

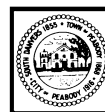
October
2025



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

MONSTER MASH
With The Golden Echoes
Thursday, October 30th
9:30 - 11:30 AM ~ Jubilee Hall

Wear a costume!
Win prizes!

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



Join Peabody's Team Bill and walk
in downtown Peabody!

Sunday, Oct. 19th
at 9:00 am

Walk begins:
Downtown Peabody
10:00 am!

Join us for these events!

- Annual Flag Raising at City Hall: Tuesday, 10/14 at 1:00 pm
- Torigian Senior Center Walk: Friday, 10/17 at 10:00 am



The weather looks
good for Harvey
Leonard's presentation
at the PCOA!

Wednesday,
October 1st
@ 12:30
Jubilee Hall

Amelia Earhart
Beyond the Skies
Wednesday, October 15th

12:30 in Jubilee Hall
Presented by Dr. Margie 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.



Lori Z
presents

SOUNDS OF
BARBARA STREISAND



Wednesday, October 29th @12:30 pm
in Jubilee Hall



Sign up at the front desk!



Sandwich special:
Chicken Caesar wrap

Salad special:
Chicken Caesar salad

Peter A. Torigian Senior Center

October
2025Lunch is served
promptly at 11:30 a.m.Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is Subject to change	Reminder: Diners need to purchase their lunch tickets between 10:00- 11:00 am. Tickets will not be sold after 11:00 am	Steak and Cheese Calzone Marinara Sauce Garden Salad Potato Salad Ice Cream	Roasted Turkey Stuffing Cranberry Sauce Sweet Potato Gravy Brownie	Homemade Fish Sandwich Mashed Potatoes Cheddar Broccoli Soup Chocolate Chip Cookie
Chicken Pot Pie Potato Salad Greek Salad Butterscotch Pudding	Vegetable Quiche Oven Brownd Potatoes Tomato Soup/ Crackers Birthday Cake	Roast Beef & Swiss Cheese Wraps Chipotle Sauce French Fries Corn Mex Salad Oreo Cookie Cones	Chicken Cordon Bleu Gravy Scalloped Potatoes Caesar Salad Lemon Meringue Pie Pub Cheese/Crackers	Oriental Chicken Salad On Mixed Greens Cold Vegetable Lo Mein Noodle Salad Wheat Pita Fortune Cookie & Chilled Mandarin Oranges
PCOA Closed	Italian Sausage On A Roll Onions/Peppers Oven Fries/Ketchup Coleslaw Ice Cream	Cheese Lasagna Meat Sauce Green Beans Apple Juice Yogurt	Chicken Salad Sandwich Chips Corn Chowder Banana Cake	Baked Haddock Lyonnaise Potatoes Peas/Red Peppers Chilled Peaches
Hamburger Stroganoff Over Noodles Mixed Vegetables Cookie	The All-American Hot Dog Tomato, Onions, Pickles, Beans Homemade Coleslaw Rice Pudding	Stuffed Peppers Steamed Potato Peas & Onions Fruit Cup	Roast Beef Baked Potato Gravy Green Beans Cookie	Grilled Salmon/Lt. Bearnaise Sauce Rice Pilaf Spinach Peaches & Strawberries
Chicken Piccata Lyonnaise Potatoes Corn Ice Cream	Tuscan Tuna Salad Italian Garden Soup Crackers Potato Salad Vanilla Pudding With Fruit	Baked Ziti & Meatballs Broccoli Garlic Bread Chocolate Pie	Steak Loin Gravy Roasted Potatoes Fresh Baby Carrots Lemon Meringue Pie Halloween Party	Cheeseburger Lettuce, Tomato, Onion, Pickles French Fries Watermelon Happy Halloween!

This Months Musical
"The Music Man"
Wednesday, Oct. 22nd @
12:00 PM START TIME

Senator Joan Lovely: Office hours at the
 PCOA: **Monday, October 20th, 2025**
 from 9 - 10am. Walk-Ins Welcome!

Veterans Meetings:
 Our Veterans Group will meet on
 Tues. October 21st, 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.
 October's book is "James" by Percival Everett
 Discussion is Wednesday, October 8th at 10:30 AM
 in the conference room.



CRAZY CARDS

A fun twist on whist!

Wed. October 22nd from 12:15 - 3:00 in the
 Computer Room

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

Tickets may be purchased at the
 Front Reception 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, October 3rd & 17th 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



October Birthday Celebration

Tuesday Oct. 7, 2025



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

September Birthdays were:
 Betsy Gagnebin, Fran McLaughlin, Judy
 Enos, Cheryl McLaughlin, and Jeannie Reims
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 Oct. 7th - The Last Hurrah

Tues Oct. 14th - Hidalgo

Tues Oct. 21st - Ball Of Fire

Tues Oct. 28th - Young Frankenstein

ENJOY AN AFTERNOON MOVIE & SOME POPCORN

WE HAVE A NEW CLASS

Diamond Art (similar to paint by numbers)
 Every Tuesday, 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. 11:45-2:00
 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. October 20th & Tues. October 22nd,
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**

Fall Risk Assessment

Gordon College will be here on Thurs. Oct.
16th from 10:45 - 12:00
For your free assessment
Please sign up at the front desk

Hearing Screenings

Joe from Apex Hearing will be here on Thurs.
October 23rd, 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, Oct. 7th 10:30 –11:30
Class is held in the small conference room
Please sign up at the front desk
Limit of 10 people
Class is cancelled for Nov & Dec.

Low Vision Group

**Will meet Wed. Oct. 8th at 12:30
in classroom A
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!**

It's that time of the year again!

Our wonderful volunteer Betty Brennan will
start selling her Christmas Raffle tickets.
Tickets will go on sale at our Halloween Party
on Thursday, October 30th. The proceeds from
the raffle will be split between our
Transportation Department and The Trask
Adult Day Health Program for the activity fund.

Sophia is Back

**For another fun afternoon
of card making - Friday, Oct. 17th,
@12:30 - Classroom A
Sign up at the front desk
Limit of 10 people**

Burn Boston Burn

Presentation by Wayne Miller
Has been postponed to
Wednesday, Nov. 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.



Torigian Senior Center
79 Central St.

**YOU'RE
INVITED**



The Peabody Council on Aging
Presents

Speakers from

- ✓ Peabody Police
- ✓ Peabody Fire
- ✓ Cataldo Ambulance



**FREE
ADMISSION**

The following informational tables will be present:

- ✓ Peabody Council on Aging/Peabody TRIAD
- ✓ Peabody Municipal Light Plant
- ✓ VNA Care

Materials from the American Red Cross will also be available for Emergency Pet Plans, Home Fire, Flood Safety Checklist and Smoke Alarms that you can Feel & See for the Deaf and Hard of Hearing

October 8th, 2025 - 12:30 PM - Jubilee Hall

Please RSVP by calling 978-531-2254 or via email at
info@peabodycoa.org

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.

Points to Ponder: By Jack Lawless

October: The Fair and Ghostly Month

- Jewish Holiday: Yom Kippur begins at sundown on the 1st.
- On the 2nd in 1975, Japanese emperor Hirohito made his first ever visit to the White House.
- Iraq gained independence from Britain on the 3rd in 1932 and then joined the League of Nations.
- The Gregorian Calendar took effect in 1582 on the 4th in Catholic countries as Pope Gregory XIII issued a decree, while Britain and American colonies adopted it in 1752.
- The "Father of the Space Age" Robert Goddard (1882-1945) was born in Worcester, MA on the 5th.
- The Jewish Holiday of Sukkot starts at sundown on the 6th. The largest supermoon of the year, the Full Harvest Moon appears as well on the 6th. 🌕
- On the 7th in 1949, the German democracy came into existence in East Germany. Dominated by Soviet Russia, it lasted until German reunification in 1990.
- The U.S. House of Representatives voted in 1998 on the 8th to impeach President Bill Clinton.
- Eleanor Roosevelt (1884-1962) wife of President Franklin D. Roosevelt, was born in NYC on the 11th.
- Jewish holiday Shemini Atzeret commences at sundown on the 13th, followed by Simchat Torah. Also, the federal holiday falls on the 13th - Columbus Day/Indigenous People's Day.
- Fervent abolitionist John Brown seized the federal arsenal at Harper's Ferry, WV on the 16th in 1859.
- On the 19th in 1781, the British army surrendered at Yorktown to General Washington, effectively ending the Revolutionary War.
- Thousands of anti-war protestors in 1967 on the 21st stormed the pentagon during a rally against the Vietnam War in Washington, D.C.
- The United Nations was formed in NYC on the 24th, 1945.
- The shoot-out at the O.K. Corral in Tombstone, AZ occurred between the feuding Clanton & Earp families and took place in 1881 on the 26th.
- The British House of Commons voted in favor of joining the European economic community on the 28th, 1971.
- On the 29th in 1618, British explorer, Sir Walter Raleigh was executed in London for treason.
- For the first time since the last ice age, Great Britain was connected with the European continent on the 30th in 1990 via a rail connection through the English Channel.
- On the 31st, *Witching* you a Happy Halloween! 🎃

"We are each made for goodness, love, compassion. Our lives are transformed as much as the world is when we live with these truths." - Desmond Tutu

GOD BLESS AMERICA AND OUR PATRIOTS!



The PCOA Women's Drill Team is seeking new recruits as it opens its 38th season this fall!

The team meets for practice every Monday at the PCOA from 12:30 – 2:00pm. There is no fee, and membership is open to all!

For more information, please call the PCOA at 978-531-2254 and ask for Laurie at ext. 124

Each routine requires attention to steps and formations, and offers a light, enjoyable physical and mental workout. Practice sessions generate laughter, camaraderie, and a genuine sense of teamwork and accomplishment!



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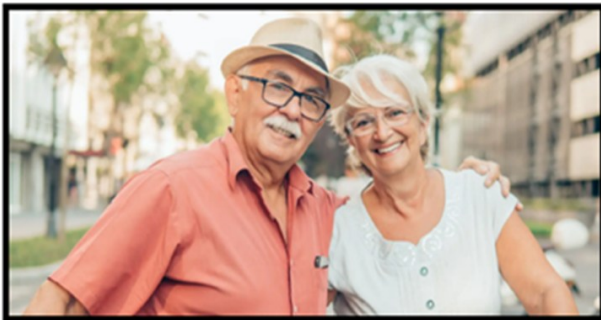


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**SAME-DAY
SERVICE**



Volunteer spotlight

Michael Talluto

October's volunteer spotlight features Michael Talluto, who has been volunteering at the PCOA since 2004!

Whether you are a newcomer to the PCOA, or if you have been coming here for years, you've probably seen Mike Talluto! Michael is a longtime PCOA volunteer who has helped out for over 20 years on a variety of projects.

Michael grew up in Caltanissetta, Sicily, and he is extremely proud of his Italian heritage! He met his wife Josephine there, before they both immigrated to the United States in 1968, where they have lived ever since. Together, they have 3 children, and 6 grandchildren! Initially, Mike and Josephine lived in Revere and Chelsea before moving to Peabody 21 years ago. For most of his working career, Mike worked in stone masonry, and is proud of his craft! He belongs to Laborer's International Union Local 22. In his spare time, he enjoys spending time with family, gardening, and traveling! He and Josephine regularly go on cruise adventures.



Soon after retirement, Michael discovered the PCOA in 2004, when he was looking for a place to volunteer. Being such a skilled craftsman, he signed up to help Michael Callahan, head of the Center's Maintenance Department. Since then, he has helped out with a wide variety of construction projects at the PCOA, including the garage, ADH program rooms, our new patio, and building office space. But his volunteer efforts don't stop there! Mike volunteers a lot of his time in the kitchen, helping to cook, prepare, and serve lunch for the many patrons we provide meals for daily.

Additionally, Mike has also performed in several PCOA variety shows - a man of many talents!

When asked about what his favorite aspects of volunteering at the PCOA were, he couldn't choose one. "For me, everything is good. I'll do anything that's asked! Whatever I am doing currently is my favorite thing!" he joked. "I like helping people! I've helped people my whole life."

Thank you Michael, for all of your volunteering efforts, and for making the PCOA a better place for over two decades!



Volunteers needed at The Friends Café!



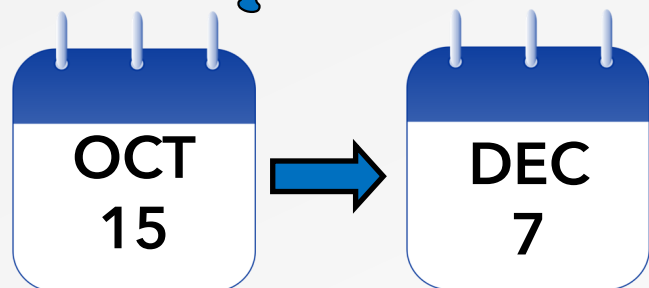
We are currently looking for energetic, sociable, and fun volunteers for our Café. Restaurant experience preferred but not necessary, as we are willing to train the right candidates.

Qualities needed: Kindness, reliability, punctuality, being a team player, able to stand, walk, and carry trays of food. Our goal at the Friends Café is to serve fresh, quality food made to order in a clean, comfortable and enjoyable space filled with kind and courteous staff. We strive to send each and every customer away satisfied and happy, giving them a restaurant experience without the restaurant prices.

Hostess responsibilities include: Arriving early to prepare for the day, collecting the starting cash, and setting up the station. From 11:00 to 11:30 a.m., the hostess is responsible for taking to-go orders. At 11:30 a.m., the focus shifts to dine-in service, which involves greeting guests, taking their names and payments, assigning tables and waitstaff, and distributing pagers as needed. Throughout the shift, the hostess manages seating, operates the cash register, and keeps track of orders and payments. At the end of the shift, they complete all accounting tasks and ensure that all necessary paperwork is prepared for the next shift.

Servers: Servers are expected to arrive early to prepare for their shift and are responsible for refilling supplies such as soda, chips, and other necessary items. Each server will be assigned specific tables to wait on, taking customer orders, serving drinks and food, and handling cleanup. Teamwork is essential, so all servers should be ready to assist one another as needed throughout the shift. At the end of the day, servers help with sweeping the dining room, cleaning tables, and restocking supplies. Plan to stay at least 30 minutes after closing to complete these tasks.

Medicare Open Enrollment



Available 24 hours/7 days a week

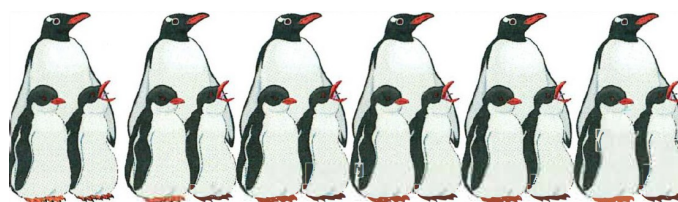
SHINE Counselors are available at the
PCOA for Peabody residents

Call reception to book an
appointment:
(978) 531 2254

Be Informed

Review your coverage. Compare your options. Choose or change your Medicare health and prescription drug plans for the coming year. Help is available!

Medicare.gov ~ 1-800-MEDICARE
(1-800-633-4227) TTY: 1-877-486-2048



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	\$51,777	4	\$99,753
2	\$67,709	5	\$115,504
3	\$83,641	6	\$131,436

*60% of Estimated State Median Income—Effective June 2025

For information about Fuel Assistance:

Call: 978-531-8810/Email: fuelassistance@nscap.org, or visit 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

Roger B. Trask Adult Day Health Program



**Playing
Bingo!**



**Program participants
on a Mystery Ride
event! Each week,
clients are taken on a
surprise adventure to
different locations.
The mystery ride
ends with a stop at
Treadwell's
Ice Cream!**



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: Tuesday, October 21st -
1:30 to 2:30 pm**

Please RSVP: 978-531-2254 x 136 or 134

In Honor of Gifts

To the Peabody Council on Aging

Gift to the Nutrition Program

Andrew Effron

In Gratitude to Carolyn Wynn and the PCOA

Anna Gallo

In Honor of the Transportation Department

Frances Minsky

~~~~~

**In Memory of Gifts**

**To the Peabody Council on Aging**

**In Memory of Jacky Ankeles**

**From her loving husband, David Ankeles**

**Anibal & Virginia Faria**

**Carolyn Wynn**

**Charlie & Debby Bonfanti**

**John Marshall**

**Gauthier & Company c/o Bradley Gauthier**

**Jan & Marvin Menovich**

**In Honor of Gifts**

**To the Roger B. Trask Adult Day Health  
Program**

**Gift to the Trask ADH Program Activities Fund**

**Kaellen D'Amour**

~~~~~

In Memory of Gifts

To the Roger B. Trask Adult Day Health Program

In Memory of Doris Cowart

Catherine Tassinari

Carolyn Wynn

In Memory of Jacky Ankeles

Dorothy Taylor



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

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 7th 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 Flowers.

Halloween Party

On Thursday, October 30th, the Council on Aging will be holding a Halloween Themed Special Lunch. The Halloween Party will have a Halloween Costume Contest. There will be a special lunch served at 11:30 in the dining room. The cost is the usual lunch price, \$4.00 for Friends Members and \$5.00 for non-members.

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 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* unless otherwise instructed.

In Honor of Gifts to the Friends of the PCOA:

For all the great things you do for my Aunt,
Linda Mendonca
Elaine Burnham

In Honor of the PCOA Staff
Anna Gallo
Berea Girard

In Honor of the Transportation
Department & Bus Drivers
Judy & Norman Perkus

In Memory of Gifts to the Friends of the PCOA:

In Memory of Aurora DeJesus

Fernandes Alves

Carl Brand
Kimberly O'Neil
Jacob Wiesmann

In Memory of Jacky Ankeles

Elizabeth & Nicholas Ambeliotis

Luis & Ida Azevedo

Paul Bazzano

Mary & Len Bonfanti

Maureen Bowley

Francine T. Butler

Paul & Gail Champigny

Joeseeph Colella

Congregation Sons of Israel

Kaellen D'Amour

Sandra Derrico

Sandri Dupont

Tom & Kate Fabrizio

Sheila Gallagher

Erdmuthe Limpaecher

Luso American Credit Union Board
of Directors & Employees

In Memory of Jacky Ankeles

(continued)

Mary Marron & Family

Peter & Jeannette McGinn

Linda & David Mendonca

Carol Murtagh

Donna Lozow & Alan Pierce

Mario & Alice Pinto

Anne Quinn

Mary Ellen & Arthur Schultzer

Roy Simoes

Joan & Bill Simon

Suzanne Pinho: "With
sympathy & love from Eddie &

Todd Pinho & Families

Pamela Hitchmoth: "I have many
warm and fond memories"

Duarte & Maria Machado: "Incredible
friend who will be truly missed but
never forgotten. May she rest in
peace."

Fred Lomas: "Our good friend"

Gail Graff: "With deepest
condolences."

In Memory of Becky Gabriel and

Cara Murtagh

Janet O'Connor

In Memory of Doris Cowart

Bruce Zalneraitis

In Memory of Barbara A. Doyle

Kevin & Cindy Bernier

Kathleen Fabrizio

Lane & Ellen Nordquist

Kathleen Oates

Janet & Ken Reinold

James Tully

In Memory of Rae McDonough

Marc Kornitsky

In Memory of Juliane Morey

Christine Carco

In Memory of Virginia "Ginny" Veno

Joan Johnson



John Stepenuck, Naval Veteran and member of the PCOA Veterans Group, presents Senator Lovely with a medal for all of her many years of work in supporting the Veterans in our Community.

John presented this medal at the Annual Senior Day at Brooksby Farm.

Social Services

The Social Service program provides information and referrals to seniors and their families about programs and services provided by the Council on Aging and other agencies in the elder network. The social service staff also provides assistance with the application process and participation in Fuel Assistance, SNAP benefits, Housing and many other programs.

Four members of our staff are certified SHINE counselors and specialize in health insurance for Medicare recipients. Appointments are available by telephone or in-person.

Please call us at (978)-531-2254

On behalf of our staff, Sandra Cloutman, Sheila Dzengelewski, Amber Moutsoulas and Maryanne Pierce LSW, we would like to welcome the newest member of our team, Mariana Melville!

Bilingual services are available to our Spanish and Portuguese community.

PCOA Happenings!



**Photos from the Wingmasters
birds of prey show**

**A packed Jubilee Hall learned
about a variety of bird species
at this fantastic show!**

**A big thank you to Mr. Jim
Parks, and all of his
feathered friends!**



**Photos from Mayor Bettencourt's
Brooksby Farm Senior Day!**

**A great Senior Day was had by all at Brooksby Farm this
year - featuring a delicious meal, hayrides, farm tours, and
more!**

**Thank you to all who
attended this 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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October 2025

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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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