraged!!

Date:

Friday, May 9th @ 1:00PM

Please sign up at the Front Desk
by May 7th



Senior Citizens Appreciation Concert

Friday, May 23, 2025 at 10:00 AM

Peabody Veterans Memorial High School
(Complimentary light luncheon to follow)

This musical event features light concert music performed by the high school local and instrumental ensembles, and a delicious lunch will be prepared by the high school Culinary Arts Department.

Transportation will be provided by the PCOA
Please call
(978) 531-2254

Sponsored by the Peabody
Municipal Light Plant



Save the date!

"My Dad The Shutterbug"
Photos of 1955-1965

Program by Jacky Ankeles
Tuesday, June 3rd - 1:00-2:00 PM



Need a Good Laugh?

Comedian David Shikes will be here!
Wednesday, June 4th at 12:30 pm
In the Jubilee Hall



"The Sound of Music In Songs And Stories"
Program by Ruth Harcobitz

Wednesday June 11th, at 12:30 pm in the Jubilee Hall. This Program is supported by a Grant from the Peabody Cultural Council.

The Forever Young Chorus
Presents:

OVER THE MOON

A PCOA spring Variety Show

Featuring

the PCOA Drill Team and
The Salem Tappers

Wednesday, May 21st, 2025

From 12:30 pm – 2:15 pm

IN THE JUBILEE HALL

Tickets: \$5.00

Available at the Front Desk

Notice: The Jubilee Hall will be closed from May 12th to May 16th for construction. All activities aside from lunch are cancelled.



Friends Café Specials

Sandwich Special: The Smashburger

Salad special: Chicken Waldorf Salad



Peter A. Torigian Senior Center

May
2025

Lunch 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	<u>BREAKFAST</u> is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m. Menus are in the lobby & Cafe	Menu subject to change	<u>Roast Beef</u> Gravy Oven Roasted Potato Corn Chocolate Chip Cookie 	<u>Fish Sandwich with Cheese On a Roll</u> Tartar Sauce Potato Puffs Cherry Pie 
<u>Chicken Parmesan</u> Tomato Sauce & Cheese Ziti Watermelon 	<u>Cheeseburger</u> Lettuce, Onion, Tomato, Pickle Pasta Salad Birthday Cake 	<u>Lasagna</u> Tomato Sauce Grated Cheese Green Beans Garlic Bread Butterscotch Pudding 	<u>Roast Turkey/Gravy</u> Cranberry Sauce Stuffing Peas & Onions Ice Cream	<u>Baked Stuffed Scrod</u> Wild Rice Fresh Spring Vegetables Peach Berry Pie Mother's Day Luncheon 
<u>Vegetable Quiche</u> Oven Browned Potatoes Tomato Soup/ Crackers Chilled Apricots	<u>Steak & Cheese Calzone</u> Marinara Sauce Garden Salad French Fries Ice cream	<u>Chicken Salad Sandwich</u> Pasta Salad Homemade Coleslaw Apple Pie 	<u>Baked Meatloaf</u> Gravy Baked Potato Sour Cream Broccoli Orange Cake	<u>Reduced Sodium Hot Dog</u> Condiments Baked Beans Homemade Coleslaw Cookie 
<u>American Chop Suey</u> Seasoned Broccoli Garlic Bread Chilled Pears	<u>Italian Sausage On A Roll</u> Onion/Peppers Oven Fries/Ketchup Cole Slaw Ice Cream 	<u>Breaded Chicken Filet</u> Marsala Sauce Rice Pilaf Corn Mandarin Oranges	<u>Shepherd's Pie</u> Gravy Glazed Carrots Chilled Peaches 	<u>Chicken Kabob Salad</u> <u>On Pita Bread</u> Pasta Salad Cucumber Salad Bread Pudding
Memorial Day  Center Closed	<u>Swedish Meatballs</u> Gravy Mashed Potatoes Beets Oatmeal Cookie 	<u>Turkey & Cheese Wraps</u> French Fries Corn Mex Salad Chilled Mixed Fruit	<u>Stuffed Peppers</u> Greek Salad Baked Potato Sour Cream Yogurt 	<u>Grilled Salmon/ Light Bearnaise Sauce</u> Rice Pilaf Spinach Ice cream 

Senator Joan Lovely: Office hours at the PCOA: **Monday May 12, 2025** from 9 -10am. Walk-Ins Welcome!



**Veterans
Special Presentation
B.G. Retired
Leonard Kondrachuk
Military Historian**

Our Veterans Group will meet on
Tues. May 20, 2025 from
9:30 - 10:30am in Classroom A

Book Club

The Book Club is run by Morgan Yeo. We meet each month for a book discussion at the PCOA.

The June Book is

"The River We Remember."

By William Kent Krueger

Discussion is May 14th, 10:30 AM in the conference room.



CRAZY CARDS: A fun twist on whist!

**Wed. May 28th from 12:15—3:00
in the Computer room**

**You must purchase your \$3.00 ticket
by May 21st.**

Tickets may be purchased at the
Front Reception Desk

THIS MONTH'S MUSICAL:

With Earl Rosen

The Pajama Game -

Starring Doris Day

Wednesday, May 28th

12:15 in Jubilee Hall

Watch Battery Replacement

Thursday, May 29th

Tickets given out at 8:15 to the first 20 people. \$2.00 donation, all proceeds go to the Senior Center.

May Birthday Celebration Tuesday May 6, 2025

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

April Birthdays were:
**Charles Kelley, Ronda Winer, Charlie
Bean, Cathie Swift**

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



MOVIE TIME

With Earl Rosen

in the Jubilee Hall from 12:15 – 2:15 pm

Tues May 6th - The Hundred—Foot Journey
Tues. May 27th - The Graduate

ENJOY AN AFTERNOON MOVIE & SOME POPCORN



Bocce is Back!

Wednesdays at 9 AM and Thursdays at 12:30 PM
We are looking for players!

Computer room activities:

- **Phone/computer help:** On Fridays, May 2nd & 16th, from 9:00am - 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 May **In the dining hall!**

Morning Session: 9:00 to 11:00 am.

Afternoon Session: 12:30 to 2:30 pm.

Please sign up at the front desk



Health Corner



FOOT CLINIC with

HEATHER DACOSTA - CFCS

Mon. May 19th & Tues. May 20th, 9:00 – 3:00

Call the front desk to schedule

Your appointment. \$50 for Evaluation, \$45.00 for a follow up

BLOOD PRESSURE CLINIC

Monday, May 12th @ 10:00
In the Health Room

Hearing Screenings

Joe from Apex Hearing will be here on
Thurs. May 22nd, from 10:00am to
1:00pm. To make an appointment,
call 978-531-2254

Low Vision Group

Will meet Wednesday, May 14th
12:30 – 2:00 pm in Classroom A
Facilitated By Judy Enos

Diabetic Education

with Marianne Chojnicki, Diabetic Educator,
will be here on Thursday, May 1st, 9:30 -
10:30 in the small conference room. Please
sign up at the front desk. Limit of 10.

Fall Risk Screening

**Courtesy of Gordon College's
Center for Balance, Mobility and
Wellness. Our Next Screening will be
Thursday, May 15, 2025, from
10:30am—12:00pm. In our main hallway.
Please sign up at the front desk!**

Outdoor Corner

Beginner Pickle Ball Classes

We are looking for 8 people (2 groups
of 4) that are interested in learning
basic pickleball.

Four different one-hour classes are be-
ing offered Friday May 23rd, May 30th,
& Friday June 6th and June 13th.

First Group starts at 1:00 - 2:00

Second Group starts at 2:00 - 3:00

Instructions by Anne Goggin. Please sign
up at the front desk if you are interested!

LOOKING FOR PICKLE BALL PLAYERS

We currently have a couple of Guys and Gals that
would like to have other players join them for a game
or 2 of pickle ball. If you are free in the mornings, the
Pickle Ball Court opens at 8:30 Monday – Friday.

Stop by and join our players for some
pickleball fun!

"MY DAD THE SHUTTERBUG" Photos of 1955-1965"



With Father's Day approaching,
please save the date for Tuesday, June
3rd from 1:00-2:00 here at the Senior
Center, as I will be giving a presentation
about my late father who was an
extraordinary amateur photographer.

"My Dad the Shutterbug: Photos of
1955-1965" is a tribute to a man who
was an orthodontist by profession, and
an avid photographer by hobby.

I will be talking about his life and
sharing a wide range of his slides. I
invite you to join me in looking at his
work and seeing some of his
exceptional, and award-winning
photographs. Hope to see you there!
Refreshments to follow the presentation.

Please sign up at the front desk



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

Shaw's, 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, Shaw's & 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 (Thank you 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.





Celebrating Older Americans Month and Promoting Senior Health in Pebody

As we embrace May, a month dedicated to honoring Older Americans, Peabody proudly joins the celebration by fostering an age-friendly community that values the contributions of its senior residents. This year, our theme centers around active aging and proactive health measures, underscoring the importance of integrating wellness into daily life.

With Senior Health & Fitness Day approaching, it's the perfect opportunity to explore Peabody's beautiful parks, green spaces, and walking paths. The Greenway bike trail is ideal for seniors looking to engage in light exercise, whether it's a leisurely walk, a brisk jog, or a gentle bike ride. The route not only promotes physical health but also mental well-being, allowing visitors to connect with nature and enjoy the community's natural beauty.

Here are some ways to celebrate Older Americans Month:

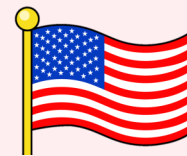
Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information visit the official OAM website, <https://acl.gov/oam/2025/older-americans-month-2025>



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.

A big THANK YOU!

The Peabody Council on Aging Would like to thank our AARP Tax Volunteers for a successful tax season, serving over 200 seniors!!!

Points to Ponder... Jack Lawless *May: Return of the Bees and Butterflies Month*

- On the 1st in 1707, Great Britain was formed from a union between England and Scotland.
- U.S. Special Forces Operations Forces killed Osama bin Laden on the 2nd in 2011 during a raid on his secret compound in Abbottabad, Pakistan.
- The 151st "Running of the Roses" (Kentucky Derby) will be held in Louisville, KY on the 3rd.
- A national holiday is celebrated in Mexico as Cinco de Mayo on the 5th remembering the Battle of Puebla in 1862.
- Psychoanalysis founder Sigmund Freud (1856-1939) was born on the 6th in Freiberg, Moravia.
- During WW II, in the Pacific, the Battle of the Coral Sea fought off New Guinea in which Japan suffered its first defeat of the war on the 8th in 1942.
- The newly constructed tracks of the Union Pacific and Central Pacific railways connecting the East with the West at Promontory Point, were joined in Utah using a golden spike on the 10th in 1869.
- Happy Mother's Day on the 11th!
- The Soviet Union lifts its blockade of Berlin on 12th in 1949. The blockade had resulted in the Berlin airlift operated by American/British forces.
- Jewish Holidays: Lag Ba'Omer begins at sundown on the 15th.
- U.S. Armed Forces Day is observed on the 17th.
- Amelia Earhart became the first woman to fly solo across the Atlantic on the 20th in 1932.
- Sherlock Holmes creator Arthur Conan Doyle (1859-1930) was born at Edinburgh, Scotland on the 22nd.
- On the 25th in 1787, the Constitutional Convention began in Philadelphia with delegates from seven states, forming a quorum.
- The IndyCar 500 Race is held on the Sunday preceding Memorial Day.
- U.S. Memorial Day honoring America's military dead is celebrated on the 26th, formally known as Decoration Day
- The founder of the Russian empire Peter the Great (1672-1725) was born on the 30th near Moscow.

**"The world's favorite season is the spring. All things seem possible in May."
- Edwin Way Teale**



GOD BLESS AMERICA AND OUR PATRIOTS!

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

In Memory of Patricia Murtagh, to
commemorate the 20th anniversary of her
passing
Fredrick Murtagh

In Honor of the PCOA
Anna Gallo



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

In Memory of Jackson A Brookins
Mary & Alexandria Diantgikis
Michelle Johnson & Family:
"Sending the family condolences, and wishing God
continues to comfort and strengthen them"

In Memory of Dawna Butler
Thomas Butler
In Memory of David Delorey
Carolyn Wynn
In Memory of Angela Fortier
Carolyn Wynn





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**SAME-DAY
SERVICE**



Volunteer spotlight

Betty Brennan

May's volunteer spotlight highlights Betty Brennan, who has volunteered with us since 2008

Betty was born in Concord, NH in 1938. For a period during childhood, her and her siblings lived in their aunt's camp in the woods, where there were a lot of animals. She left school in the 8th grade to begin working, and her first job was at Breed Shoe Factory. Later on, she attended Salem State College, taking classes on human growth and development, family, dynamics, and daycare as a social system.



Betty met her husband, Donald while she was sitting on the front steps of her friend's house. They married in 1957, and after a weekend honeymoon, he had to return to the army in Germany. Her and Donald had seven children! Now, Betty also has 12 grandchildren, and 6 great-grandchildren! She has held a variety of careers during her life, including at Rosewood, Pilgrim Nursing and Rehab, New England Home for the Deaf, Head Start, and Community Child Care, where she co-founded a nonprofit day care for at-risk children. Before she was a volunteer at the PCOA, Betty used to be a runner at JB Thomas hospital, helping get medication to patients. She also helped to run the gift shop.

Betty used to come to listen to the band on Thursdays and crochet while listening to the music. She would also come to exercise to the Richard Simmons video tapes. She says that Ann Nichols, who was a volunteer at the time, used to clean salt and pepper shakers to prepare for the day's lunch. She was doing it one Thursday while Betty was there. She notes, "I was listening to the music, and she asked if I wanted to help, so I said, "sure!"

Since then, Betty has volunteered in a variety of roles at the PCOA. "I think I've done everything but clean the toilets!" she laughed. When asked about some of these roles are, Betty mentioned the coffee shop, working on frozen meals, collecting the money for lunch, filling in for different areas, talking with people. She said, "anything that needs to be done, I'll do it!"

When asked about the best parts of being a volunteer here, she says, "It just makes you feel good, and you know you are doing something good for somebody else." Betty noted that running her Christmas raffle stands out as one of the most rewarding things she has done here at the PCOA. She said that she had a great deal of help with it this year, which made things a lot easier!

What would you say to someone who is considering volunteering, but is on the fence about it?

Betty: "I tell everybody that they should be here and not just sitting at home! I always say "come in for lunch, or come listen to the band just *once*." Most of the time, you will get people in here. Same with volunteering - if they come in and see what's going on, and they get introduced to some volunteers. I don't think people realize how much is here unless they come here!"

She recalled past conversations with fellow seniors who have never been to the PCOA, or have reservations about being in a senior center in general. She said, "I tell them, get the heck out there and see what those older people can do!"

Thank you to our *Apron Lady* for all of your hard work!



**Save the
Date!**

Volunteer Appreciation Dinner

June 26th @ 4 PM - at the PCOA

Get Help Paying Medicare Costs

Apply to Medicare Savings Programs (MSPs) now to save thousands a year on Medicare costs.

What are Medicare Savings Programs?

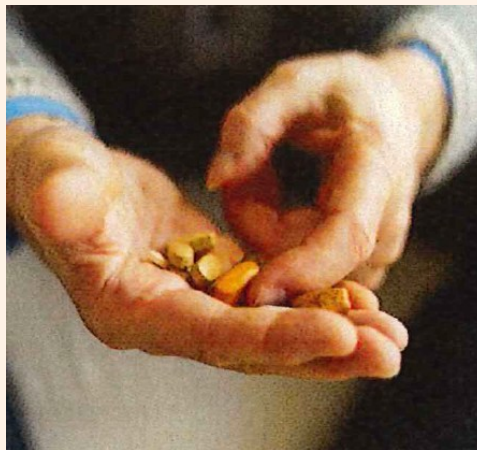
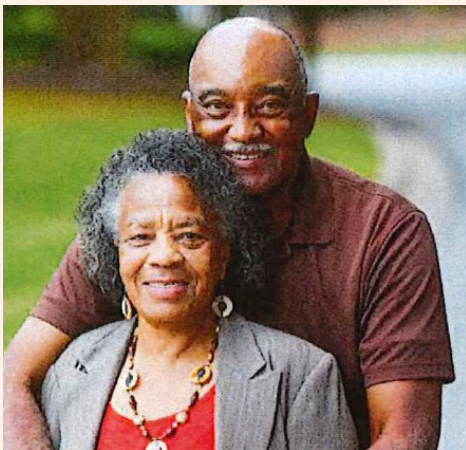
Medicare Savings Programs (MSPs) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSPs will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:

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

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



STROKE AWARENESS COMMUNITY EVENT

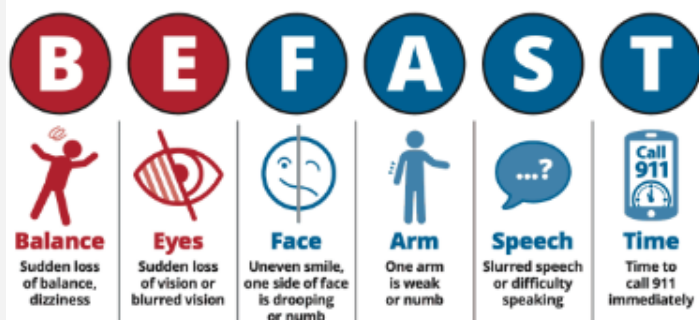
Peabody Council on Aging
May 7th 2025 at 12:30PM
 79 Central Street, Peabody, MA, 01960

When it comes to Stroke

BE FAST. Call 911.

Any one of these sudden symptoms could mean a stroke.

HOW TO SPOT A STROKE



Beth Israel Lahey Health
 Lahey Medical Center
 Peabody

Beth Israel Lahey Health
 Lahey Hospital & Medical Center

Beth Israel Lahey Health
 Beverly Hospital

Encompass Health
 Rehabilitation Hospitals



Presenter:
Collin Culbertson
 MD Vascular
 Neurologist, Lahey
 Hospital & Medical Center



Volunteers needed at The Friends Café!

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

Qualities needed: Kindness, reliability, punctuality, being a team player, able to stand, walk, and carry trays of food. Our goal at the Friends Café is to serve fresh, quality food made to order in a clean, comfortable and enjoyable space filled with kind and courteous staff. We strive to send each and every customer away satisfied and happy, giving them a restaurant experience without the restaurant prices.

Hostess responsibilities include: Arriving early to prepare for the day, collecting the starting cash, and setting up the station. From 11:00 to 11:30 a.m., the hostess is responsible for taking to-go orders. At 11:30 a.m., the focus shifts to dine-in service, which involves greeting guests, taking their names and payments, assigning tables and waitstaff, and distributing pagers as needed. Throughout the shift, the hostess manages seating, operates the cash register, and keeps track of orders and payments. At the end of the shift, they complete all accounting tasks and ensure that all necessary paperwork is prepared for the next shift.

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



Roger B. Trask Adult Day Health Program



Family Caregiver Support Group

We will meet 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.

Respite provided for Roger B. Trask Adult Day Health participants

Facilitators:

Mary Ellen Abodeely, LSW

Susan Levenson, RN, Program Manager

Please RSVP
978-531-2254 x 36 or 134

MICHAEL F. "MIKE" ZELLEN,
PRESIDENT OF FRIENDS REPORT:
MAY 2025

Older Americans Month 2025

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. A time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. This year the Administration for Community Living's adopted theme is, "*Flip the Script on Aging.*"

This 2025 theme focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Hope you had an Enjoyable Day

The Friends sponsored another Karaoke Party on April 16th which was a tremendous success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer Gail Hamm and the top male singer Frank Fielding, each with a \$25.00 gift card to Market Basket. All who performed were awarded a Gift Certificate to the Friends Café.

The 5th month of the year brings us Memorial Day,
Mother's Day, and the last full month of Spring.

Memorial Day, originally called Decoration Day, began during the American Civil War when citizens placed flowers on the graves of those who had been killed in battle. After World War I, it came to be observed in honor of those who had died in all U.S. wars, and its name changed to Memorial Day.



During the Memorial Day Weekend, we should
take a little time to remember what it is that we
are celebrating.

Here is wishing you a Mother's Day That is filled
with every pleasure, And a future that is as happy
As the memories you treasure!



In Honor of Gifts
to the Friends of the PCOA:

In Honor of the AARP Tax Preparers

Anonymous
Grace Gerardi
Marietta Norton

In Honor of the PCOA phone help

Ruthanne Lyons

In Honor of the PCOA Staff

Carolyn Crocker

In Honor of the PCOA Staff, for medical equipment

Mary Ellen Miller

In Honor of the PCOA Transportation -

Thank you!

Roberta Taylor

In Honor of Sue Savy - Happy Birthday!

Janice Gershlak

In Memory of Gifts
to the Friends of the PCOA:

In Memory of Jack and Cara Murtagh

Carol & Kim Murtagh

In Memory of Joan Deleide

Irma Kline

In Memory of Dave Delory

Walter & Ann Blazewicz

In Memory of Ann Gianino

Walter & Ann Blazewicz

In Memory of Annette Green

Irma Kline

In Memory of M. Tom Hallinan

Eileen Ciman, Family & Friends

In Memory of Lee Hardy

(Former Drill Team Member)

The PCOA Drill Team

In Memory of Joseph Horrigan

Shirley Horrigan

In Memory of Patricia King

Walter & Ann Blazewicz

In Memory of Ralph J Langley, Jr

Sheila & Rich D'Ambrosio

Ken & Joanne Langley

In Memory of Richard Malionek

Lorraine Malionek

In Memory of Richard McLaughlin

Frances McLaughlin

In Memory of Barbara L Tracchia

Eileen Deleskey

PCOA Happenings!

Karaoke!



A big thank you to the Friends of the PCOA for sponsoring another fun afternoon of Karaoke!



The judges



Sisters in crime program



Magician Pete Jackson



Presentation by Kev Tech



Social services outreach table



A delicious meatloaf lunch, crafted by our talented kitchen staff!



Thank you to our volunteer lunch servers from North Shore Community Bank!



A busy Thursday on the dancefloor!

PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center
79 Central Street, Peabody, MA 01960
978-531-2254 www.peabodycoa.org

Non-Profit Org.

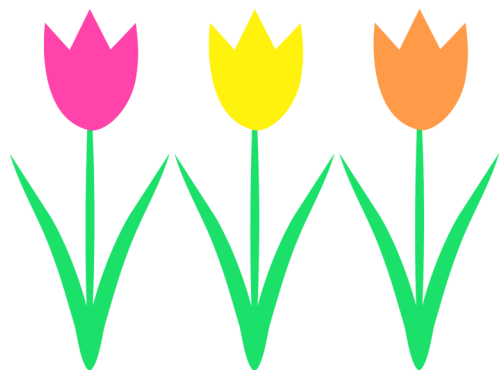
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May 2025

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(Please Print)

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

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Address _____

City _____ State _____ Zip _____

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