

September
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



Mayor Bettencourt's 11th Annual Senior Day at Brooksby Farm

Wednesday, September 17th
10:00 am to 1:00 pm

Please join Mayor Bettencourt and the
PCOA staff in celebrating this exciting
event!

There will be a complimentary lunch
consisting of Brooksby Farm apple cider,
our scrumptious grilled hot dog, and potato
salad/coleslaw. For dessert, a caramel ice
cream sundae!

We will have hayrides, tours of the historical
properties and plenty of time to shop inside the
farm stand for fruits and veggies!



Entertainment will be provided by Joe
Cheffro of "Smokin' Joe!"



Parking will be provided in the Brooksby Farm field, which will
be clearly marked for guests, and attendees will be bused to
the event area.

If you want PCOA transportation, please be inside our lobby
by 9:00 a.m. Please sign up at the front desk, even if you are
not taking our transportation.

Flu shots will also be available!



Wingmasters *a birds of prey show*

Wednesday,
September 10th,
12:30 - 1:30 PM

In Jubilee Hall

Sign up at the Front desk

Sponsored by Roy and Eileen Young



Please join us for a presentation of live birds native to
New England. This is a wonderful lecture and an
opportunity to learn about endangered species in our
area.

Mr. Jim Parks and his partner run a government-
sponsored sanctuary caring for birds of prey that have
been injured. Birds that recover fully are returned to
nature, and he is licensed to care for birds which cannot
be released back into the wild.

He will bring six of his birds which he will lecture on, and
answer questions. Birds are kept safely tethered, and at
no point will be flying around. He will walk up and down
through the audience, providing opportunities for you to
take photos.

Save the
date!

Retired WCVB Chief
Meteorologist Harvey Leonard is
coming to the PCOA on
Wednesday, October 1st at 12:30
in the Jubilee Hall, and he would welcome any
of your questions! Send weather questions
via email to ashley.toner@hearst.com

Friends Café
Specials



Salad special: Greens topped
with apples, feta, pecans, and
dried cranberries with maple
vinaigrette dressing
Served with pita bread

Sandwich special: Gourmet
Grilled Cheese on multigrain
bread with cheddar cheese,
American cheese, sliced apple,
caramelized onions & bacon

Peter A. Torigian Senior Center

September
2025

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

Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 PCOA Closed For  Labor Day	2 <u>BBQ Pulled Pork on Roll</u> Oven Fries Ketchup PC Sautéed Cabbage Birthday Cake	3 <u>Oriental Chicken</u> Salad on Mixed Greens Dressing Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie	4 <u>Meat Loaf</u> Mashed Potatoes Corn Chilled peaches 	5 <u>Grilled Salmon</u> Bearnaise Sauce Rice Pilaf Spinach Peaches And Strawberries
8  <u>Italian Day</u> Vegetable Lasagna/ Escarole Soup Twice Baked Potato Ciabatta Bread With Dipping Oil Spumoni Ice Cream Dinner Music	9 <u>Italian Sub</u> Beef Barley Soup Chips Tropical Fruit Cup	10 <u>Stuffed Peppers</u> Greek Salad Baked Potato Sour Cream Yogurt 	11 <u>Chicken Piccata</u> Guacamole Salad Oven Brown Potato Cookie 	12 <u>Tuscan Tuna Salad</u> Cucumber Salad Pasta Salad Tiramisu
15 <u>Chicken Pot Pie</u> Mashed Potato Greek Salad Tapioca Pudding  Café Closed	16 <u>Meatball Sub</u> French Fries Pasta Salad Chilled Pears  Café Closed	17  <u>Brooksby Farm Day</u> Hotdogs Potato Salad Home Made Coleslaw Ice Cream Sundae Center Closed	18 <u>Pete's Pizza</u> Caesar Salad Boston Crème Pie  Café Closed	19 <u>Turkey Sandwich w/Cheese</u> Pasta Salad Marinated Tomato Salad Cookie Café Closed
22 <u>Italian Sausage On A Roll</u> Onion/Peppers Oven Fries/Ketchup Cole Slaw Chilled Mixed Fruit	23 <u>Chicken Wrapped in Bacon</u> Sharp Cheese Beer and Mustard Sauce Twice Baked Potato Greek Salad Key Lime Pie	24 <u>Lasagna/Meat Sauce</u> Zucchini & Summer Squash Garlic Dinner Roll Watermelon 	25 <u>Roast Pork</u> Orange Marmalade Sauce Sweet Potato Snap Peas Apple Crisp	26 <u>Haddock</u> Oven Brown Potato Basil Carrots Ice Cream  Café Closed
29 <u>Swedish Meatballs</u> Gravy Mashed Potatoes Peas & Carrots Chocolate Pudding 	30 <u>Chicken Tenders</u> Dipping Sauce French Fries Homemade Coleslaw Cookie 	<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 AM Menus are in the lobby & Cafe	Menu is Subject to change

This Months Musical
Rogers & Hammerstein's
"Oklahoma!"

Wednesday, Sept. 24th @ 12:00 PM
In Jubilee Hall

Senator Joan Lovely: Office hours at the
 PCOA: **Monday, September 8th, 2025**
 from 9 - 10am. Walk-Ins Welcome!



Veterans Meetings:

Our Veterans Group will meet on
 Tues. September 16th, 2025 from
 9:30 - 10:30 am in Classroom A

Book Club

Our Book Club is run by Morgan Yeo. We meet
 each month for a book discussion, at the PCOA.
 September's book is "Let Us Descend"
 by Jesmyn Ward.

Discussion is Wednesday, September 10th at
 10:30 AM in the conference room.



CRAZY CARDS

A fun twist on whist!

Wed. September 24th from 12:15 - 3:00
in the Computer room

You must purchase your \$3.00
ticket by September 17th,

Tickets may be purchased at the
 Front Desk

Virtual Reality

Wednesdays in September

Morning: 9:00 to 11:00 am

Afternoon: 12:30 to 2:30 pm



Computer room activities:

- **Phone/computer help:** On Fridays, September 5th and 19th 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



September Birthday Celebration
Tuesday Sept. 2, 2025



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

August Birthdays were:

Al Gardner, Tony Schettino, Mary Fronczak,
 Carol Rudnicki, Anne Pelletier, Michael Pelletier

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 Sept. 2nd – E.T.

Tues Sept. 9th – Starman

Tues. Sept. 16th – Harry & Tonto

Tues Sept. 23rd – A Fiddler, A Miracle of
Miracles

Tues. Sept. 30th – Alice Doesn't Live Here
Any more



ENJOY AN AFTERNOON MOVIE & SOME POPCORN

WE HAVE A NEW CLASS

Diamond Art (similar to paint by numbers)

Starting date is Tues. Sept. 9th, 12:30 –1:30

In the art room, Instructed by Shelley

Call Laurie for more information

978-531-2254 ext. 124

SOME OF OUR ONGOING ACTIVITIES

Whist, Tues. & Thurs. 8:30-11:00

Mah Jongg: Every Tue. 12:00-3:00

Japanese Bunka: Tues. 9:00-12:00

Knitting & Crochet: Tues. 11:45-2:00

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

Health Corner



FOOT CLINIC *with*

HEATHER DACOSTA - CFCS

Mon. September 22nd & Tues. Sept. 23rd, 9:00 – 3:00. Call the front desk to schedule your appointment. \$50 for Evaluation, \$45.00 for a follow up. **Payment must be cash or check made out to the PCOA**

BLOOD PRESSURE CLINIC

Monday, September 8th, 10:00 - 11:00 am
In the Health Room

Hearing Screenings

Joe from Apex Hearing will be here on Thurs. September 25th, from 10:00 am to 1:00 pm. To make an appointment, call 978-531-2254

Diabetic Shoe Clinic

Amy Baxter will be at the PCOA on Wed. Nov. 12th @ 1:00PM. You must call for an appointment
603-944-1311

Diabetic Education

With Marianne Chojnicki
Tuesday, September 2nd
10:30 – 11:30 AM

Please sign up at the front desk
Limit of 10 people

Low Vision Group

Will meet Wed. Sept 17th at
Brooksby Farm Senior Day
Call Judy Enos for more
Details- 978-290-6080

Outdoor Corner

Our Bocce Teams are in heated competition for the approaching playoffs!

Come on down and cheer them on!!!

Pickleball courts are open!

Bring your own players, or you can call ahead and join some of our players.

Cornhole is available, weather permitting. Bring your friends and come on down!

We're going to the Topsfield Fair!



Wednesday,
October 8th, 2025

The bus will leave the center at 9:30 am, and return at 1:30 pm.

This is a free event that we have limited tickets for.

Please call 978-531-2254 to reserve your spot

"Burn Boston Burn"

Presentation by Wayne Miller
Has been postponed to
Thursday, November 5th



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.



Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water and non-perishable food for several days
- ☐ Extra cell phone battery or charger
- ☐ Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Non-sparking wrench or pliers to turn off utilities
- ☐ Can opener (if kit contains canned food)
- ☐ Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food, water and supplies for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- ☐ Cash and change
- ☐ Emergency reference material such as a first aid book or information from www.ready.gov
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies, personal hygiene items and hand sanitizer
- ☐ Mess kits, paper cups, plates and disposable utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children



Emergency Supply List



FEMA's Ready Campaign

Educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



Federal Emergency Management Agency
Washington, DC 20472

Points to Ponder: By Jack Lawless

September: International Festival Month

- Happy Labor Day on the 1st.
- The New York Sun newspaper first went into print on the 3rd in 1833, marking the beginning of the "Penny Press" inexpensive newspapers sold on the sidewalk.
- The NFL football season opens up on the 4th - Philadelphia, the Super Bowl champs, are hosting Dallas, Kansas city goes to Sao Paulo, Brazil to play the LA Chargers on the 5th, and our Patriots are at home against the Las Vegas Raiders on the 7th.
- The full Corn Moon occurs on the 7th - the same day as our 40th International Festival. 
- Wild West robber legend Jesse James (1847-1882) was born on the 5th in Clay County, MO
- Leningrad was renamed St. Petersburg by Russian legislators on the 6th in 1991 following the collapse of the Soviet Union.
- The United States came into existence as the Continental Congress changed the name of the new American nation from the American Colonies on the 9th in 1776.
- African American Olympic athlete Jesse Owens (1913-1980) was born in Oakville, AL on the 12th, and won four gold medals in Germany during the 1936 Olympics.
- American army physician Walter Reed (1851-1902) was born on the 13th and was known for his research on Yellow Fever.
- On the 17th will be Mayor Bettencourt's 11th annual "Senior Day" at Brooksby Farm.
- On the 19th in 1893, New Zealand was the first country to grant women the right to vote.
- Autumn begins on the 22nd in the northern hemisphere, along with the Jewish holyday of Rosh Hashanah beginning at sundown.
- On the 24th in 1957, President Eisenhower ordered the National Guard to enforce racial integration of schools in Little Rock, AR.
- Puppeteer Jim Henson (1936-1990) was born in St. Paul, MN on the 24th.
- On the 26th in 1687, the Acropolis was attacked by the Venetian army attempting to oust the Turks, resulting in heavy damage to the Parthenon.

GOD BLESS AMERICA AND OUR PATRIOTS!

"That time of the year, when September welcomes October, they fall for each other, and then they show their true colors.

- Charmaine J. Forde

Gifts to the Peabody Council on Aging

Gift to the Nutrition Program

Andrew Effron

In Honor of Carolyn Wynn and the PCOA

Joan & John Marino

In Honor of the PCOA

Anna Gallo

In Honor of the Transportation Department

Frances Minsky

In Memory of Jacky Ankeles

Anibal & Virginia Faria

Carolyn Wynn

Charlie & Debby Bonfanti

John and Elaine Marshall

Gauthier & Company c/o Bradley Gauthier

Gifts to the Roger B. Trask Adult Day Health Program

In Memory of Doris Cowart

Catherine Tassinari

Carolyn Wynn

Gift to the Trask ADH program activities fund

Kaellen D'Amour

In Memory of Jacky Ankeles

Dorothy Taylor

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.



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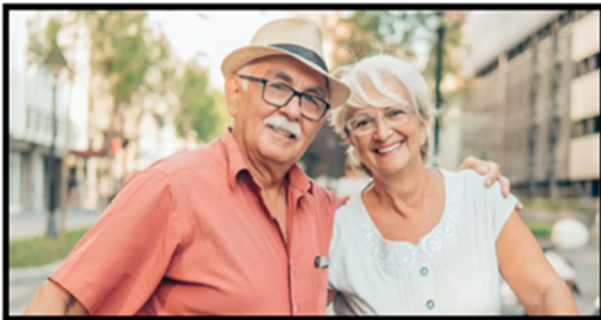


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**SAME-DAY
SERVICE**



Volunteer spotlight

Yongae Minasian

September's volunteer spotlight features Yongae Minasian, who has been volunteering at the PCOA for the past two years! You may have seen her in our Forever Young Chorus, or heard her sing during her volunteer dinner performance with Korean dance group, *Nanta*



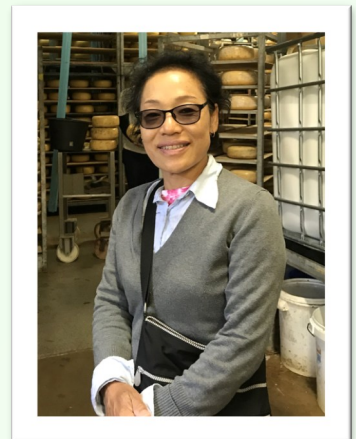
Yongae grew up in South Korea, where she lived until she was 29. She worked at a technology company after high school, and then went to beauty school to become a hairdresser. She met her husband, George (who volunteers in our wood shop!), during the Seoul Olympics in 1988. He was stationed there while serving in the Air Force.

A year later, they moved to America, and lived in various places until settling in Massachusetts, as George had grown up in Newburyport.

They have a daughter, Hannah, who is also a PCOA volunteer!
A family effort!

When asked how she discovered the PCOA, Yongae notes that her husband, George was a member of the wood shop, and it was through him that she was introduced to the place!

At the PCOA, Yongae holds many different volunteering roles - While she may be known as an amazing singer in the Forever Young Chorus, she also assists with a variety of things in the ADH program room, including entertaining participants with her many singing and dancing talents! She reflected on how the center is always a "happy and positive place," and she is grateful to be able to help out both the participants and employees.



Her other volunteer roles include helping to serve lunch, and maintaining our rose bushes! When she started volunteering with us, she noticed that our rose bushes needed some attention, and got right to it! The staff says our roses have never looked so beautiful!

Her many hobbies include hiking, biking, fishing, gardening, flower arranging - anything that is related to nature! She also is an appreciator of the arts, going to Broadway shows, and operas. She has performed in shows at a local Korean church, and in the PCOA variety shows as a part of the chorus! She notes that she loves working with elders, keeping people thinking positive and happy!

Yongae said that during cloudy days, such as the one we did this interview on, she makes an effort to wear bright colors to help improve people's moods!



When asked about what she would say to someone who is considering volunteering here, she said that she frequently encourages people to come here and do so!

Thank you, Yongae, for all of your wonderful volunteer work, and for always spreading positivity!



At a Glance

The Massachusetts Senior Medicare Patrol (SMP) Program

works in partnership with government, non- governmental and “grassroots” community based organizations across the state to raise awareness about protecting, detecting and reporting healthcare errors, fraud and abuse.

According to the Centers for Medicare and Medicaid Services, healthcare errors, fraud and abuse cost American tax payers billions of dollars annually.

The MA SMP Program encourages consumers to keep a personal healthcare journal and use these journals to record their medications, prescribed and over the counter; all medical appointments, radiology appointments, home health services, lab tests, prescribed durable medical equipment, such as a wheelchair, CPAP machine etc.

Consumers should use these journals to record all questions they may have for their physician/s or other health professionals as well as responses to their questions.

The MA SMP Program conducts outreach and free educational sessions across the state to empower Medicare and Medicaid beneficiaries, family members, caregivers and professionals on the importance of being an engaged healthcare consumers. Only through consumer engagement can we prevent, detect and report healthcare errors, fraud and abuse which are costly, but too often have health related consequences.

- **According to the Institute of Medicine’s report, TO ERR IS HUMAN: BUILDING A SAFER HEALTH SYSTEM, approximately 98,000 lives are lost annually due to medical errors.**

Healthcare Fraud is intentional deception or misrepresentation which can have an impact on the health and lives of beneficiaries and are costly in financial terms to the healthcare system and insurance industry.

Healthcare Errors and Abuses are typically unintentional incidents, practices or procedures that are inconsistent with sound medical, business or fiscal practices. Healthcare Errors and Abuses often result in payment for services that fail to meet professionally recognized standards of care or are medically unnecessary. These can be just as costly in terms of health and financial cost.

Consumers should protect all personal information including their Medicare, Mass Health/ Medicaid card and Social Security cards as they would protect their credit card. Carry these cards only when needed.

SMP is a national program and there is one in each of the 50 states as well as the District of Columbia (D.C.), Puerto Rico, Guam and the U.S. Virgin Islands. The MA SMP Program has been under the leadership of Elder Services of the Merrimack Valley, Inc. since 1999. It is funded by the Administration for Community Living, a division of the Administration on Aging, Department of Health and Human Services.



MASSACHUSETTS COLLEGE of PHARMACY
and HEALTH SCIENCES

Pharmacy Outreach Program

We'll Answer Your Medication Questions

Who We Are

The MCPHS Pharmacy Outreach Program is a community service program offered by the University. Staffed by case managers, licensed pharmacists and students, our goal is to help you adhere to your medication regimens.

If you call our toll-free help line or visit our walk-in center located at 19 Foster Street, Worcester, MA, you will receive a comprehensive review of your medications and prescription drug coverage. We provide information that includes assistance with accessing affordable prescription drug programs through the Medicare Drug benefit, as well as medication assistance options for other uninsured or underinsured residents of Massachusetts.

Toll-Free Help Line: 1.866.633.1617

Available Monday through Friday, 8:30 a.m. - 5 p.m.

How We Can Help You

We understand that many people have questions and concerns about their medications. It is our goal to provide you and your patients with a comprehensive resource to assist in finding answers to your questions. MCPHS University Pharmacy Outreach Program case managers and pharmacists can:

- Provide information that may reduce the cost of your medication through resources such as state and federal assistance, pharmaceutical company programs and special generic drug pricing.
- Provide Medication Therapy Management (MTM) services to both patients and healthcare professionals.
- Help you to understand your Medicare prescription drug plan benefit, and more.

Save the date! Alzheimer's Awareness Events

September 18th and October 9th: Purchase a raffle ticket at the senior center for a chance to win Scratch Ticket Baskets to raise money to support Alzheimer's Research!

October 17th: Walk for Alzheimer's Research at the track next to the senior center.

October 19th: *Team Bill* will walk from Downtown Peabody.

Both walking events will raise money to support the Alzheimer's Association.

**We are accepting worn and
damaged American Flags for
proper disposal**



**Flags can be
brought to the
reception desk
during business hours**



Roger B. Trask Adult Day Health Program

Photos of ADH program participants having fun and singing along at the A&W Ukulele Players Show!



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: Tues. September 16th - 1:30 to 2:30 pm
Please RSVP
978-531-2254 x 136 or 134

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

Significance of Labor Day

Labor Day is an annual celebration that is observed on the first Monday in September to represent the social and economic achievements of American workers. Labor Day was originally only recognized by labor activists and individual states before it became a federal holiday. This day celebrates the contributions of workers around the country who created the labor movement in the late 19th century to allow individuals the recognition they deserved.

Enjoy Coming Events

Peabody International Festival

Plan to enjoy all the diversity that the City of Peabody has to offer at the largest exhibition of culture on the North Shore! The 2025 International Festival will be held on Sunday, September 7th, 2025. The festival is Free and open to the public; the festival will run from 11am-5pm and will highlight the wonderful diversity of the city through its art and food. Bring the whole family to enjoy the festival.

September has arrived and brings with it cooler weather and the beginning of Fall.

Senior Day at Brooksby Farm

Mark your calendar for Senior Day. Mayor Bettencourt has announced the eleventh Senior Day at Brooksby Farm, to be held Wednesday, Sept. 17, 2025, from 10:00 AM -1:00 PM. Plan to attend and enjoy a delicious meal and a fun filled day.

Hope you had an Enjoyable Day

The Friends sponsored another Karaoke Party on July 23rd which was a tremendous success and a lot of fun. Many great singers performed, and the Friends awarded the top female singer Patricia Cinelli 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 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.***

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

**In Honor of the Transportation
Department**

Jennifer Dulong

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

In Memory of Rosa Alvernaz Jorge
Alice Pinto

In Memory of Jacky Ankeles

**Elena Reilly
Karen Rodrigues, Jack Davis
& Family
Simoes Electric
Athan Vontzalides**

In Memory of Doris Alberta Cowart

**Susie and Jim Gorski
Sandi Dupont
Sheila Dzengelewski**

In Memory of Cara Murtagh
Joseph Amico

In Memory of Jeffrey Regan
Shirley Regan

In Memory of Alan & Adam Richmond
Gail Richmond

In Memory of Becky Gabriel Woods
James Pietrosanto

The Friends of the PCOA have a Paypal Account
for donations (In Honor of/In Memory of).
Go to the PCOA Website: (www.peabodycoa.org)
and click on DONATE. Thank you!

PCOA Happenings!



The A&W Ukulele Players show
Thank you to all who attended this fun event!



We had a ton of Wild West fun at our Boots and Burgers event! Many hats, boots, and western-style attire could be seen throughout the crowd. Our delicious BBQ lunch was followed by a fantastic performance by Elvis tribute artist Mike Slater, who took song requests from the audience all afternoon! Thank you to the Friends of the PCOA for sponsoring this great event!



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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September 2025

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.

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