November 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

Carolyn, her staff, and the Board Members of the Peabody Council on Aging would like to wish all of our participants and their families a most Happy and Healthy Thanksgiving!

Thanksgiving Celebration!

Thursday, November 19th
Jubilee Hall
9:30 AM - 12:30 PM



Menu:
Turkey Dinner with
Apple Pie for dessert!



Morning music by the Wonderful Golden Echoes Band!

We are happy to announce that this year's event is once again sponsored by the Peabody Knights of Columbus Leo Council 508 and the Building Association. As an organization, they wanted to give back to the older adults that have done so much for our community and attend programs at the senior center.

Special thanks to Grand Knight John R. Sacramone FDD, and Deputy Grand Knight Lou Cersosimo PGK

Ticket distribution will begin in the lobby on Monday, November 2nd. Limit of 4 per person

Holiday Craft Show

Thursday,
November 12th, 2026

9:00 AM
2:00 PM

Jewelry table, Quilted items,
Knitted items,
Handmade specialty items

The Peabody Council on Aging *and the* Forever Young Chorus Presents:



Tuesday, November 10th at 12:30 PM
Jubilee Hall
Tickets: $5 per person



Sheryl Faye presents Hellen Keller

A remarkable life of courage, determination, and hope

Wednesday, November 4th at 12:30 PM in Jubilee Hall

Sheryl Faye brings the extraordinary Hellen Keller to life in this inspiring one-woman performance. Through powerful storytelling, historical research, and vivid characterizations, Sheryl shares the remarkable journey of a woman who overcame immense challenges to become a world-renowned advocate for education, equality, and human rights.

Mass Cultural Council



Veterans Day Luncheon

On Tuesday, November 10th we will have the honor of serving our veterans a free delicious lunch of baked stuffed sole

Get your lunch ticket from 10 - 11 AM
in the dining room

Friend's Café Specials and schedule: Page 2

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

Monday	Tuesday	Wednesday	Thursday	Friday
2  ***Macaroni & Cheese*** Green & Golden Beans Potatoes Chunky Tomato Soup/Crackers Chilled Pineapple	3 Voting Day No Lunch  **Café Closed**	4 ***Eggplant Parmesan*** Pasta Cauliflower Lemon Meringue Pie Bean Dip and Crackers	5 ***Meatloaf*** Mashed Potato Green Beans Ice Cream	6 ***Baked Haddock*** Mashed Potato Carrots Tropical Fruit Cup
9 ***Meatball Sub*** French Fries Cucumber Salad Ice Cream 	10 Veteran's Day Lunch ***Stuffed Sole with Broccoli and Cheese*** Lobster Sauce Oven Browned Potatoes Cheesecake **Café Closed**	11 Veterans Day  **Center Closed**	12 ***Rosemary Ham Wrap*** Tomato, Onions, Pickles Lettuce, Dijon Mayo Pasta Fagioli Soup Chilled Pears 	13 ***Stuffed Cabbage*** Tomato Sauce Steamed Potatoes Peas Ice Cream 
16 ***Cheeseburger*** With Fixings French Fries Ice Cream 	17 ***Breaded Chicken Filet*** Marsala Sauce Rice Greek Salad Birthday Cake	18 ***Lasagna*** Meat Sauce Vegetable Medley 	19 *Thanksgiving Party* ***Roasted Turkey*** Gravy Apple Cranberry Stuffing Fancy Green Beans Red Bliss Mashed Potato Cranberry Sauce Apple Pie **Café Closed**	20 ***Grilled Salmon/Lt. Bearnaise Sauce*** Rice Pilaf Spinach Peaches 
23  ***Reduced Sodium Hot Dog*** Beans Corn Rice Pudding **Café Closed** **Week of Nov 23rd**	24 ***Chicken Salad Sandwich*** With Fixings Potato Salad Coleslaw Chips Cookie	25 ***Tuscan Tuna Salad*** Italian Garden Soup Crackers Pasta Salad Vanilla Pudding with Fruit	26  **Center Closed**	27 Holiday Weekend  **Center Closed**
30 ***Steak & Cheese Bomb Calzone*** Marinara Sauce Garden Salad Potato Salad **Café Closed** **Week of Nov 30th**	 	**Menu Subject to Change During Roof Project**	**Reminder:** Diners need to purchase their lunch tickets between 10:00-11:00 am. **Tickets will not be sold after 11:00 am**	***Breakfast*** is served in the Friends Café on Tuesdays/Thursdays 8:00-10:00 a.m. Menus are in the lobby & Café

Friends Café Specials

Sandwich special: Open-faced turkey sandwich with cranberry sauce, stuffing, and gravy

Salad special: Sliced turkey, cranberry and walnut salad with goat cheese and maple vinaigrette dressing

November Birthday Celebration
Tuesday, November 17th, 2026



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

October Birthdays were:

Richard Currie, Phyllis Serino, Linda Lanes, Cheryl Sharkey, Susan Bean, Lorraine Hutchins, MaryLou Iannuzzi, standing are, Steve Wise, Jerry Chaklos, Jerry Clark, Phil Celeste, Peter LaChapelle. Missing from the picture are Betty Brennan, & Lynn Cockreham



Many Thanks to Evans Flowers for the Rose and Balloon!

MOVIE TIME

With Earl Rosen
In the **Jubilee Hall, from 12:00 – 2:00 pm**

Tues. Nov. 17th:
Mr. Smith Goes To Washington
Tues. Nov. 24th:
Casablanca



Book Club

Our Book Club is run by Morgan Yeo. We meet each month at the PCOA for a book discussion. This month's discussion is Wednesday, November 18th from 10:30-11:30 AM in the conference room.

November's book: *The First Ladies* by Marie Benedict

Computer room activities:

- **Phone/computer help**: On Fridays, Nov. 6th & Nov. 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
- **Scrabble:** Tuesdays at 10:00 AM





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



Our *Veterans Group* will meet on Tuesday, November 17th, 2026 from 9:30 - 10:30 AM in the computer room

CRAZY CARDS



A fun twist on whist!
Wed., November 25th, from 12:15 - 3:00 in the Computer Room
You must purchase your $3.00 ticket by November 18th.
Tickets may be purchased at the Front Desk

Virtual Reality

Every Wednesday in November

Morning Session:
9:00 to 11:00AM

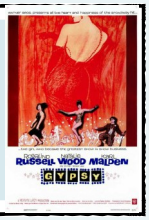
Afternoon Session:
12:30 to 2:30 PM



Scrabble Is held on Tuesdays at 10:00 AM, In the computer room

This Month's Musical: Gypsy

Wednesday, November 25th
12:00 PM Start Time
Jubilee Hall



Some of our ongoing activities:

Whist: Tues. & Thurs. 9:00-11:00
Mahjong: Every Tue. 12:00-3:00
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
Drill Team: Mon. 12:30-2:00
Painting Class: Thurs. & Fri 8:30-11:30
Scrabble: Tues. 10:00 in Computer Room
Quilting: Thurs. 8:30-11:30
Call Laurie for more info: 978-531-2254

Health Corner

Low Vision Group

Our next Low Vision Meeting will be Wed., Nov 4th at 12:30. Call Judy Enos at 978-290-6080 if you have any questions

Foot Clinic *with* Crystal Perry

BSN, RN, CFCN

Mon. Nov. 16th and Tues. Nov. 17th: 9:00 AM - 3:00 PM

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

Hearing Screenings

Joe from Apex Hearing will be here on Wed., Nov 18th 10:00 AM to 1:00 PM. To make an appointment, call 978-531-2254

Diabetic Education

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



Ongoing Sports!

Bocce (Weather permitting)
Wednesday, 9:00 - 11:30 am
Thursday, 12:30-2:00 pm

Pickleball (Weather permitting)
Monday through Friday
8:30 am - 3:00 pm

Cornhole (in the computer room)
Thursdays at 12:30 pm



Marie's Bow-Making Class

Marie Bishop is teaching a bow-making class, where students will learn how to make a beautiful bow Christmas Tree topper. Everyone will go home with their bow creation in this free class! All materials will be supplied. Please sign up at the front desk.



Kev Tech is back!

Kevin is an iPhone specialist who offers classes at the senior center. If you have an iPhone, this class is for you! November's classes are on the following dates:

Thurs., Nov 5th ~ 1:00 -2:30 PM
Mon., Nov. 16th ~ 10:00 -11:30 AM
Please sign up at the front desk

Mass 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 Veteran's group, who will transport the flags that are collected at our senior for proper respectful disposal. Please bring the worn flags to the front reception desk.

Save the date!



Delvena theater company presents
A Christmas Carol

Wednesday, December 2nd
12:30 PM ~ Jubilee Hall

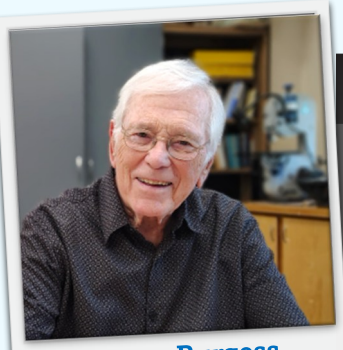
Mass Cultural Council

PCOA Christmas Party

Wednesday, December 16th
9:30 AM - 1:00 PM
Free event, sponsored by the Friends of the PCOA

Meet some of our photographers!

At each PCOA event, our photography volunteers can be seen hard at work, capturing many of the photos seen in Tips and Topics each month. Read on to learn more about them!



Lenny Burgess

How did you get interested in photography?
"I got into photography when I was 15. Someone gave me a Kodak box camera to use, but I got more serious about it when I retired and got into digital photography."

What is one of your favorite things to photograph?
"I love to photograph the ice crystals on my old storm windows in the winter."

Do you have a favorite PCOA event that you like to photograph?
"At the PCOA, I like to shoot the musical shows twice a year, and all the special events each month."

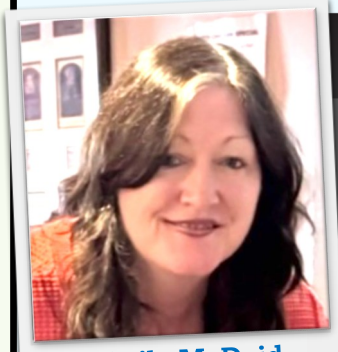


Rose Raymond

How did you get interested in photography?
"It started out as a hobby when I was coaching. I was an athlete in High School and continued being an athlete after High School. In 1984 I had a bad knee injury while I was competing in Racquetball and couldn't walk for a year. I told myself if I couldn't play sports anymore, that I would be a professional sports photographer. That's when I educated myself to do just that."

What is one of your favorite things to photograph?
Sports is my #1. The moon is #2. Flowers is #3.

Do you have a favorite PCOA event that you like to photograph?
Any event at the PCOA is my favorite.



Sheila McDaid

How did you get interested in photography?
"Photography has been my hobby since the early 1980s. I took a class in high school and loved it ever since. When I retired from PPD, I was able to devote more time to freelance photography."

What are your favorite things to photograph?
"Capturing special moments or a certain look. People - for example, a grandchild's and grandparent's smile that shows the love between them. Anything family-oriented really, but generational photos touch my heart."

Do you have a favorite PCOA event that you like to photograph?
"I enjoy photographing any of the events because everyone is happy and having a great time, so the photos come out well. Their joy shines through their facial expressions."

Holiday Craft Show

Our *Holiday Craft Show* will take place on Thursday, November 12th, from 9:00 AM - 2:00 PM.
A variety of handmade items will be for sale, such a decorative trees, bows, jewelry, crafts, and much more! All of the items seen here will be on sale.
Come on down and see what's available!



PCOA Transportation



Our transportation offers door-to-door rides to Peabody residents 60+ (or disabled under 60) 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:	Tuesday:	Wednesday:	Thursday:	Friday:
12-15-16 Crowninshield Street, 18 Walnut Street, Lowell Street and West Peabody	50 Warren Street, 75 Central Street, 20 Central Street	South Peabody area, Rockdale Park, Lynn Street and Lynnfield Street	Eastman Park, Bresnahan Street, Washington Street, 98 Central Street	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:	Tuesday:	Wednesday:	Thursday:	Friday:
So. Peabody, Rockdale Park, Lynn & Lynnfield streets	Eastman Park, Bresnahan Street, Washington Street and 98 Central St.	East End, Connolly Terrace, Wilson Terrace and 103 Central St.	50 Warren, 20 Central St., 75 Central St.	12-15-16 Crowninshield 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.

Home Energy Assistance Program

(Formerly known as Fuel Assistance)

Do you need help keeping warm this winter? Would you like a discount on your monthly National Grid utility bills?

Home Energy Assistance Income Eligibility

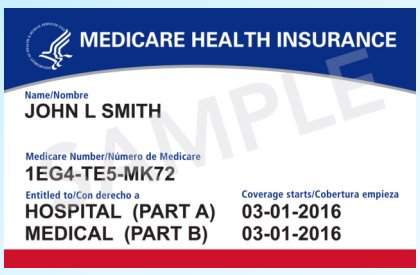
Household Size	Maximum Gross Annual Income
1	$53,585*
2	$70,073*
3	$86,561*
4	$103,041
5	$119,536*
6	$136,024*

*60% of State Median Income

If you live outside of NSCAP's service area, please call **(800) 632-8175**, or you can visit the Executive Office of Housing and Livable Communities (EOHLC), and find the energy assistance agency nearest you by visiting the **Home Energy Assistance Program (HEAP) webpage.**

To enroll, call Medicare, at 1-800-633-4227
Agents are available for enrollment at this number 24/7

Medicare OPEN ENROLLMENT
October 15th - December 7th



Updates to the Massachusetts 9-1-1 system

Silent Call Procedure: ***If you can't speak, you can still be heard.***

The Silent Call Procedure is a Massachusetts 9-1-1 feature for callers who are unable to speak, for any reason, to reach help in an emergency.

- **Call 911, then press 1 for Police, 2 for Fire, 3 for Ambulance**
- **This is valuable when speaking isn't possible or safe, such as during a medical emergency, an abusive situation, or a home invasion**

Text-To-911: ***Call if you can, text if you can't.***

When a voice call isn't possible. Residents can send a text to 911 with their location and emergency, then follow the dispatcher's instructions

- **Open your messaging app and type in "911" in the "To" field**
- **Text your location, then your emergency - and stay connected**

MassEDP: ***Specialized Phone Equipment at Little or No Cost.***

For residents whose hearing, speech, vision, memory, or mobility disability makes it difficult to use a phone.

- **Specialized phone equipment for eligible residents at little or no cost**
- **Empowers communication - at any age or ability**
- **Learn more and apply at mass.gov/edp**

Points to Ponder, By Jack Lawless

November:
Family caregiver and being grateful month

- Sunday Nov 1st at 2:00 AM, it's time to "Fall Back" and change your clock one hour!
- On the 1st in 1936, Italian dictator Benito Mussolini first used the term “Axis” to describe the growing political alliance between Italy and Germany.
- Annie Oakley, the American markswoman who starred in Buffalo Bill’s Wild West show, died 100 years ago on the 3rd.
- Canada’s transcontinental railway was completed when the ceremonial last spike was driven in British Columbia on the 7th in 1885.
- On the 10th in 1969, *Sesame Street* made its television debut.
- Armistice Day ends World War I’s fighting with the signing of the Armistice, effective at the “11th hour of the 11th day of the 11th month.”
- On the 12th in 1954, Ellis Island’s operations came to an end. More than 12 million immigrants had passed through the island since it opened in 1892.
- Disney’s *Fantasia* premiered at the Broadway Theatre in New York City on the 13th in 1940.
- On the 18th in 1883, Connecticut schoolteacher Charles F. Dowd proposed a system of 4 U.S. standard time zones.
- Microsoft released Windows 1.0 on the 20th in 1985, marking an important milestone in the history of personal computing.
- On the 23rd in 1889, the first jukebox, then known as a coin-operated phonograph, was installed at the Palais Royale Saloon in San Francisco, California - starting a staple of American pop culture.
- November’s full moon, traditionally known as the Beaver Moon, shows up on the 24th.
- Have a Happy and Grateful Thanksgiving on the 26th! This holiday honors the 1621 harvest gathering shared by English colonists and Wampanoag people at Plymouth, Massachusetts.
- 200 years ago on the 27th in 1826, British chemist and pharmacist John Walker invented the 1st successful friction match.
- Louisa May Alcott, author of *Little Women* (1832–1888), was born in Germantown, Pennsylvania, now part of Philadelphia on the 29th.

GOD BLESS AMERICA AND OUR PATRIOTS!

“Let November be the month where you harvest the wisdom you’ve sown throughout the year!” - Anonymous



Shown to the left are two of our woodshop volunteers, George Minasian and Louie Bik. They 3D-printed a model of the historic Austrian Liechtenstein Castle!

3D printing is offered during the 1st and 3rd Friday of the month from 9 am to 11 am.
We have 3 great volunteers that will be there to assist you! The only cost is for the printing element that you use.



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Alzheimer's Awareness Walk!
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22 Johnson St., Peabody, MA 01960
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AllianceHHS.Org/Rosewood

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Peabody TRIAD is sharing this information in honor of *National Caregivers Month*

Massachusetts Family Caregiver Support Program



Am I a family caregiver?

- If you **care** for a **loved one** who is an older adult, or has a disability or illness, you are a family caregiver.
- The **care** could include helping with finances, grocery shopping, transporting, cleaning, or cooking.



- You could be caring for a spouse, parent, grandparent, adult child, grandchild, friend, or neighbor.

Do I need family caregiver support?

- Caregiving can be rewarding and fulfilling, but can also take an emotional, physical, and financial toll.
- For example, providing care can lead to fatigue, stress, worry, missed work, and time spent away from family, friends, or hobbies.

What is the Massachusetts Family Caregiver Support Program?



- The Family Caregiver Support Program **free support services** to **eligible** caregivers.
- The program is administered by the Massachusetts Executive Office of Elder Affairs and provided by your local Aging Services Access Point (ASAP). ASAPs are regional non-profits dedicated to aging services.



Who is eligible for the Family Caregiver Support Program?

- You are **eligible** if you are an adult who is: Caring for an older adult (60 years of age or older), caring for an individual living with dementia (e.g. Alzheimer's disease), age 55 or older caring for a child under age 18, age 55 or older caring for someone with a disability.

How can the family caregiver support program help me?

Family Caregiver Specialists can, at no cost to you, facilitate…

Access: Refer you to services and resources in your community

Counseling and training: Advise you one-on-one, help you plan for care wherever your loved one lives, organize caregiver support groups, run workshops and training, provide educational materials

Respite care: Relieve you temporarily from your caregiving responsibilities so you can get the rest and respite you need

How do I connect with the Family Caregiver Support Program?



Call MassOptions at 844-422-6277 from 9:00 AM - 5:00 PM, Mon - Fri. Someone will connect you with a Family Caregiver Specialist at your local Aging Services Access Point!

Mass.gov

Visit Mass.gov/family-caregiver-support program for more on:
Eligibility for Family Caregiver Support Program, Caregiver help and information, Grandparents Raising Grandchildren, Caregiving information for workplaces, Training and technology for families caring for individuals living with dementia, EOEA newsletter for caregiver specialists

MassOptions

Your link to community services

Toll-Free: 1-844-422-6277, or visit Massoptions.org

What is MassOptions? MassOptions is a free resource, linking elders, individuals with disabilities, caregivers, and family members to services that help you or a loved one live independently in the setting of your choice. We help individuals avoid the frustration of calling multiple agencies and navigating various networks.

What does MassOptions do? We provide information about and connections to community services and supports. By linking callers to such information, we work to empower individuals to make informed choices about care they may need or want. Trained specialists at MassOptions give individuals fast, personalized attention. All one needs to do is tell our trained specialists about themselves or what they might need to live independently. A caller can even stay on the line while we connect them with an appropriate community resource or organization.

Services and supports through MassOptions: We can help individuals link to information about a broad range of services including: Caregiver Support Services, Care Management Services, Community Life Services, Coordinated Care Programs, Day Services, Employment and Training Services, Equipment and Supplies, Financial Assistance Services, Food and Nutrition Services, Health and Therapeutic Services, Housing, In-Home Supports, Mental Health Services, Personal Care Services, Protective Services, Substance Abuse Services, Transition Assistance, Transportation Services.

Cost and Insurance:

Is there a cost associated with working with MassOptions? No. This referral Service and the MassOptions phone number are free.

What if I don't have health insurance? MassOptions is a free referral resource service for all individuals with or without health insurance. If you do not have MassHealth, Medicare, or private insurance and are in need of services, a MassOptions specialist will refer you to an agency that will help you determine how to best access services and health insurance.

Visit us at Massoptions.org

Volunteer spotlight

Jack Lawless

November's Volunteer Spotlight highlights Jack Lawless, who has been volunteering with us since 1997!



Jack was the youngest of 5 siblings, and grew up in a section of Peabody know as Crow Village. He tells the story that his house's front door was in Peabody, and his back door was in Salem. Because of this, Jack jokes that he considers himself "half tanner, half witch!"

From 1958 to 1960, Jack served in the US Army. Following his service, Jack earned earn his degree from Salem Teachers College. This institution later becoming Salem State College (now Salem State University). He was already driving his brother there for classes, so he decided to join him and earn a degree as well!

After serving in the Army, Jack put his degree to use and became a teacher. He ended up teaching history for 33 years to Peabody students! Jack became involved with the Peabody Teacher's Union, and was elected President for the 1969-1970 academic year. Jack negotiated the first teachers' contract in the city of Peabody. He remained extremely active in the union, helping to negotiate many contracts. Before 1968, no public employees had the right to unionize. He remained a member of the Collective Bargaining Unit from 1968 until 1993.

Jack was also involved in the first group of Junior Achievement, a nonprofit educational organization that introduces young people to business, entrepreneurship, and the workings of the economy. He brought Peabody students to Valley Forge, PA to compete with other students from around the country.

In addition to his teaching work, Jack was also president of the Peabody Municipal Federal Credit Union from 1994-2004. The credit union was an organization he had been involved with for many years.

Jack's Irish heritage has always been very important to him, and he has been a member of the Peabody AOH division 11 since 1982. He was named Peabody AOH Irishman of the year, in addition to being named City of Peabody Irishman of the year at the Annual St Patrick day Event in 2013.

For other volunteer work, from 1954 to 1968 he ran the Peabody Men's Softball League, and was a member of the Peabody Elks as well as past Exalted Ruler in 2003. In 2004, he was honored by being named Citizen of the year by Mayor Bonfanti.

Once he started at the PCOA, he was a certified SHINE councilor from 1997 to 2007. He participated in the senior center Pen Pal program with students from the Burke School and intergenerational programs with students from the Carroll School.

As readers of Tips & Topics know, Jack writes our "*Points to Ponder*" section, and has done so for over 20 years! This section of our newsletter features historical and seasonal facts that take place each month, followed by a relevant quote. Another fun fact - Jack's birthday is in the month of November. He is turning 92!

When asked what he likes most about volunteering here, he says that it is a happy place! Jack jokes, "If you aren't happy here, go somewhere you can be unhappy."

Thank you Jack, for your many years of volunteer work with the PCOA!

Roger B. Trask Adult Day Health Program

In Honor of/In Memory of Gifts To the Peabody Council on Aging	*In Honor of/In Memory of* Gifts To the Roger B. Trask Adult Day Health Program
Gift to the PCOA Anna Gallo In Memory of Deanna Dulong Zumba Class	In Memory of Joseph C Dillon Stanley and Judy Lignos Julie Dillon & Family

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, bilingual staff, medical monitoring, meals and snacks, as well as counseling and other social services. The 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 manager, registered nurses, licensed social workers, activities coordinator, certified nursing assistants, and trained volunteers.

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 2:30 pm

Please join us to connect with others, share the challenges of caregiving and explore potential suggestions and solutions.

Facilitator:
Mary Ellen Abodeely, LSW
Program Manager: Alicia Muzarol
Next meeting:
Tuesday, November 17th,
1:30 to 2:30 pm
Please RSVP: 978-531-2254 x 136



Thank you to our receptionists!

Our incredible receptionists play an important role in helping community members schedule SHINE appointments to make informed decisions about their health coverage.

We're incredibly grateful for their time, dedication, and commitment, including their participation in our Medicare Open Enrollment!

Due to high demand, SHINE appointments are now full. For Medicare assistance during Open Enrollment, call 1-800-MEDICARE or visit Medicare.gov

Mass General Brigham Health Plan

Three PPO plans are being terminated on 12/31/2026

Members will have a special enrollment period from December 8th - December 31st, 2026. Take advantage of this to prevent a lapse in coverage.

Members have until February 28th, 2027

BlueCross BlueShield of Massachusetts

Is discontinuing Medicare PPO Blue ValueRx $65 Premium

Members will have a special enrollment period from December 8th - December 31st, 2026.
Take advantage of this to prevent a lapse in coverage.
Members have until February 28th, 2027

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

History of Veterans Day, November 11th

It was 11 am on November 11, 1918, that a temporary peace, or armistice was signed and the fighting during World War I came to an end. A year later President Woodrow Wilson announced that November 11th would be called Armistice Day in the United States. A day to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Many people fly a US flag on this day to show their patriotism and support for the armed forces. At 11 am a moment of silence is observed to remember those who served.

Annual Thanksgiving Celebration

The Peabody Knights of Columbus will be hosting the Annual Thanksgiving Celebration on Thursday November 19th from 9:30 am – 12:30pm. Tickets are free and will be available at the table in the front hallway beginning November 2rd. Come on down and enjoy the festivities with entertainment provided by Golden Echoes.

Thanksgiving Day – November 26th

Thanksgiving Day in the United States is celebrated on the fourth Thursday of November each year. Traditionally it is a time to give thanks for all the sacrifice and hard work done for the harvest. It is a day to spend time with family and friends over a large feast.

The Board Members of the "Friends" wish all a Happy and Safe Thanksgiving Day



In Honor of/ In Memory of Gifts to the Friends of the PCOA:

In Honor of the PCOA staff
Anonymous

In Memory of Ellen Hardy
Suzanne Plummer

In Memory of John J O'Connor
Janet V O'Connor

In Memory of Barbara Therrien
The Forever Young Chorus

In Memory of Lena Tusinski
Stanley Tusinski



NEW DAY TRIP! Wednesday, December 9th 2026, Only $89 per person

The Peabody COA and Royal Tours are pleased to present "A Christmas to Remember" Featuring the Deep Blue C Orchestra at the Scenic Danversport Yacht Club

Your ticket includes lunch, dining room meal taxes and gratuities, and the live show

This is a *drive on your own* event, with no transportation included

For more information, please contact Josephine Amico at 978-979-7511

All trip departures will be from Holy Ghost 20 Howley St., Peabody, MA
Register Today!



Roger Tincknell's "Beatles and Beyond" performance had a full house!



Tony Gangi talks about the Great American Street Organ



The crew for our Topsfield Fair trip!



Shots from Marcy's Art Auction
Many beautiful works of art on display!







The forensic science roadshow

A big thank you to BG John Driscoll, who was a special guest speaker at our October 20th Veterans Meeting!

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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November 2026



This newsletter is provided through the generosity of "Friends of the Peabody Council on Aging, Inc." and our Advertisers.

Donations *In Memory* or *In Honor Of* Are Tax-Deductible.
Enclose Check Payable to '*Friends of the PCOA, Inc.*'.
$_____.___ Date: _____

Telephone Number:_____

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

(Please Print)
Donor's Name _____

Address _____

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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