

May
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

The Peabody Council on Aging and the Forever Young Chorus present

MOTOWN VS. THE RAT PACK

Opening with:

A special performance by the PCOA Drill Team

Wednesday

May 13th,

2026

12:30 PM

Tickets:
\$5.00



Friends Café Specials

Sandwich: Smashburger

Salad: Garden salad topped with grapes, goat cheese and pecans served with balsamic dressing.

Sides: Fries, potato salad, chips.

Café Closed: May 25th - 29th

Save the date!

PCOA Volunteer Dinner

June 25 2026: 4 to 7 PM

Senior Citizen

Appreciation Concert

Friday, May 22, 2026 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.

Sponsored by the Peabody Municipal Light Plant

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



SURVIVAL, MIGRATION, AND FINDING HOME: A Holocaust Remembrance Story

Join Peabody librarian Gabi as she tells her grandfather's remarkable Holocaust survival and immigration story.

Learn what it was like to be a survivor, from the perspective of 2 generations later.

Wednesday, May 6th at 12:30 PM

Call 978-531-2254 to sign up, or sign up at the Front Desk
Program is being held at the PCOA



LivingLinks
Descendants of Holocaust Survivors



Boston Red Sox: PCOA Visit

Join us for a special afternoon with a Red Sox Alumni!

Come enjoy an exciting and memorable event featuring a Q&A session with a former Boston Red Sox player. Hear firsthand stories, insights, and behind-the-scenes moments from their time in the big leagues!

Wednesday, May 20th at 12:30 PM
Free admission ~ sign up at the Front Desk!



Peter A. Torigian Senior Center

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Menu is subject to change</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><u>Breakfast</u> is served in the Friends Café on Tuesdays/Thursdays 8-10:00 a.m. Menus are in the lobby & Café</p>	<p><u>Fish Sandwich w/ Cheese</u> Roll (Lettuce, Tomato, Onion) Tartar Sauce Potato Puffs Cherry Pie</p>
<p>4</p> <p><u>Chicken Parmesan</u> Tomato Sauce Cheese Ziti Watermelon</p>	<p>5</p> <p><u>Cheeseburger</u> (Lettuce, Onion, Tomato, Pickles) Potato Salad Birthday Cake</p> 	<p>t6</p> <p><u>Lasagna</u> Tomato Sauce Grated Cheese Seasoned Green Beans Garlic Bread Butterscotch Pudding</p> 	<p>7</p> <p><u>Roast Turkey/Gravy</u> Cranberry Sauce Stuffing Peas & Onions Ice Cream</p> 	<p>8</p> <p><u>Baked Stuffed Sole</u> Wild Rice Fresh Spring Vegetables Peach Berry Pie</p>
<p>11</p> <p><u>Vegetable Quiche</u> Oven-Browned Potatoes Tomato Soup/ Crackers Chilled Apricots</p> 	<p>12</p> <p><u>Steak & Cheese Calzone</u> Marinara Sauce Garden Salad French Fries Ice Cream</p>	<p>13</p> <p><u>Chicken Salad Sandwich</u> (Lettuce, Tomato, Onion) Pasta Salad Homemade Coleslaw Apple Pie</p> 	<p>14</p> <p><u>Baked Meatloaf/Gravy</u> Baked Potato Sour Cream Broccoli Orange Cake</p>	<p>15</p> <p><u>Reduced Sodium Hot Dog</u> Condiments Baked Beans Homemade Coleslaw Cookie</p> 
<p>18</p> <p><u>American Chop Suey</u> Seasoned Broccoli Garlic Bread Chilled Pears</p>	<p>19</p> <p><u>Italian Sausage</u> Roll, Onion/Peppers Oven Fries/Ketchup Coleslaw Ice Cream</p> 	<p>20</p> <p><u>Breaded Chicken Filet</u> Marsala Sauce Rice Pilaf Summer Squash Mandarin Oranges</p>	<p>21</p> <p><u>Shepherd's Pie</u> Gravy Glazed Carrots Chilled Peaches</p>	<p>22</p> <p><u>Chicken Kabob Salad</u> On Pita Bread Pasta Salad Cucumber Salad Bread Pudding</p>
<p>25</p> <p><u>Memorial Day</u></p>  <p>Center Closed</p>	<p>26</p> <p><u>Swedish Meatballs</u> Mashed Potatoes Beets Oatmeal Cookie</p>  <p>Café Closed</p>	<p>27</p> <p><u>Turkey & Cheese Wraps</u> (Lettuce, Tomato, Pickles, Onions) French Fries Corn Mex Salad Chilled Mixed Fruit</p> <p>Café Closed</p>	<p>28</p> <p><u>Stuffed Peppers</u> Greek Salad Baked Potato Sour Cream Yogurt</p> <p>Café Closed</p>	<p>29</p> <p><u>Grilled Salmon</u> Light Bearnaise Sauce Rice Pilaf Spinach Ice Cream</p>  <p>Café Closed</p>

May Birthday Celebration Tuesday, May 5th, 2026

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

April Birthdays were:

Charlie Kelly, Michael DeMarco, Pam Cronin,
Olga Hartzabalos, Arlene Harrington, Ronda
Winer, Carol Levin, Bernie Finer, Charlie
Bean



Senator Joan Lovely: Will be holding office
hours at the PCOA on **Monday, May 11th**
from 9:00 - 10:00 am. Walk-Ins Welcome!



Anyone looking to join a
nice group of ladies? The
drill team wants you!
The team meets Mondays
12:30 - 1:30 PM
See Laurie for more info!

Veterans Meetings:

Our *Veterans Group* will meet on
Tues. May 19th, 2026 from
9:30 - 10:30 am in Classroom A



MOVIE TIME

With **Earl Rosen**

In the Jubilee Hall, from 12:10 - 2:00 pm

Tues. May 5th: 9 to 5

Tues. May 19th: *A Walk On The Moon*

Tues. May 21st: *Galaxy Quest*



ENJOY AN AFTERNOON MOVIE & POPCORN

Book Club

May's book:
*"The Astral
Library"*
By **Kate
Quinn**

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

May 13th at 10:30 AM
in the conference room.

CRAZY CARDS

A fun twist on whist!
Wed., May 27th, from

12:15 - 3:00 in the Computer Room

**You must purchase your \$3.00
ticket by May 20th**

Tickets may be purchased at the
Front Desk

Computer room activities:

- Phone/computer help: On Fridays, May 1st and
May 15th from 9:00 AM - 11:00am
- Ping Pong: Most Mondays & Fridays from
1:00 - 4:00 pm
- Rummikub: Most Wednesdays and
Fridays at 12:15 pm
- Chess: Wednesdays at 10:00 AM



Virtual Reality: Every Wednesday in May

Morning Session: 9:00 to 11:00AM

Afternoon Session: 12:30 to 2:30 PM



Some of our ongoing activities:

- Whist: Tues. & Thurs. 9:00-11:00
 - Mah Jongg: Every Tue. 12:00-3:00
(Looking for new players!)
 - Japanese Bunka: Tues. 9:00-12:00
 - Learn to Speak Italian: Mondays at 10:15
 - Knitting: Tues. 11:45-2:00
 - Diamond Art: Tues. 12:30-1:30
 - Rug Hooking: Wed. 9:00-11:30
 - Wood Carving: Wed. 9:00-11:30
 - Model Ship Building: Wed. 11:45-2:00
 - Painting Class: Thurs. & Fri 8:30-11:30
 - Quilting: Thurs. 8:30-11:30
- Call Laurie for more info: 978-531-2254

KEV TECH IS BACK



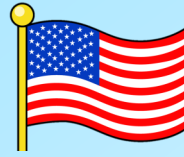
Kev is an iPhone Specialist who offers classes at the senior center. During the second upcoming class in a two-class sequence, you will head outdoors and take photos!

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

Please sign up at the front desk



This program is sponsored by the Peabody Cultural Council



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.

This Month's Musical **WEST SIDE STORY**

Wed. May 27th
12:00 pm start time
Jubilee Hall

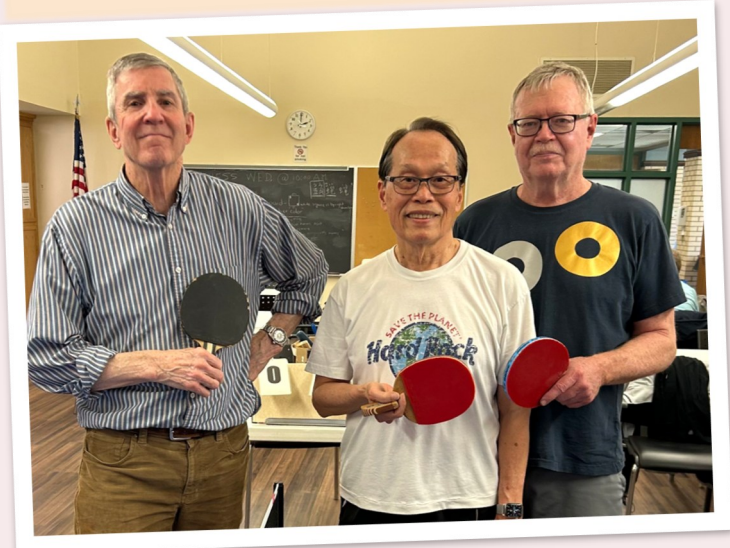


No more bottle caps

Thank you to everyone who has collected and donated bottle caps to the bench program.

At this time, the program has reached full capacity and is no longer accepting additional caps. Your contributions have made a meaningful impact, and we are incredibly grateful for your help!

Monday & Fridays: Come down and join us for ping pong!



The Tuesday crew at the Friends Café!






Health Corner

Diabetic Education

with Marianne Chojnicki. The next class will be Tues. May 5th, 10:30-11:30 am
Please sign up at the Front Desk


Hearing Screenings

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



Foot Clinic *with*
Crystal Perry – BSN, RN, CFCN
Mon. May 18th, 9:00 - 3:00
Tues. May 19th, 9:00 - 3:00

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



Low Vision Group

*Our next Low Vision Meeting Will
be Wed. May 20th
Call Judy Enos at 978-290-6080 if
you have any questions.*

Outdoor Corner

Bocce Season

We are now playing Bocce on
Wednesdays at 9:00 AM/Thursdays at
12:15 PM. Come and have fun while
meeting new people!

BEGINNER PICKLEBALL LESSONS

If you would like to learn the basics of
playing pickle ball, this class is for you.
Fridays 12:00 –1:00. Starting May 29th.
Class limit is 6
Please sign up at the front desk

3D ART CLASS



Thursday, May 28th
@12:30

Please sign up at the
Front Desk

Thank You

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

Indoor Cornhole on
Thursdays has moved
outdoors!

PCOA Transportation



Did you know?

Transportation services started in 1970, so we have been providing for 56 years!

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.

Peabody TRIAD would like to celebrate Older Americans Month with You!

Let's recognize the contributions, wisdom, and strength of our older adults. Together, we can build a safer, more connected community!

Stay Safe & Informed: Know who to call for help or to report suspicious activity:

- **Do-Not-Call list:** Either online at www.donotcall.gov, or by calling toll-free: 1-888-382-1222 - from the phone number to register.
- **Please Report Scams:** If you spot a scam, please report it to the Federal Trade Commission. Your complaint can help protect other people. Call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261
- **Attorney General's Elder Hotline:** (Exploitation, Fair Debt Collection Practices, Landlord/Tenant, Identity Theft, Home Improvement). (888) 243-5337. TTY: (617) 727-4765
- **Essex District Attorney Paul F. Tucker:** (978) 745-6610
- **Office of the Inspector General Social Security Administration, Fraud Hotline:** 1-800-269-0271 or 1-800-772-1213
- **Mail Fraud: Call Criminal Investigations Service Center:** 1-877-876-2455
- **Senior Legal Helpline:** (800) 342-5297, Legal help for elders
- **Lawyer of the Day for Peabody Veterans:** Call Veteran Services at 978-538-5925
- **Long-Term Care Ombudsman:** (617) 727-7750
- **Peabody Police Elder Affairs Officer, Richard Cameron:** 978-538-6300 x1463
- **Peabody Council on Aging:** 978-531-2254
- **AgeSpan: Peabody's Aging Services Access Point:** 1-800-892-0890

Working together for a safer community



SNAP EBT

**If you receive a phone call or text message asking for your EBT card number and PIN,
THIS IS A SCAM**

Do not respond to these calls and texts.

EBT Customer Service will **never** contact you to ask for this information.

To protect your food benefits, do not share your EBT card number or PIN with anyone outside of your household

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.

Older Americans Month

Since May of 1963, our beautiful Nation has celebrated Older Americans Month. During this time, we recognize both the many contributions Older Americans have made to our society as well as reaffirming our commitment to serving them. Each year there is a different theme, for 2026 it is **Champion Your Health**, which concentrates on prevention, wellness, and personal responsibility as foundations for healthy aging.

This recognition on a national level set the stage for the 1965 Older Americans Act (OAA). This was genius legislation developed by policymakers due to lack of community social services for the aging population.

Our Board of Directors saw the value of this very important recognition, and based our core services on what was outlined in the Act. Because of that decision made over 60 years ago, I feel that each month here at the Peabody Council on Aging is older adults month. We have held fast to those core services while adding programs that our participants have asked for. Each day we have so many volunteers and participants that share their skills by teaching classes, and helping with special events and activities to make our senior center a destination to interact socially and feel welcomed.

Our talented staff members meet the needs of older adults by providing social services, transportation, nutrition services, an on site medical Adult Day Health Program, as well as a myriad of classes and activities to keep people engaged in our community.

During the passing of this legislation, 10-13% of the population was aged 65 years or older. Today, in the United States, the percentage of older adults has reached 19.2%. In the City of Peabody, we have over 24% of the population over age 65. Keep in mind the Peabody COA serves older adults age 60, accounting for 30% of Peabody's population.

One of the many things I appreciate working at the Torigian Senior Center is that no two days are alike! Each day, staff and participants work together to provide the services people are looking for. We feel that this is *your* senior center and we are always open to new ideas for programs.

I can't even count the number of times I have felt fortunate to work here in Peabody. Our municipality has given unwavering support to our older adult population. Support we can count on has allowed us to explore ways to earn funds that go right back into our services. If you live here in Peabody, feel very proud of that level of support! Early on, we modeled our services after those core tenants of the OAA, and this is why we can provide the necessary services as our population ages.

I was saddened last year to learn of the many Massachusetts communities with fiscal issues. Unfortunately, some of the first cuts were to senior services, which were received at local senior centers. With so many communities having sizeable portions of their populations 60+ years of age, this has a drastic impact on many people. Older adults are property owners who pay taxes, volunteer in their communities, and so much more. Social services should support older adults as much as they support their own cities and towns!

Looking towards the future at the PCOA, we have simply run out of space to provide additional classes and programs. Over the past year, we have discussed finding the best way to expand our footprint to meet the growing needs of older adults in Peabody. This is truly an exciting time for our center as we look toward the future! Soon, you will be hearing about plans for our expansion and how you can get involved. In the meantime, celebrate Older Americans Month and Champion your Health! Looking forward to seeing you at the Center.

Best,
- Carolyn



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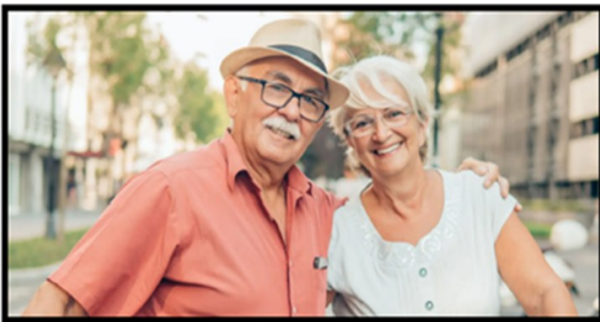



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SAME-DAY SERVICE






Volunteer spotlight

Linda and Jack Atkinson



May's volunteer spotlight highlights

Linda and Jack Atkinson

Our first volunteer couple interview!

Linda and Jack first met at a movie theater in 1963, dating for several years, and getting married in 1967. Linda grew up in Peabody, and Jack grew up in Beverly. Linda went to Peabody High School, and Jack went to St Mary's high School in Lynn. Their first jobs? Linda worked at the Topsfield Fair, and Jack worked as a cook at the first McDonald's on the North Shore, in Beverly!

Eventually, Linda would go on to work for Christian Book Distributors, where she worked for 23 years. Jack would go on to work in the engineering field - initially as a first class machinist at United Shoe Machinery, later working at the Stride Rite shoe company, where he ran factories and did engineering for several years. Jack also went on to run a couple of factories in Lynn and Abington, Massachusetts.

A year or two later after Linda retired from Christian Book Distributors, she connected with one of the PCOA's Café volunteers, who described the process of volunteering in the Café. Linda was interested, and came by to watch the process! Soon after, she was a Café volunteer herself, a role that she still has to this day. Around 3 years after Linda started volunteering, the Café still needed a lot of help. Soon enough, Jack returned to his culinary roots, and became the first man to ever volunteer in the Café!

Jack and Linda also volunteered as pen-pals, writing back and forth with 4th graders from a local school. At the end of the school year, the students came to visit the PCOA on a field trip! Linda says, "It was so cute to meet them, they brought us presents!" They did this for a few consecutive years. Linda recalls one time when a student she was writing to sounded familiar. Turns out, it was the younger sister of a student she had been pen-pals with a few years prior!

During the Covid-19 pandemic shutdowns, both Linda and Jack continued their volunteer work as pen pals, to keep in touch with people. After the shutdowns, they began volunteering in the fitness room. This was a role very fitting for the couple, as they are both very active, and have spent a lot of time in gyms throughout their lives! This has come in handy in the fitness room, where they provide workout tips and guidance. Other roles that Jack and Linda both hold are helping out with the commodity food program, playing pickleball, and as the both of them say, "anything else that is needed!"

When asked about their favorite parts of volunteering here at the PCOA, Linda remarked, "For me, it is what I personally get back from it. When you help somebody and they appreciate it, it is a feeling of gratitude. It makes you feel good that you can do something for somebody else." Jack had similar remarks, and noted that he enjoys getting the chance to talk to everybody in the fitness room, helping to motivate people.

As for hobbies, both Linda and Jack go hiking, biking, and other outdoor adventures together. They are part of a hiking trio with volunteer Anne Goggin, who they are traveling to Greece with soon! They also enjoy exploring historic houses and museums. Linda enjoys knitting as well. Jack has quite the garden - "You name it, I grow it!" he laughed. He was also the former treasurer for Lynn Fish and Game, and the current treasurer for the Essex County League, which is a group of 10 different Fish and Game organizations.

As of the publication of this interview, pickleball season has started at the PCOA. So come on down and join the two of them for a great summer out on the court!

Thank you both for all of your volunteering efforts, and for helping to keep all of us active and healthy!

Commodity Supplemental Food Program



How does it work?

The Greater Boston Food Bank creates welcoming Commodity Supplemental Food Program distributions by partnering with senior-focused organizations that are trusted in the community. On-site coordinators submit CSFP applications to GBFB for processing. At GBFB’s distribution center, volunteers pack boxes with nutritious senior-focused shelf-stable foods.

GBFB trucks deliver the packed boxes to CSFP sites where volunteers add fresh produce like carrots, squash, and peppers. Then, they distribute bags to clients. GBFB currently operates CSFP distributions at more than 35 partner sites each month across Eastern MA. The PCOA partners with the Greater Boston Food Bank. If you are interested in signing up, please contact social services at (978) 531-2254

Income Eligibility Guidelines			
Number of Household Members	Annual Income	Monthly Income	Weekly Income
1	\$23,475	\$1,957	\$452
2	\$31,725	\$2,644	\$611



Options Counseling

The aging process can feel confusing or overwhelming. There are many resources that can help you or your loved one age, but it can be hard to navigate all your options. That’s where an Options Counselor

How can an Options Counselor help me?

An Options Counselor provides clear, unbiased information to help people find long-term personal care, transportation services, and other resources to assist in the aging process. Options Counselors can provide guidance on where to live - whether you want to stay in your home, move in with family, or look into a nursing home or assisted living. No matter what you choose, an Options Counselor can point you to the right services in your community.

An Options Counselor can meet with you or speak to you over the phone and will work with you to determine the next steps for you or your loved one.

Eligibility & Cost

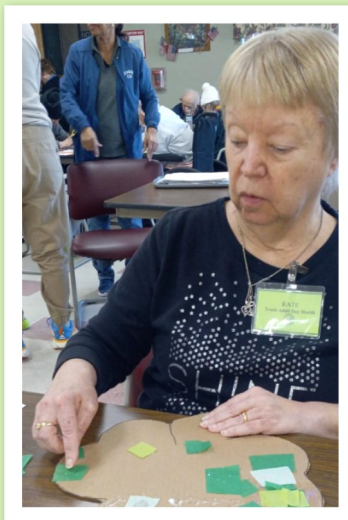
Options Counseling is a free service for adults aged 60+, adults living with a disability, and their family members and caregivers

Contact

To speak with an Options Counselor in your area, call MassOptions at (800) 243-4636



Roger B. Trask Adult Day Health Program



Shown above: Participants doing a St. Patrick's Day craft activity, and Forever Young Chorus singer Frank Fielding providing entertainment!

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, May 19th
1:30 to 2:30 pm

Please RSVP: 978-531-2254 x 136 or

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

In gratitude of Carolyn, Sheila, and staff
for the TRIAD presentation

Tina Manolakos

In honor of the PCOA Volunteers and Staff

Joanne Riley

Gift to the PCOA

Anna Gallo

In Honor of/In Memory of Gifts
To The Roger B. Trask Adult Day Health Program

In memory of George Taylor

Dorothy Taylor

In memory of Kay Morrocco

Dorothy Taylor

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

Older Americans Month 2026

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, "**Champion Your Health.**"

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

Come on Down

On May 13th, the Forever Young Chorus will present Motown vs. Rat Pack. The concert will begin at 12:30 pm, and tickets go on sale May 1st at the front desk. Tickets are \$5.00 per person and will also be available on the day of the concert. The Friends will be providing ice cream sundaes during intermission. Hope to see you there.

Hope you had an Enjoyable Day

The Friends sponsored another Karaoke Party on April 22nd which was a tremendous success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer and the top male singer 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, 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 Volunteers, past and present
Paul A. Till

In Memory of Gifts to the Friends of the PCOA:

In memory of Ron King
Cheryl McLaughlin

In memory of Irma Kline
Joan Johnson
Priscilla O'Donnell

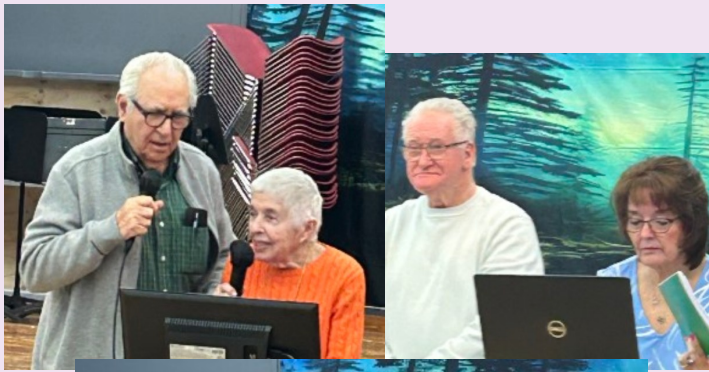
In memory of Mrs. Evelyn Levesque
Kenneth Kulakowski

In memory of Marco Martins
Louie Bick, Ron Christensen,
George Minasian, Jerry Powers,
John Sacramone
PCOA Wood Shop

In memory of Cara & Jack Murtagh
Carol & Kim Murtagh

In memory of Barbara Plavin
Cheryl McLaughlin

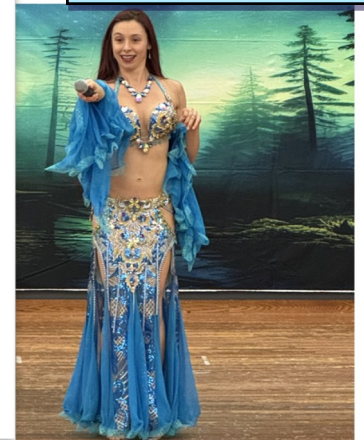




Thank you to the Friends for sponsoring another fun afternoon of karaoke!



A wonderful performance by Celia the belly dancer!



A big thank you to Roy and Eileen Young for sponsoring this event!



Curious Creatures visit the PCOA!



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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May 2026



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

\$ _____ Date: _____

Telephone Number: _____

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

(Please Print)

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Address _____

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 _____

City _____ State _____ Zip _____

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

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