November 2022

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
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Live Peabody
An Age Friendly Community

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

Thanksgiving Celebration!

Thursday, November 17th
9:30 am-12:30 pm in Jubilee Hall

Join us for a warm Thanksgiving dinner celebration... We will be serving our delicious Roast Turkey dinner with Brown Gravy and Cranberry Sauce, Bread Stuffing, Roasted Butternut Squash and our amazing, scrumptious Pumpkin Pie for dessert! All served with hot coffee.

Tickets are $15.00 and go on sale Tuesday, November 1st.

Entertainment provided by "The Golden Echoes"

THE SHOW IS BACK!

The Forever Young Chorus
Presents: "Let's Make a Movie"

The Show is on
Wednesday, November 30th
12:30—2:15 pm In Jubilee Hall

Tickets cost $5.00 and go on sale Wednesday, November 9th!

Pay at the front desk!

The 'Friends' are putting on a Karaoke afternoon!

Tuesday, November 15th
from 12:30—2:00 pm in Jubilee Hall

You won't want to miss it! Come and join in the fun...

It will be very entertaining!

Our Veterans Meetings

The Veterans meeting will be on Tues. Nov. 15th from 9:30—10:30am in the Conference Room

The Disabled American Veteran's will meet *on Wed. Nov. 16th from 9:30 - 11:00 in the Conference Rm.*

MOVIE TIME

Our Movies will be shown in Jubilee Hall On Tues. from **12:15 – 2:15pm** Due to other programs, there will be only 2 movies this month.

Tues. Nov. 1st—"Mr. Smith goes Washington"

Tues. Nov. 22nd—"42nd Street"

CRAZY CARDS

This month, Crazy Cards will be on Wed. November 16th, from 12:15 - 3:00pm In the Computer Room Please sign up in advance at the Front Desk for your $3.00 ticket

THE BOOK CLUB

Cate Merlin from the Library runs the Book Club on the second Wednesday of each month from **10:30am to 11:30am.** This month they will meet **on** Wednesday, **Nov. 9th** In the Conference Room.

To join, call Judy @ 978-531-2254 ext. 124

"We're having a Shopping Spree!"

Get ready for the Holidays! Come shop in our lobby on Thurs., Nov. 10th. Jack, who sells the hats and gloves will be here, along with a jewelry table., knitted items, quilted items and more! This is a one day event! Don't miss it! Thursday, Nov. 10th—9:30—12:30 In the Front Lobby

The Low Vision Group

will meet on: Wednesday, Nov. 9th from 12:30 - 2:00pm in the Classroom A

CARD MAKING WITH SOFIA

Sofia will be back on **Friday, Nov. 4th from 12:30—2:00pm** in **Classroom A.** This time they will be making **Holiday cards**. There is no charge; However, there is a **limit of 10 people** for this event.

If your interested, call Judy at **978-531-2254**

November Birthday Celebration

Tuesday, Nov. 1st

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

October Birthdays were:

Philip Celeste, Francisca Cannon, Betty Brennan, John Kauppinen, And Lyn Cockreham

Many thanks to Evans Flowers For the Birthday Balloon and Rose!

Hearing Screenings - Joe from Apex Hearing will be back on Thurs. Dec. 1st from 10:00am to 1:00pm. To make an appointment call 978-531-2254.

Senator Joan Lovely will hold office hours at the PCOA on Monday, Nov. 21st from 9:00am—10:00am

Phone & Computer Help - Friday Nov. 4th & 18th from 9:00am - 11:00am

Ping-Pong - Most Fridays 12:30 - 3:00pm in the Computer Room

Peter A. Torigian Senior Center

November 2022

Lunch is served promptly at 11:30 am

Meal Cost: $4.00
Friends Members: $3.00

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 ***Vegetable Quiche*** French Onion Soup Soup/Crackers Oven Brown Potato Mixed Fruit *Birthday Cake*	2 ***Reduced Sodium Hot Dog*** on a Hot Dog Roll Condiments Baked Beans Homemade Coleslaw Ice Cream	3 ***Shepherd's Pie*** Gravy Carrots Whole Wheat Bread Tapioca Pudding	4 ***Potato Crunch Fish*** Tartar Sauce Oven Roasted Potatoes Zucchini Red Pepper Butterscotch Pudding
7 ***Macaroni & Cheese*** Green & Golden Beans Chunky Tomato Soup/Crackers Chilled Pineapple	8 **VOTING** **NO LUNCH TODAY**	9 ***Meatloaf*** Gravy Whipped Potatoes Hearty Vegetable Soup, Crackers Pears	10 **Veterans Day** Free lunch for Veterans ***Stuffed Sole*** With Broccoli and Cheese, Lobster Sauce, Oven Brown Potatoes Peach Berry Pie	11 **Veterans Day** Center Closed
14 ***Chicken Piccata*** Lyonnaise Potatoes Peas Bean Dip and Crackers Watermelon	15 ***Italian Sub*** Beef Barley Soup Chips Tropical Fruit Cup	16 ***Stuffed Cabbage*** Tomato Sauce Steamed Potatoes Carrots Cookie	17 **Thanksgiving Party** ***Roast Turkey*** Gravy &Cranberry Sauce, Bread Stuffing Roast Butternut Squash & Pumpkin Pie	18 ***Haddock*** Cream of Broccoli Soup Twice Baked potato Wheat Bread Ice Cream
21 ***Steak Tip Salad*** Lettuce, Tomato, Onions, Strawberries Raspberry Dressing Chips Ice Cream	22 ***Gallo Nero Pizza*** Caesar Salad Ice Cream	23 ***Chicken Salad*** Lettuce,Tomato, Onion Potato Salad Cole Slaw/Chips Tropical Fruit Cup	24 Happy Thanksgiving Center Closed	25 Center Closed For Holiday Weekend
28 ***Reuben Sandwich*** Minestrone Soup Homemade Cole Slaw Watermelon	29 ***Breaded Chicken Filet*** Marsala Sauce Rice Greek Salad Apple Crisp	30 ***Swedish Meatballs*** Gravy Mashed Potatoes Beets Ice Cream	**IMPORTANT LUNCH CHANGES** Diners need to purchase their lunch tickets between **10:00-11:00 am!** Lunch Tickets ***WILL NOT*** **be sold after 11:00 am!**	

TRANSPORTATION: Jim Downey

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, Shaws & 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*

Please *call by at least by 2:00 pm a day ahead* to get your name on the list!

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.

ATTENTION All Riders!!

For booked appointments, we will get you there *on time* but *return* time takes a while due to unforeseen conditions. (Thankyou 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

Joining A Health or Drug Plan:

WHEN CAN I JOIN, SWITCH OR DROP A PLAN...

You can join, switch, or drop a Medicare Health Plan or a Medicare Advantage Plan (part C) with or without drug coverage during these times:

- ***Initial Enrollment Period***. When you first become eligible for Medicare, you can join a plan.
- ***Open Enrollment Period.*** From October 15 to December 7 each year, you can join, switch, or drop a plan. Your coverage will begin on January 1st (as long as the plan gets your request by December 7)
- ***Medicare Advantage Open Enrollment Period.*** From January 1-March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Note: You can only switch plans once during this period.

If you would like to make an appointment, please call Reception at 978-531-2254 and ask to speak with Social Services.

Please continue to support our sponsors! sponsors. Without them, our newsletter would not be possible! Thank you!

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AnchorHomeMedical.com AnchorHomeMedical@gmail.com

FLU SHOT CLINIC

at the PCOA

Wednesday, November 2nd

In Jubilee Hall from 1:30-4:30 pm

PLEASE GO TO THE FOLLOWING WEBSITE TO REGISTER FOR AN APPOINTMENT.

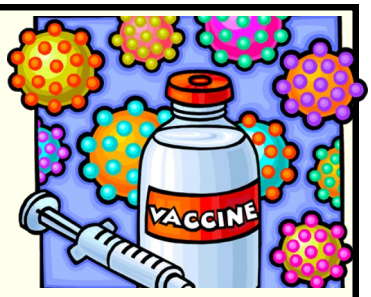
https://home.color.com/vaccine/register/peabody

If you need assistance, please leave your name and phone number at the front desk with reception. Please call 978-531-2254.

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. Just drop off your cell phone donation at the Reception Desk.

MODERNA Booster Clinic



Wednesday, December 7th

1:30 to 3:30 pm in Jubilee Hall

Please register at:

https://home.color.com/vaccine/register/peabody

If you need assistance, please leave your name and phone number at the front desk. Call (978) 531-2254 for reception.

We collect Eyeglasses & Eyeglass cases for the Lions Club.

If you have any old glasses and eyeglass cases that you are no longer using anymore, please bring them to the Center.

THANKS!

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

Volunteers are needed to help during the upcoming tax season. Volunteers help at local libraries or senior centers for approximately ***10 hours/week*** during the tax season. Contact us to learn more and please pass this along to a friend who may be interested in helping!

To learn more about training, volunteer commitment and more, contact:
Ruth Lindsay at SeniorCare
(978) 281-1750 X 572 or at
ruth.lindsay@seniorcareinc.org.

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BLOOD PRESSURE CLINICS

Element Care

will offer these clinics in the PCOA lobby on the 2nd Thursday of every month from 9-11 am for the next six (6) months through 2023. The dates are as follows for 2022 and 2023.

Dates for 2022:

November 10

December 8

Dates for 2023:

January 12

February 9

March 9

SIGN UP AT THE FRONT DESK!

This information is being shared by Peabody TRIAD in honor of National Family Caregiver Month.

The Executive Office of Elder Affairs supports ***MassOptions,*** *an aging and disability information, and referral call center.*

MassOptions is a free service that helps older residents, people with disabilities, and caregivers connect with support services in their area. These materials can also be accessed in the Online Library 24/7 directly from the 'Library' tab on our website at WWW.PEABODYCOA.ORG, key word ***Family Caregiver.***

If you have questions about the Library or resources for family caregivers, please contact Sheila at 978-531-2254 x118.

We are always pleased when new business advertise with us! Please be sure to support our Sponsors!

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Mayor's Senior Day at Brooksby Farm!

We want to send many warm thanks to Mayor Bettencourt for once again hosting the long-awaited "Senior Day" at Brooksby Farm. As always, it was a great time for the seniors. They enjoyed each others company, went on hayrides, were able to do some shopping and had the opportunity to get their shots and visit some booths to gather important information. As usual, it was an absolutely perfect day. We also want to thank the staff members and volunteers from the PCOA, Brooksby Farm and City Hall for making this yearly get together an enjoyable and successful event!

Points to Ponder... Jack Lawless

November: Change Clocks & Check Batteries Month

- All Saints Day also known as All Hallows Day among Roman Catholics commemorating those who have no special feast day is on the 1st.
- King Tut's Tomb was discovered on the 4th in 1922 by British archaeologist, Howard Carter. Believe it or not in some of the tombs searches, edible honey has been found.
- On the 5th, clocks are turned back one hour as daylight savings time ends, which makes it a good time to check your batteries in your household devices.
- Don't forget to vote on November 8th, State Election Day. (Sept. 12)
- On the 8th is the full moon, the Beaver Moon or Frost Moon during a lunar eclipse.
- On the 9th in 1965, the Great Blackout of the USA Northeast Coast began affecting over 30 million people.
- The U.S. Marine Corps was established on the 10th in 1775 as a part of the U.S. navy. It became a separate unit on July 11, 1789.
- On the 11th hour of the 11 day of the 11th month in 1918, World War I came to an end and it was called Armistice Day. It later changed to Veterans Day.
- Brazil became a republic on the 15th in 1889.
- A Connecticut school teacher Charles F. Dowd, proposed a uniform time plan for the U.S. consisting of four zones on the 12th in 1883.
- New Jersey on the 20th in 1789 became the first state of ratify the Bill of Rights.
- On the 22nd in 1963 the 35th President, John F. Kennedy, was assassinated in Dallas, Texas.
- Enjoy a Happy Thanksgiving on the 24th!
- The first American holiday Thanksgiving, occurred on the 26th in 1789. It was proclaimed by President George Washington.
- Fire erupted inside the Coconut Grove nightclub in Boston killing nearly 500 persons trapped inside on the 28th in 1942.

"For Thanksgiving to be truly Thanksgiving, it is first Thanks, then Giving!" Jason Braudie

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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Volunteers needed!

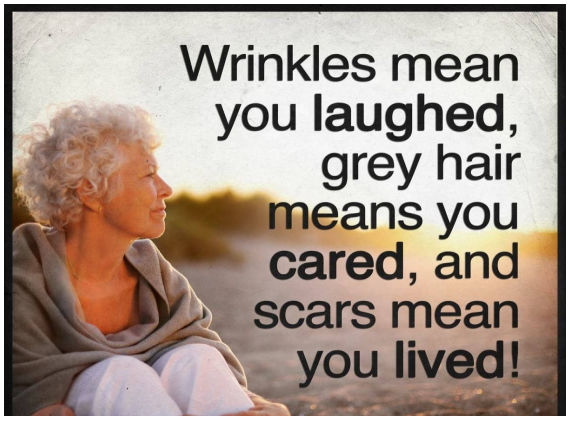
You may have noticed all the activity going on around our old café and gift shop. We have been busy designing and building an amazing state-of-the-art café for our seniors that will offer them a whole new dining experience and WE ARE LOOKING FOR VOLUNTEERS!

If you are a motivated and energetic senior and would like to volunteer as a hostess or server, please give our Volunteer Coordinator, Laurie Nadeau a call at ***978-531-2254 X108***. We look forward to hearing from you!

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.*

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

In Honor of Anna Gallo:
For her gift to the PCOA
In Honor of Carolyn and the COA Team: David & Jacky Ankeles



In Honor of/In Memory of Gifts to the Trask ADH Scholarship Program:

In Memory of Wilfred Crist:
Mr. and Mrs. Donald Ahearn
In Memory of Jack Turgeon:
Catherine Tassinari
Laurie Nadeau

In Memory of Christine "Chris" Wronkowski:
Walter and Ann Blazewicz, Susan Bocknick, Caroline Busta, Nancy Gauthier, Barbara and Karen Gratiano, Janis Marren, Frances McClure, Amber Moutsoulas, Dorothy Taylor, United Polish Organizations for Daughters of St. Joseph, United Polish Organizations of Peabody, Catherine Tassinari

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MICHAEL F. "MIKE" ZELLEN, PRESIDENT OF FRIENDS REPORT: NOVEMBER 2022

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.

Come On Down and Show Your Talent

On Tuesday, November 15, 2022, the Friends of the Peabody Council on Aging will be sponsoring a Karaoke Contest between the hours of 12:30 to 2 PM. Three members of the PCOA Staff will be judging the contestants and selecting a female and male winner. Each of the two first place winners will receive a $25.00 Market Basket Gift Card.

Annual Thanksgiving Celebration

The Peabody Council on Aging will be hosting the Annual Thanksgiving Celebration on Thursday November 17 from 9:30 am – 12:30pm. Tickets are available to be purchased at the front desk. Come on down and enjoy the festivities with entertainment provided by Golden Echoes.

Thanksgiving Day – November 24

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 Gifts to the Friends of the Peabody Council on Aging:

In Honor of Carolyn Wynn, Sandi Dupont, Tony Schettino, Tom Santos:
"A Friend"

In Honor of Paul Kelley, Congratulations on your award!:
Amber Moutsoulas

In Honor of Richard A. Patuzzi:
June Patuzzi

In Honor of the PCOA:
Jerry Powers, Anonymous

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

In Memory of all those deceased on 9/11 and our Parents:
Alice & J. "Mario" Pinto

In Memory of Fred G. Brienza:
Walter and Ann Blazewicz
Mr. and Mrs. Elliot Hershoff

In Memory of Mary Coan:
Walter and Ann Blazewicz

In Memory of Wilfred "Bill Crist:
Ellen Fallon, The Grieble Family

In Memory of Carol Dumont:
Roland Dumont, Jr.

In Memory of Ellen Hardy (for her 80th birthday on 9/30/22):
Carol and Mendy Brown

In Memory of Donald A. Leo:
Millie Schweizer

In Memory of Joel Marron:
Milt and Paula Burnett

In Memory of the Sylvester Family:
Kathleen Wilkinson

In Memory of John Turgeon:
Joan Johnson

In Memory of Christina Wronkowski:
Adelaide Emmett, Joan Johnson

'Friends' 2022 Bd.Mtg: December 5

The Friends Board has joined forces with *Amazon Smile*. It's a simple and automatic way for you to support the Friends of the PCOA and shop on-line. With Amazon Smile you can now select: *Friends of the PCOA* as your favorite non-profit charity and 5% of your purchases will be donated by Amazon to the Friends.

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

PEABODY COUNCIL ON AGING
Peter A. Torigian Senior Center
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NOVEMBER 2022

Carol McMahon, Editor

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 _____

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Please Circle: **In Memory** or **In Honor**

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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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