



Tips & Topics September 2026



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
 12th Annual Senior Day
 at Brooksby Farm**
Wednesday,
September 16th
10:00 AM - 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 The Memorylaners!** 🎵

Flu shots will also be available

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.

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.

Friends Café Specials

September



**Grilled
 cheese**
 with

cheddar,
 apples, caramelized
 onions and bacon on
 multigrain bread



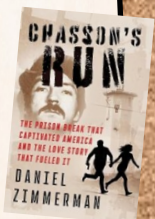
PCOA Events in September



**True crime
 author Daniel
 Zimmerman
 presents two of
 his books**
Wednesday,
September 9th, at
12:30 PM ~ Jubilee Hall

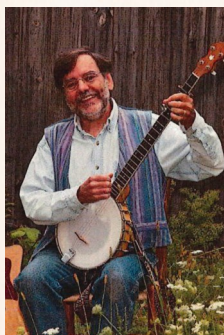
Shots in the Dark: A gripping account of a 1963 Boston police shootout that killed mobster Rocco Balliro's girlfriend and his subsequent trial and fight to clear his name.

Chasson's Run: An enthralling true-crime story about convicted murderer Leroy Chasson's daring 1982 prison escape, aided by his devoted wife, and the couple's years-long flight from justice across America.



Roger Tincknell "Beatles and Beyond!"

A
performance of
1960s pop and
rock songs!



Wednesday,
September
23rd, at
12:30 PM
Jubilee Hall

Sponsored in part by a grant from
the Peabody Cultural Council, part
of the Mass Cultural Council

**The Great
 American
 Street
 Organ**



by Tony Gangi

This show combines the
music and rich history of
the sometimes forgotten
hand-cranked street organ,
with rarely-seen magical
pieces such as the three
shell game and flea circus.

Wednesday, September
30th, at 12:30 PM
Jubilee Hall

Peter A. Torigian Senior Center

September
2026Lunch 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	Voting Day  No Lunch	<u>Cheeseburger</u> With Fixings Pasta Salad Homemade Coleslaw Ice Cream	<u>Meatloaf</u> Mashed Potatoes Corn Chilled peaches	<u>Grilled Salmon</u> Light Bearnaise Sauce Rice Pilaf Spinach Ice Cream 
PCOA Closed For  Labor Day	<u>Italian Sub</u> Beef Barley Soup Chips Birthday Cake	<u>Stuffed Peppers</u> Corn and Pimentos Baked Potato Sour Cream Strawberry Shortcake 	<u>Chicken Piccata</u> Basil Carrots Oven Browned Potato Cookie 	<u>Tuscan Tuna Salad</u> Cucumber Salad Pasta Salad Cake Café Closed
<u>Chicken Pot Pie</u> Mashed Potato Green Beans Tapioca Pudding  Café Closed	<u>Meatball Sub</u> French Fries Chilled Pears  Café Closed	 <u>Brooksby Farm Day Menu</u> Hotdogs Potato Salad Homemade Coleslaw Ice Cream Sundae PCOA Closed	<u>Pete's Pizza</u> Butternut Squash Soup Boston Crème Pie  Café Closed	<u>Fish Cakes</u> Beans Homemade Coleslaw Brown Bread Ice Cream Café Closed
<u>Italian Sausage On A Roll</u> Onion/Peppers Oven Fries/Ketchup Antipasto Salad Chilled Mixed Fruit Café Closed	<u>Chicken Patty On A Roll</u> With Cheese/ Fixings Mayo Packet French Fries Ice Cream	<u>Turkey Sandwich</u> With Cheese/ Fixings Pasta Salad Cookie 	<u>Stuffed Cabbage</u> Tomato Sauce Steamed Potatoes Peas Apple Crisp	<u>Seafood Salad</u> Chips Homemade Coleslaw Chilled Pears 
<u>Swedish Meatballs</u> Gravy Mashed Potatoes Mixed Vegetables Ice Cream 	<u>Chicken Tenders</u> Dipping Sauce French Fries Homemade Cucumber Salad Cookie 	<u>Lasagna/Meat Sauce</u> Zucchini & Summer Squash Garlic Dinner Roll Watermelon	Reminder: 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 8:00-10:00 a.m. Menus are in the lobby & Café

September Birthday Celebration Tuesday, Sept. 8, 2026

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

August Birthdays were:

Michael Pelletier, Marta Fronczak,
Tony Schettino, Marge Cleary,
Al Gardner, Carol Rudnicke

Missing from the picture is Anne Pelletier &
Tom Hosman



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. Sept. 8th: "Movie Movie"

Tues. Sept. 15th: The Mirror Has Two Faces

Tues. Sept. 22nd: Bend It Like Beckham

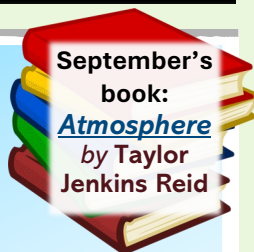
Tues. Sept. 29th: Made In Dagenham



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, September 9th at 10:30 AM
in the conference room.



Computer room activities:

- **Phone/computer help:** On Fridays, Sept. 4th and Sept. 18th 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:** Wednesdays at 10:00 AM



Senator Joan Lovely: Will be holding office hours at the PCOA on **Monday, Sept. 14th** from 9:00 - 10:00 am. Walk-Ins Welcome!



Calling all Veterans

Our Veterans Group will meet on
Tues. September 15th, 2026 from
9:30 - 10:30 AM in the
Computer Room

This meeting will feature a special guest speaker,
Col. Cheryl Poppe.

Our Oct. 20th meeting will also feature a special guest,
BG John Driscoll.

CRAZY CARDS

A fun twist on whist!

Wed., September 23rd, from
12:15 - 3:00 in the Computer Room

**You must purchase your \$3.00
ticket by September 15th**

Tickets may be purchased at the Front Desk



Virtual Reality

Every Wednesday in September

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
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

Low Vision Group

*Our next Low Vision Meeting Will be Wed. September 9th at 12:30.
Call Judy Enos at 978-290-6080 if you have any questions*

Diabetic Education

with Marianne Chojnicki. The next class will be Tues. Sept 1st,
10:30-11:30 am. Please sign up at the Front Desk

Hearing Screenings

Joe from Apex Hearing will be here on Thurs. Sept 24th, 10:00 AM
to 1:00 PM. To make an appointment, call 978-531-2254

Foot Clinic with Crystal Perry – BSN, RN, CFCN

Mon. Sept 14th and Tues. Sept 15th: 9:00 AM - 3:00 PM

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

Outdoor Corner

Bocce

Wednesday, 9:00 - 11:30 am
Thursday, 12:30-2:00 pm

Pickleball

Monday through Friday
8:30 am - 3:00 pm
Please call to make a
reservation!

Outdoor Cornhole

8:30 - 3:00
Mon - Fri

Come and have fun while meeting new people!



3D ART CLASS

Next class:

Thursday,
September 24th at 12:30
PM. Please sign up at the front desk to pick
your next project. Class cost: \$5.00

This Month's Musical

The Band Wagon

Wed. Sept 2nd
12:10 pm start time
In Jubilee Hall



PCOA Transportation



Did you know?

During the pandemic, Project Mobility delivered over 30,000 frozen meals!

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.



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organically-grown produce and
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193 Lynn Street Peabody, MA**

**August 20th, 11:45am - 1:00pm
September 17th, 11:45am - 1:00pm**

**We accept Farmers Market Nutrition
Program coupons, SNAP/EBT/HIP,
cash, checks, and credit/debit cards**

**Contact the Peabody Council on Aging for
transportation to and from the Senior Center**

For more information:

Email: grow@newhallfieldscommunityfarm.org
or call 978-595-1778



New Dementia Support available at AgeSpan

If you or a loved one have been diagnosed with dementia, you may be eligible for support through the federal government's new program GUIDE (Guiding an Improved Dementia Experience).

What is GUIDE?

GUIDE is a program developed for Medicate dementia clients and their caregivers to offer increased support and education to individuals with mild, moderate, or severe dementia. The goal of the program is to provide compassionate, person-centered support for the dementia client and their caregiver that promotes quality of life, and reduced stress.

GUIDE Program highlights:

- Services are covered at no additional cost to the client or caregiver.
- \$2,625 annually for in-home or adult day center respite (time off for the caregiver).
- Personalized Care Plans: Tailored care that adapts as needs evolve.
- Comprehensive Assessments: To understand the specific challenges and strengths of each individual caregiver.
- Ongoing Support: Regular check-ins to help you navigate the complexities of dementia care with confidence.
- Caregiver services including training on how to best care for your loved one living with dementia, education, and respite services.

Who Qualifies?

- If you or a loved one has a diagnosis of mild, moderate, or severe dementia you may qualify.
- You have traditional Medicare parts A&B (not enrolled in Medicare Advantage).
- You are not enrolled in a SCO/One Care, PACE, or hospice.

Contact

Please contact 978-946-1211 or email hlce@agespan.org for more information.



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Points to Ponder, By Jack Lawless

September - Grandparents Day
and Senior Citizen Month

- Tarzan of the Apes creator Edgar Rice Burroughs (1875-1950) was born in Chicago on the 1st
- On the 3rd in 1783, the Treaty of Paris was signed by John Adams, Ben Franklin, and John Jay, formally ending the American Revolutionary War between Great Britain and the United States
- Saint Teresa died on the 5th in 1997 in Calcutta at age 87 after serving the sick and poor in India
- Monday, the 7th is the federal holiday, Labor Day, honoring the contributions and achievements of American workers.
- The New England Patriots open their season on the 9th, playing an away game against the Super Bowl Champions, the Seattle Seahawks
- The Jewish holiday of Rosh Hashanah begins at sundown on the 11th, along with the 25th anniversary of the 9/11 attacks
- Haile Selassie, Emperor of Ethiopia, was deposed by an army coup on the 12th in 1974, after 44 years as ruler
- The Jewish Holiday of Rosh Hashanah ends on the 13th, the day which Grandparents Day is also celebrated
- The 12th Annual Mayor's Senior Day at Brooksby Farm is on the 16th
- The Jewish Holiday of Yom Kippur begins on the 20th at sundown, and ends on the 21st
- The beginning of the fall season (Autumn Equinox) starts on the 22nd
- The 41st Peabody International Festival will be held on the 27th
- The full moon on the 26th is the Corn Moon, named for the corn harvested in the fall
- On the 29th in 1879, Congress created the United States Army

GOD BLESS AMERICA AND OUR PATRIOTS!

There is a quiet kind of bravery in starting again, and September is full of it! - Anonymous



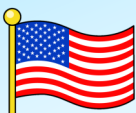
3D Printing

We now offer
3D printing. It will be
available 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.

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.



AARP Foundation[®] Tax-Aide

AARP Tax-Aide volunteers will be returning to the North Shore next year to prepare tax returns for low to moderate income taxpayers in our community.

But...

We Need New Team Members

Our team members volunteer for about 4 – 8 weekday hours per week from mid-January through mid-April. Some prepare tax returns; some do administrative work; some are computer and network specialists.

Training is Provided but computer skills are helpful

Sign up at aarpfoundation.org/taxaidevolunteer
To learn more about the program, please contact Keith Wollman, taxaiderecruiting@gmail.com or call 978-560-3279.



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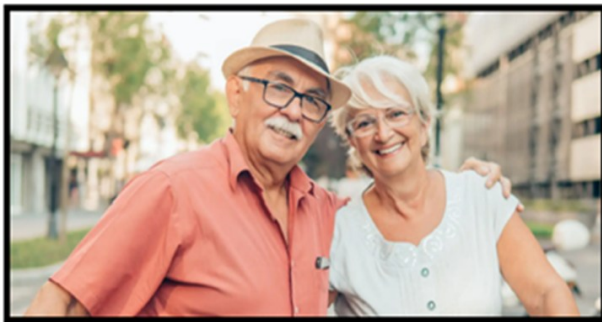


Alliance Health at Rosewood
22 Johnson St., Peabody, MA 01960 (978) 535-8700
AllianceHHS.Org/Rosewood



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- Fixture Installs

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SAME-DAY SERVICE





Our new bench, dedicated to the wonderful Jacky Ankeles

We would like to thank the Ankeles family for purchasing a bench in memory of their incredibly talented wife and mother, Jacky Ankeles. The PCOA family will always be so grateful to Jacky for her documentary "*Beyond Bingo*," which showed in detail all of the programs and services that are provided by the Peabody Council on Aging.

The idea for *Beyond Bingo* came when Jacky and our Board Chairperson Natalie Maga decided to meet me for lunch in our Friends Café. It was the first time Jacky was in the Torigian Senior Center. As

we started to talk over lunch, she was so impressed by all of the Activities taking place at our center, and with in a few minutes I saw her face change. She said, "we need to do a documentary about this place!"

Without even thinking I said OK! I just loved her enthusiasm. At the time, Jacky shared with me that she was diagnosed with cancer. However, during that point, she was feeling fairly well and was eager to work on this with us.

I found it incredibly heartwarming that a stranger to our operation wanted to help us get the word out about all that we do here. She said that more people need to know about what takes place at the PCOA, and to know where to come, especially when they need assistance!

During the documentary's creation, Jacky made me feel so comfortable - it was like talking with a life-long friend! It was fascinating watching her plan out everything, rewriting parts on the fly. It was wonderful working with such a creative artist! During Jacky's life, she had been many things: a Boston Ballerina, a pianist, a nurse, a radio broadcaster, a novelist, and now documentarian, just to name a few! I will never forget that experience and will be forever grateful she chose the PCOA to help.

Jacky knew of our desire, (or maybe I should say need) to expand our senior center to meet the growing concerns of the ever-expanding older adult population in Peabody. She thankfully shared many of her great ideas of how to accomplish this mighty task. I want to take a moment to thank Jacky's husband David, as he has offered his help in our expansion efforts - a promise that he made to Jacky.

The *Beyond Bingo* documentary was awarded First Place in the documentary category from the Alliance For Community Media Northeast Region. The documentary can still be viewed when you go to Peabody TV website. If you haven't yet seen it, give it a watch! Thank you for everything, Jacky.



Pictured above:
Jacky's husband, David Ankeles Esq.



Exciting News:

In this new, fast-paced, often crazy world of AI-generated art, we have a real treat for you! A golden opportunity to own a piece of real art created by... wait for it... A real human being!

Marcy Consalvo, one of our many wonderful volunteers, has generously offered to donate over 50 of his award-winning paintings to raise funds for the much needed expansion of our senior center. All proceeds raised will be added to the building fund expansion.

Mark your calendars! On October 1st, 2026 we will display the beautiful paintings throughout the senior center and you will be given the opportunity to bid on your favorite work of art. The paintings will be on display for several weeks to give everyone time to bid on their favorite ones.

I would like to coin a new phrase or term - "AH" Always Human, Absolutely Human, Authentically Human - take your pick! - Carolyn Wynn





The Roger B. Trask Adult Day Health Program warmly welcomes our new Program Manager, Alicia Muzarol!

A few words from Alicia: “I come to the Roger B. Trask Adult Day Health Program as a human services specialist with extensive experience in resident services, case management, care coordination, behavioral health, and community-based support. My educational background in psychology helped shape my passion for advocacy, conflict resolution, relationship-building, and connecting individuals and families with resources that promote stability and well-being. I am committed to supporting others, developing meaningful connections and creating solutions that empower individuals to achieve greater independence and quality of life.”

Thank you Alicia, we are very grateful to have you here!



**Ballroom
Dancing
To the
music of
the
Golden
Echoes**

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, September 15th,
1:30 to 2:30 pm**

Please RSVP: 978-531-2254 x 136

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

In Honor of the
Transportation
Department
Carolyn Crocker

Gift to the PCOA
Damri Chawalit

Gift to the PCOA
Anna Gallo

September is National Falls Prevention Month

6 steps to help prevent a fall:

1



Find a good exercise program

Activities that improve strength, balance, and flexibility can help you stay steady on your feet.

2



Talk with your healthcare provider

Ask about your personal risk for falling and what you can do to reduce it.

3



Review your medications

Some medicines can cause dizziness or drowsiness. Ask your doctor or pharmacist to review all of your medications.

4



Get your vision and hearing checked

Regular checkups can help find and treat problems that may affect your balance and safety.

5



Make your home safer

Remove tripping hazards, improve lighting, use non-slip mats, and install grab bars, or handrails when needed.

6



Talk about falls

If you have fallen, feel unsteady, or are worried about falling, tell your healthcare provider. There are steps you can take to reduce your risk.

Falls are not a normal part of aging. Many falls can be prevented. Take these simple steps to protect your health, your independence, and the life you love.

Did you know?

Falls are one of the leading causes of injury among older adults

1 in 4

Older adults falls each year

3 Million

Older adults are treated in emergency rooms for fall injuries each year

Falls are the #1

Cause of hip fractures, and a leading cause of traumatic brain injuries

\$50 Billion

In medical costs are related to falls each year cause of traumatic brain injuries

Statistics are from the Centers for Disease Control and Prevention (CDC)

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.

Celebrating National Grandparents Day September 13th, 2026

Every September, we celebrate National Grandparents Day. This is a special time to honor grandparents and the important role they play in our families and communities. Grandparents share wisdom, stories, and unconditional love that shape our lives in lasting ways.

- ⇒ **Make a call** - A few minutes can brighten someone's day!
- ⇒ **Share a memory** - Look through old photos and enjoy the stories behind them.
- ⇒ **Write a note** - A card or letter is always a treasure.
- ⇒ **Share a tradition** - Cook a favorite recipe, listen to music, or watch a classic movie together.
- ⇒ **Tell your story** - The younger generations love hearing about "the good old days."

Free POP UP PANTRY

In Partnership With:  THE SALEM PANTRY

Come shop from a
variety of fresh, nutritious
foods all free of charge

Thursday, September 24th

1:00 - 3:00 PM

PCOA Parking
Lot

79 Central St,
Peabody MA



We are excited to be partnering with
the Salem Food Pantry on a Pop Up
pantry monthly mobile market.



You will need to register to participate in this free market.
There are no income guidelines, but we do ask you to be a
Peabody Resident age 60 years and older or an active
volunteer at the PCOA.

Scan the QR code to the right with a
smartphone to register online.

PCOA staff will be
available at the senior
center to assist with
registration, or you can
email
cwynn@peabodycoa.org

We will be able to
accommodate 140 people



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

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.

Come on Down & Enjoy Coming Events

September Birthday Celebration

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. September's celebration will be held on September 8th, at 11:30 am in the dining room. Just sign in with the ladies at the door in the dining room to receive your free lunch!

Brooksby Farms "Senior Day"

The Triad Committee and many other organizations will present their programs at the Mayor's Annual Senior Appreciation Day on Wednesday, September 16th at Brooksby Farm from 10:00 a.m. to 1:00 p.m. Hayrides, viewing of historic homes, shop for fruits and vegetables, see the farm animals, and enjoy a free lunch provided by the PCOA for all who attend. ***Sign up is required! Plan to attend and enjoy the day.***

Peabody International Festival

Plan to come and enjoy all the diversity that the City of Peabody has to offer at the largest exhibition of culture on the North Shore! The 2026 Festival will be held on Sunday, September 27th, 2026. The festival is free and open to the public; the festival will run from 11am-5pm and will showcase 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.

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 Memory of Gifts
to the Friends of the PCOA:

In Memory of Eleanor Castonguay
Jose & Alice Pinto

In Memory of Loretta Delpero
Sandi Dupont
Peabody Tops Friends

**UPCOMING FRIENDS
OF THE PCOA TRIPS**



Join the Friends of the PCOA for these exciting fall trips! Be sure to register and submit your payment by the deadlines listed below to reserve your spot:

Our Salem Cross Inn Fireside Feast trip is still planned for November 5, 2026!

The registration deadline is September 28, so if you are interested in joining us, please sign up as soon as possible with your payment of \$155 per person

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

**REGISTRATION DEADLINE:
November 19th**

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**

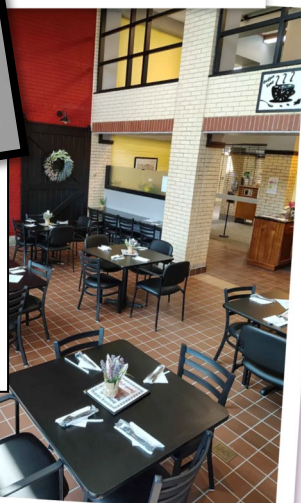
Please register early - each trip requires a minimum of 35 participants. *Trips not meeting the minimum may be canceled.*



*A full house for
Liam Foley's
performance*



The
Friends Café is
always looking
for new
volunteers!



**It was a fun
Slush Day!**

**Thank you Alliance
Health at Rosewood!**



**Our Mah
Jongg
class**



**Return of
our turkey
friend!**

PEABODY COUNCIL ON AGING

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

Non-Profit Org.

U.S. Postage

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Peabody, MA 01960

RETURN SERVICE REQUESTED



September 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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