

October  
2024

# TIPS & TOPICS



PEABODY COUNCIL ON AGING  
Peter A. Torigian Senior Center  
79 Central Street, Peabody, MA 01960  
Monday-Friday 8:00AM - 3:00PM  
Ph: (978) 531-2254 / Fax: (978) 531-7176  
[www.peabodycoa.org](http://www.peabodycoa.org) / Find us on Facebook!



Live Peabody  
An Age Friendly Community

Carolyn Wynn, Director  
Edward A. Bettencourt, Jr., Mayor

## MONSTER MASH

With The Golden Echoes

Thursday, October 31st

Wear a costume!

Win prizes!

\$4 Special Beef Lunch!  
Roasted Potatoes  
Fresh Carrots  
Lemon Meringue Pie  
Get your tickets from  
10 - 11 am in the cafeteria

### Special Presentation



“Carousel”, the musical  
Wed., Oct 9th at 12:00 PM  
Jubilee Hall

Presented by Earl Rosen

### Amelia Earhart Beyond the Skies

Wed, Oct. 16th, at 12:30 in Jubilee Hall

*Presented by Dr. Maggie Arnold*



Most people know that Amelia Earhart was a pioneering pilot who disappeared over the Pacific Ocean in 1937. But did you know she lived in Medford and worked in Boston? And did you know that she developed her own line of clothing and luggage? She also fought for women's rights and equality. Come listen to “Amelia Earhart: Beyond the Skies” to learn more about this iconic American hero as presented by Dr. Margie Arnold, an Earhart enthusiast.

**SIGN UP AT THE FRONT DESK**



The Friends Café will be closed: 10/15 through 10/25, and 10/31

October specials:

*Salad special: Garden salad with beets, goat cheese and walnuts*

*Sandwich Special: Grilled Italian sausage, peppers, and onions on a roll*

**Fall Risk Screening**

Courtesy of Gordon College's Center for Balance, Mobility and Wellness:  
Screening will be  
Thursday, October 17th from  
10:30am—12:00pm. In our main hallway.  
Please sign up at the front desk!

**Senator Joan Lovely:** Office hours at the  
PCOA: **Monday October 21, 2024**  
from 9 -10am. Walk-Ins Welcome!

**Veterans Meetings:**

Our Veterans Group will meet on  
Tues. October 15, 2024 from 9:30 - 10:30am in  
Classroom A.

**Diabetic Education:** Marianne Chojnike,  
Diabetic Educator, will be here on Thursday,  
October 3rd, 9:30 - 10:30 in the small conference  
room. Please sign up at the front desk. Limit of  
10 people.

**Book Club**

The Book Club is run by Jen Usovicz. We meet  
each month for a book discussion, at the  
PCOA. Octobers' Book is "The Berry Pickers"  
by Amanda Peters. Our meeting is  
scheduled for October 9th @ 10:30  
In the conference room.



**SILK SCARF PAINTING:**  
**OCTOBER 18, 2024 12:30. LIMIT OF 15  
PEOPLE**  
Free class! Sign up at the front desk!



**CRAZY CARDS:** A fun twist on whist!  
**Wed. October 23 from 12:15—3:00  
in Computer room**

You must purchase your \$3.00 ticket by  
October 16th, Tickets may be purchased  
at the Front Reception Desk



**Hearing Screenings** - Joe from Apex Hearing will  
be here on Thurs. October 31st  
10:00am to 1:00pm. (To make an  
appointment, call 978-531-2254)

**Foot Care Dates:** Heather Dacosta, licensed and certified  
foot care specialist will be at the senior center twice each  
month. October dates: 10/21 & 10/22. Appointments: 8:00AM -  
3:00PM. To make an appointment, call 978-531-2254.

**October Birthday  
Celebration**

**Tuesday, October 1, 2024**

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

**September Birthdays were**

Helen Marcotti, Betsey Gagnebin, Sandra  
Cardarette, Jein Reim, Fran McLaughlin, Cheryl  
McLaughlin, Maria Pereira, Bill Aguiar, Judy Enos

Many thanks to Evans Flowers for the rose and balloon!

**MOVIE TIME**

Our Movies will be shown by  
Earl Rosen



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

Tues. October 1st - *Sixty Six*

Tues. October 8th - *My Big Fat Greek Wedding*

Tues. October 15th – *Moonstruck*

Tues. October 22nd – *Eat Drink Man Woman*

Tues. October 29th – *Going My Way*

**Low Vision Group**

will meet Wednesday,  
Oct. 9th, 12:30 -2:00  
In classroom A

**Chair Reiki with Dot  
McKeen**

Every Thursday starting  
at 10:00. Price:  
15 Minutes for \$10.00  
Sign Up at the PCOA  
reception desk!

**Karaoke Event!**

The Friends are sponsoring Karaoke on Wednesday,  
October 30th, from 12:30—2:00 pm in Jubilee Hall! The top  
male and female singers will receive a \$25.00 gift card to  
Market Basket! All participants will get a Friends Café gift  
certificate. Come down and sing!

**Computer room activities:**

- Phone/computer help: Fridays, October 4th & 18th 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

**Virtual Reality -Every Wednesday in October  
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

**CARD MAKING WITH SOPHIA**

Join us for a fun afternoon of card making  
October 11th, 12:30– 1:30, in classroom A.  
Limit of 10 people, sign up at the front desk



## Peter A. Torigian Senior Center

OCTOBER  
2024Lunch is served  
promptly at 11:30 a.m.Meal Cost: \$5.00  
Friends Members: \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice	1 <u>Chicken Parmesan</u> Ziti Greek Salad Garlic Bread Birthday Cake	2 <u>Tuscan Tuna Salad</u> Italian Garden Soup Potato Salad Vanilla Pudding with Fruit	3  <u>Chicken Cordon Bleu</u> Scalloped Potatoes Caesar Salad Lemon Meringue Pie Pub Cheese and Triscuit Crackers	4 <u>Homemade Fish Sandwich</u> Mashed Potato Broccoli and Cauliflower Chocolate Chip Cookie
7 <u>Chicken Pot Pie</u> Potato Salad Greek Salad 	8 <u>Vegetable Quiche</u> Oven Brownd Potatoes Tomato Soup/ Crackers Chilled Apricots	9 <u>Turkey Sandwich</u> Cheese Lettuce, Tomato, Onion, Pickle Broccoli Cheddar Soup	10 <u>Meatloaf</u> Onion Gravy Corn Roasted Potatoes Chilled Pears 	11 <u>Oriental Chicken</u> Mixed Greens Salad Cold Vegetable Lo Mein Noodle Salad Wheat Pita Chilled Mandarin Oranges Fortune Cookie
14 PCOA Closed  Columbus Day	15 <u>Italian Sausage On A Roll</u> Onion/Peppers Oven Fries/Ketchup Cole Slaw Ice Cream  <b>Café Closed</b>	16 <u>Cheese Lasagna</u> Meat Sauce Green Beans Yogurt <b>Café Closed</b>	17 <u>Roasted Turkey</u> Corn bread Stuffing Cranberry Sauce  <b>Café Closed</b>	18 <u>Baked Haddock</u> Lyonnais Potatoes Peas/Red Peppers Chilled Peaches <b>Café Closed</b>
21 <u>Hamburger Stroganoff</u> Noodles Mixed Vegetable Cookie <b>Café Closed</b>	22  <u>The All American Hot Dog</u> Beans Homemade Coleslaw Rice Pudding <b>Café Closed</b>	23 <u>Stuffed Peppers</u> Steamed Potato Peas & Onions Fruit Cup  <b>Café Closed</b>	24 <u>Chicken Salad Sandwich</u> Chips Corn Chowder Banana Cake <b>Café Closed</b>	25 <u>Grilled Salmon/ Bearnaise Sauce</u> Rice Pilaf Spinach Peaches And Strawberries <b>Café Closed</b>
28 <u>Chicken Piccata</u> Lyonnais Potatoes Corn Ice Cream	29 <u>Cheeseburger</u> Lettuce, Tomato, Onion, Pickles French Fries Watermelon 	30 <u>Baked Ziti &amp; Meatballs</u> Broccoli Garlic Bread Cookie	31  <u>Steak Loin</u> Gravy Roasted Potatoes Fresh Carrots Lemon Meringue Pie <b>Café Closed</b> Happy Halloween!!! 	<b>Reminder:</b> Diners need to purchase their lunch tickets be- tween 10:00-11:00 am Tickets will not be sold after 11:00 am





Ride donation of \$1.00 each way is greatly appreciated!

**8:00 - 9:15 AM**

Trask ADH pick-ups only

**9:00 AM— 1:45 PM**

Senior pick-ups to Medicals,  
etc. to: Peabody, Danvers,  
Beverly, Salem and Lynn

**2:30 PM**

Center and Trask ADH

### **MEDICAL RETURN PICK-UP REMINDER:**

In Peabody:

be ready before **3:00 PM**

Out of Peabody:

be ready before **2:30 PM**

## **Attention Shoppers!!**

**9:30 am PICKUP/11:30 am RETURN**

**Shaws, Stop & Shop and NSSC**

Monday: So. Peabody, Rockdale Park, Lynn & Lynnfield Sts.

Tuesday: Eastman Park, Bresnahan Street,  
Washington Street and 98 Central St.

Wednesday: East End, Connolly Terrace, Wilson Terrace  
and 103 Central St.

Thursday: 50 Warren, 12-15-16 Crowninshield, 75 Central

Friday: 20 Central St., 18 Walnut, Lowell St.

Friday: West Peabody (Big Y, 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**





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Website: [www.peabodypolice.org](http://www.peabodypolice.org)  
Fax: (978) 538-6335

September 17th, 2024

Dear Residents, as your Chief of Police, I must keep the residents informed. The Peabody Police has seen a rise in scams aimed at elderly residents, and I want to make sure you're aware of how these scams work. Below are the most common scams to watch out for and to protect yourself, your family, and your neighbors.

### **Common Scams to Watch Out For:**

#### ***IRS and Government Impersonation Scams***

Scammers may call you claiming to be from the IRS, threatening legal action or arrest if you don't immediately pay a supposed debt. Remember, the IRS will *never* call or email you demanding payment. If you receive such a call, hang up and report it.

#### ***Medicare/Health Insurance Scams***

Fraudsters may pretend to be from Medicare and ask for your personal information or try to sell you fake services. Medicare will never ask for your information over the phone. If you are unsure, contact Medicare directly.

#### ***Lottery or Prize Scams***

You may receive a phone call, letter, or email claiming you've won a large prize but need to pay a fee to collect it. This is always a scam. Legitimate sweepstakes do not ask for payment to receive winnings.

#### ***Tech Support Scams***

Scammers might pose as technical support from well-known companies and ask you to give them access to your computer to "fix" a problem. This often leads to the theft of personal data. Never give remote access to someone you don't know.

#### ***Grandparent Scams***

This scam involves a caller pretending to be a distressed grandchild, asking for money urgently. Always verify such claims by calling the Peabody Police at 978-531-1212 to get help with verification.

### **How to protect yourself:**

**Never Give Personal Information:** Be cautious when sharing personal details over the phone or online. If someone calls asking for your Social Security number, Medicare ID, or bank details, don't provide it.

**Verify Before You Act:** If someone calls or emails with urgent requests for money or information, verify the request's legitimacy by contacting the organization directly. Use official contact numbers-not the ones provided by the caller or in the email.

**Don't Trust Caller ID:** Scammers can spoof phone numbers to make it look like they're calling from a legitimate source, such as a government agency or a family member.

**Slow down:** Scammers often try to create a sense of urgency. Take your time before making any decisions. If you're unsure about the legitimacy of a call or offer, reach out to a trusted family member, friend, or even our department.

**Use Safe Payment Methods:** Be very cautious when asked to pay via wire transfer, gift card, or cryptocurrency. Scammers commonly use these tactics to steal money.

### **The Peabody Police are here to help:**

If you suspect a scam has targeted you, report it immediately to our department. Even if you haven't lost money, reporting suspicious activity helps us track these criminals and warn others. We also encourage you to share this information with your friends, neighbors, and family members to help spread the word. Please call us at 978-531-1212 at any time to report any suspicious activity.

Sincerely,

Thomas M. Griffin, Chief of Police

# Open Enrollment is here!!

## Medicare's annual Open Enrollment

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2024.

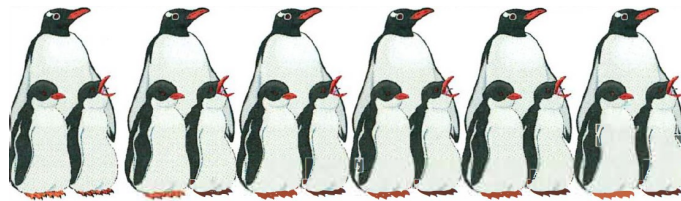
### During Medicare's Annual Open Enrollment (October 15th - December 7th),

you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one.

**SHINE** (Serving the Health Insurance Needs of Everyone... on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have.



**OPEN ENROLLMENT IS BY APPOINTMENT ONLY!**  
**You MUST BE A PEABODY RESIDENT to schedule an appointment. Call: 978-531-2254.**



## *Need Help Paying Your Heating Bills and Keeping Your Home Warm This Winter?*

The Fuel Assistance Program at North Shore Community Action Programs, Inc. helps income-eligible homeowners or renters pay their winter heating bills. If your gross household income falls within the limits shown in this chart, you may qualify for payment towards your winter heating bills as well as Weatherization services including: heating system repair or replacement, a new refrigerator and a home energy audit which may help reduce your electricity bills and keep your house warm. In addition, National Grid customers may qualify for a discount of up to 25% on their bills.

Household members	Maximum Income*	Household Members	Maximum Income
1	\$49,196	4	\$94,609
2	\$64,333	5	\$109,745
3	\$79,470	6	\$124,882

\*60% of Estimated State Median Income—Effective June 2024

**For information about Fuel Assistance:**

**Call: 978-531-8810/Email: [fuelassistance@nscap.org](mailto:fuelassistance@nscap.org), or visit [nscap.org](http://nscap.org)**

**Appointments - Call: 978-531-0767 x 136 (October 1st - April 30th)**

**North Shore Community Action Programs Inc.**

**119 Rear Foster Street, Building 13**

**Peabody, MA 01960**



**TRIAD October News****SAVE THE DATE****BITCOIN SCAM PRESENTATION**

**Essex District Attorney Paul F. Tucker Warns  
Residents of Rising Cryptocurrency Schemes**

**Wednesday November 13, 2024**

**12:30 pm - 1:30 pm**

**Torugian Senior Center, Jubilee Hall**

**Signups at the front desk**

**978-531-2254**

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.

**Unwanted Cell Phones**

We continue to accept donations of unwanted cell phones. If you no longer use them, donate them to the PCOA. The money raised will be used for the Center. Please drop off your cell phone donation at Reception.

**Hearing Aid Recycling**

Have a gently used hearing aid you no longer need? Donate it to the North Shore Hearing Foundation. We have a drop off box located at the PCOA. If you have any questions, please contact Social Services.



We collect eyeglasses and eyeglass cases for the Lions Club. If you have any old glasses and eyeglass cases that you are not using anymore, please bring them down to the Center.



Thanks!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!

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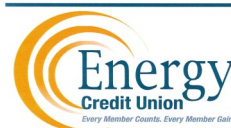
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## Points to Ponder... Jack Lawless

October: Fall's foliage, fairs, and frightful month

- On the 1st in 1949, the People's Republic of China was formed.
- *Jewish Holidays*: Rosh Hashanah begins at sunset on the 2nd, Yom Kippur starts at sunset on the 11th, Sukkot begins at sunset on the 16th, and Shemini Atzeret & Simchat Torah begin at sunset on the 23rd.
- Beatle John Lennon (1940-1980) was born in Liverpool, England.
- Iraq gained independence from Britain on the 3rd in 1932 and joined the League of Nations
- Spiro Agnew (1918-1996) resigned as vice-president of the U. S. amid charges of income tax evasion on the 10th in 1973.
- The federal holiday is on the 14th, marking the Oct. 12, 1492 discovery of America by Christopher Columbus.
- The full moon, hunter's moon takes place on the 17th.
- On the 19th in 1987, "Black Monday" occurred on Wall Street as stocks plunged 508 points, the largest one-day drop in stock market history.
- On the 20th in 1818, the U.S. and Britain agreed to set the U.S/Canada border at the 49th Parallel.
- The United Nations was formed on the 24th in 1945.
- On the 28th in 1636, Harvard University was founded in Cambridge, MA and is the oldest institution of higher learning in the U.S.
- Happy Halloween or *All Hallows Eve* on the 31st, which was an ancient celebration combining the Christian festival of All Saints with Pagan festivals.

"Happiness is a butterfly which, when pursued, is always beyond our grasp, but if you will sit down quietly, it might alight upon you."

-Nathaniel Hawthorne



# GOD BLESS AMERICA AND OUR PATRIOTS!

We always appreciate when we get new sponsors! The printing of the newsletter wouldn't be possible without their support!



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**THE ROGER B. TRASK ADULT DAY HEALTH PROGRAM: Care-Giving Support In Your Neighborhood**

We are an Adult Day Health Program located, along with the Peabody Council on Aging, in the Peter A. Torigian Senior Center. Our Program is designed to provide a structured setting for individuals who would benefit from supervised care. We offer social and therapeutic activities, transportation, personal care, bi-lingual staff, medical monitoring, meals and snacks, as well as counseling and other social services. The Trask Program also offers many benefits for families and caregivers such as freedom from concern of leaving a loved one home alone, as well as needed respite time for caregivers to pursue their own activities. Services are provided by a Program Coordinator, Registered Nurses, Licensed Social Worker, Activities Coordinator, Certified Nursing Assistants, and Trained Volunteers.

<i>In Honor of</i> donations to the Peabody Council on Aging	<i>In Memory of</i> donations to the Peabody Council on Aging	Donations to the Trask Adult Day Health Scholarship Program
<p><u>Wishing the PCOA a nice Labor Day holiday</u> Frances Minsky</p> <p><u>To help keep up the good work</u> Jacky and David Ankeles</p> <p><u>Gift to the Nutrition Program</u> Michael &amp; Catherine Tassinari</p> <p><u>In honor of the PHS class of 1961</u> PHS Class of 1961</p> <p><u>In Honor of the Transportation Department</u> Olivia Brand</p>	<p><u>In Memory of Louis and Poppy Sotis</u> Nancy Sotis</p> <p><u>In Memory of George and Jeanette Feinstein</u> Ann Dodd</p>	<p><u>In Memory of Emilio D'Errico</u> Butcher Boy Meat Market</p> <p><u>In gratitude for the care of your neighbor, Joe Dillon</u> Frederick Murtagh</p> <p><u>In Memory of Richard Paolucci</u> Catherine Tassinari From the PCOA woodshop: Marco, Ron, George, Lou, Steve, Garnick, Jerry, Bill N., Carmen, Dana Mark O'Hara, and Richard D.</p> <p><u>Gift to the Trask Adult Day Health Scholarship Program</u> Daughters Chapter #120 Charities Inc.</p>

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### IN MEMORY OF/IN HONOR OF ENVELOPES:

Envelopes are available to  
remember a deceased  
individual  
or to honor an individual or  
group by a donation to the  
*Friends of The  
Peabody Council on  
Aging.*

Envelopes are also available  
that will send your donation to  
the *Roger B. Trask Adult Day  
Health Program, City of  
Peabody.* Donations help to  
fund the scholarship and  
Activity Programs in the Trask  
Center.

Both envelopes are available  
at the local Funeral homes  
and at the reception area at  
the Peter A. Torigian Senior  
Center. All donations will be  
listed in *Tips & Topics.*





## **MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: OCTOBER 2024**

### **Come on Down & Enjoy Daily Activities & Lunch**

As you know, the center is open 5 days a week and all activities, classes, and workshops are in full swing. Bingo is held every Monday after lunch. The fitness room is also open for your daily workout. A delicious lunch is also available every day in the dining room as well as in the Friends Café.

### **Monthly Birthday Celebrations**

Celebrate your Birthday with a **"Free Lunch" and Birthday Cake!** Each month, on the first Tuesday we celebrate our "Friends" who will be celebrating their birthday during the month. October's celebration will be held on October 1st at 11:30am in the dining room. Just sign in with the Ladies at the table at the door to receive your free lunch! The oldest person will receive a rose and a balloon, generously donated by Evans Florist.

### **The Friends are bringing Karaoke back!!**

The Friends are putting on another Karaoke afternoon on Wednesday, October 30th from 12.30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing. Top male and female singers will receive a Gift Card. Come on down and join the fun.

### **Seeking Applications**

The Friends of the Peabody Council on Aging, Inc. are accepting applications to fill a vacancy on the Board of Directors. We are seeking an individual with bookkeeping experience and who is familiar with Microsoft applications and QuickBooks. Anyone interested should request an application from Kaellen D 'Amour, Chairperson of the Nominating Committee.

The Friends Board of Directors hope that you had an enjoyable Summer and wish all our Members a Fall Season filled with Love, Family, and Friends.

***Happy Halloween To all!***

### **In Honor of Gifts to the Friends of the Peabody Council on Aging:**

**In Honor of the PCOA Staff**  
Jean Becker  
Anna Gallo

### **In Memory of Gifts to the Friends of the Peabody Council on Aging:**

**In Memory of Judy Celeste**  
Phillip Celeste

**In Memory of Robert E D'Errico**  
Beaird Family  
Marilyn Palizzolo  
Anna Rapoza

**In Memory of Arthur Doyle**  
Barbara Doyle

**In Memory of Helen Lang**  
Evangelia Siakallis

**In Memory of Beverly M Maguire**  
Grace Carr

**In Memory of Don Moore**  
Gerry Woodmansee

**In Memory of Richard Paolucci**  
Marle DiFranco

**In Memory of George Sands (Peabody Radio & TV)**  
Marine & Joseph Michaud

**In Memory of Eleanor "Ellie" Seavey**  
Edward Andler

**In Memory of Fernanda Simoes**  
David & Jacky Ankeles

The Friends of the PCOA have a  
PAYPAL account for donations for  
(In Honor of/In Memory of) Go to the PCOA  
Website: [www.peabodycoa.org](http://www.peabodycoa.org)  
and click on **DONATE..**

**Remaining 2024 Friends  
Board Meetings:**  
**December 2**





# PCOA Happenings!



**"Growing up during WWII"**  
A presentation by Leo Martin



**PEABODY COUNCIL ON AGING**  
79 Central Street  
**Peabody International  
Festival 2024!**



**Welcome Back Post High School  
Students!**

## Photos from The Mayor's Senior Day at Brooksby Farm!





# PEABODY COUNCIL ON AGING

Peter A. Torigian Senior Center  
79 Central Street, Peabody, MA 01960  
978-531-2254    [www.peabodycoa.org](http://www.peabodycoa.org)

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## October 2024



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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.

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