

Tips & Topics

October
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

MONSTER MASH With The Golden Echoes

Thursday, October
29th

Wear a costume!

Menu:
Chicken Cordon Bleu
Fingerling Potatoes
Basil Carrots
Lemon Meringue Pie

Forensic Science Roadshow

Wednesday, Oct 14th at 12:30 PM

In Jubilee Hall

Venture into the world of CSI with this interactive program that introduces you to the world of forensic science. Subjects covered: DNA, fingerprints, blood, crime light, and many more. Paul Zambella was employed as a Forensic Scientist at the MA State Police Crime Laboratory for 36 years.

Sign up at the Front Desk

Sign up at the Front Desk

Using the MBTA to get
around safely and
Accessibly

Wed, October 28th at 12:30 PM

The MBTA Mobility Center will be presenting at the PCOA. Topics covered will include how to use MBTA resources to plan your trip, accessibility features on MBTA services, and available services if your trip extends outside the MBTA service area.

Following the presentation, presenters will stay to assist individuals who may qualify for the Senior CharlieCard or other reduced-fare programs to complete their applications (government-issued photo ID with date of birth required).

Jubilee Hall

Friends Café Specials

Chicken fingers (plain or buffalo)

With dipping sauce



No breakfast on
Tuesday, Oct. 13th
Café Closed: Oct 29th

Save the date!

The Forever Young
Chorus Presents:

TV LAND

Tues. Nov. 10th

@ 12:30 PM

Tickets go on sale:
10/19/26, \$5 per person

Marcy's Art Auction

Ongoing
through the
month of
October!

The Friends of the PCOA are
sponsoring another Karaoke
afternoon!

Wednesday, October 21st
12:30 - 2:00 PM in Jubilee Hall

The top male and female
singers will win a \$25
Market Basket Gift
Certificate

It will be very
entertaining!

Peter A. Torigian Senior Center

October
2026Lunch is served
promptly at 11:30 a.m.Meal Cost: \$5.00
Friends Members: 4.00

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: Diners need to purchase their lunch tickets between 10:00-11:00 am. Tickets will not be sold after 11:00 am	Breakfast is served in the Friends Café on Tuesdays/Thursdays 8:00-10:00 a.m. Menus are in the lobby & Café	Menu Subject to Change	Roast Beef & Swiss Cheese Wraps Chipotle Sauce French Fries Corn Mex Salad Oreo Cookie Cones	Homemade Fish Sandwich Mashed Potatoes Cheddar Broccoli Soup Chocolate Chip Cookie 
Vegetable Quiche Oven Brownd Potatoes Tomato Soup/ Crackers Ice Cream 	Steak & Cheese Bomb Calzone Marinara Sauce Potato Salad Birthday Cake	Breaded Chicken Filet Marsala Sauce Rice Pilaf Vegetable Medley Watermelon	The All-American Hot Dog Tomato, Onions, Pickles Beans Homemade Coleslaw Strawberry Shortcake 	Tuscan Tuna Salad Italian Garden Soup Crackers Potato Salad Vanilla Pudding With Fruit
 Columbus Day Center closed	Chicken Pot Pie Whipped Potatoes Green Beans Apple Crisp 	Pulled Pork On A Roll Potato Salad Cucumber Salad Chocolate Pie	Chicken Salad Sandwich Chips Corn Chowder Banana Cake	Baked Haddock Lyonnaise Potatoes Peas/Red Peppers Chilled Peaches
Honey Mustard Chicken Bacon Wrap With Fixings Pasta Salad Apple Pie	Italian Sausage On A Roll Onions/Peppers Oven Fries/Ketchup Cucumber Salad Ice Cream 	Cheese Lasagna Meat Sauce Green Beans Apple Juice Vanilla Pudding With Oreos 	Cheeseburger With Fixings Potato Salad Onion Rings Cookie	Grilled Salmon/Lt. Bearnaise Sauce Rice Pilaf Spinach Mixed Fruit 
Chicken Piccata Lyonnaise Potatoes Corn Ice Cream 	Rosemary Ham Wrap Tomato, Onions, Pickles Tomato Florentine Soup Dijon Mayo Chips	Stuffed Peppers Steamed Potato Peas & Onions Fruit Cup 	Chicken Cordon Bleu Gravy Fingerling Potatoes Basil Carrots Lemon Meringue Pie Halloween Party! 	Shrimp Po Boy Lettuce, Tomato, Onions Oven Fries Chipotle Mayo Cookie

October Birthday Celebration Tuesday, Oct 6th, 2026



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

September Birthdays were:

Betsey Gagnebine, Richard Oliver, Cheryl McLaughlin, Fran McLaughlin, Judy Enos, and Billy Aguiar



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. Oct. 6th: Born Yesterday

Tues. Oct. 13th: Norma Rae

Tues. Oct 20th: The Shop Around The Corner

Tues. Oct. 27th: Super 8



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, October 14th at 10:30 AM
in the conference room.

October's
book:

Run Rose Run
by Dolly Parton
and James Patterson

Computer room activities:

- **Phone/computer help:** On Fridays, Oct. 2nd & Oct. 16th 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, Oct 19th** from 9:00 - 10:00 am. Walk-Ins Welcome!



Attention - Calling all Veterans!

Our Veterans Group will meet on Tues. October 20th, 2026 from 9:30 - 10:30 AM in the Computer room.

This meeting will feature a special guest,
BG John Driscoll

CRAZY CARDS

A fun twist on whist!

Wed., October 28th, from

12:15 - 3:00 in the Computer Room

You must purchase your \$3.00 ticket by October 21st.

Tickets may be purchased at the Front Desk



Virtual Reality

Every Wednesday in October

Morning Session:

9:00 to 11:00AM

Afternoon Session:

12:30 to 2:30 PM



The Drill Team is back at it!



If you are interested in joining,
practices are Mondays from 12:30-1:30.
Call the front desk for more information!

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: Wed. 10:00 in Computer Room

Quilting: Thurs. 8:30-11:30

Call Laurie for more info: 978-531-2254

Health Corner

Hearing Screenings

Joe from Apex Hearing will be here on Thurs. Oct 22nd, 10:00 AM to 1:00 PM. To make an appointment, call 978-531-2254

Low Vision Group

Our next Low Vision Meeting will be Wed. October 14th at 12:30.

Foot Clinic with Crystal Perry BSN, RN, CFCN

Mon. Oct. 19th and Tues. Oct 20th: 9:00 AM - 3:00 PM
Call 978-531-2254 to schedule your appointment.
Payment must be cash or check made out to the PCOA.
Cost is \$55.00

Diabetic Education

with Marianne Chojnicki. The next class will be Tues. Oct 6th, 10:30-11:30 am. Please sign up at the Front Desk

Watch battery replacement

Jon will be here on Oct. 22nd. Tickets are given out at 8:15am to the first 20 people, one watch per person. A \$2.00 donation to the center is requested.

Ongoing Activities



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!

Cornhole

Thursdays at 2:00 pm

Sophia's Card

Making Class

Sophia is back with her card making skills and will instruct you on making your own greeting cards.

Friday, Oct. 16th at 12:30 PM

Class space is limited, so please sign up at the front desk. This is a free class.



Diamond painting!

3D Art Class

Next class: Thursday, Oct 22nd at 12:30 PM. Please sign up at the front desk to pick your next project. Class cost: \$5.00

This Month's Musical is cancelled due to the TRIAD event



Catherine "Kay" Morrocco's Family was on hand for the dedication of the bench that they purchased in their mother's memory. Pictured in the photo are her children; James "Jim" Morrocco, Catherine "Cathy" Cronin and John "Jack" Morrocco Jr. The bench will be located in the outside recreation area where the bocce court is located. As most people here at the senior center already know, Kay started the Bocce here at our center. The court was located next to the track and the local kids used it as a giant sandbox. That didn't stop her from getting the games going, but she was so pleased with the new outside recreation area.

Kay did so much for us at the senior center, and we will forever be grateful for all of her efforts. There isn't a week that goes by that I don't think of Kay and all of the positive energy she brought to our home away from home. Thanks to the Morrocco & Cronin Families for their support.




Sheryl Faye
Presents
Helen Keller
A Remarkable Life of Courage, Determination and Hope

Sheryl Faye brings the extraordinary Helen Keller to life in this inspiring one-woman performance. Through powerful storytelling, historical research, and vivid characterizations, Sheryl shares the remarkable journey of a woman who overcame immense challenges to become a world-renowned advocate for education, equality and human rights.

An Unforgettable Story of Strength, Hope and Inspiration



**Save the date: Wednesday,
November 4th at 12:30 PM
Jubilee Hall**



**We are going to
the Topsfield
Fair!**

**Wed., October 7th
Bus leaves at 9:30 am**

This is a
limited event
so please
sign up at
the front
desk. This is
a free event.



**A delicious
breakfast is
served in the
Friends Café on
Tuesday and
Thursdays
8:00 - 10:00 AM**



Breakfast Menu:

- 2 eggs (either scrambled or fried), 2 sausage or bacon slices, and toast or a hashbrown. Served with coffee or tea.
- Homemade French Toast: Sprinkled with powdered sugar and your choice of bacon or sausage and maple syrup.

- Breakfast Sandwich on an English muffin: Choice of bacon or sausage with egg and cheese and a hashbrown. Egg and cheese only is also available.

A la carte offerings:

- Blueberry muffin - \$2.00
- Grilled English muffin - \$2.00
- Breakfast sandwich only - \$4.00

PCOA Transportation



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.

Home Energy Assistance Program

(Formerly known as Fuel Assistance)

Do you need help keeping warm this winter? Would you like a discount on your monthly National Grid utility bills?

Home Energy Assistance Income Eligibility

Household Size	Maximum Gross Annual Income
1	\$53,585*
2	\$70,073*
3	\$86,561*
4	\$103,041
5	\$119,536*
6	\$136,024*

*60% of State Median Income

If you live outside of NSCAP's service area, please call **(800) 632-8175**, or you can visit the Executive Office of Housing and Livable Communities (EOHLC), and find the energy assistance agency nearest you by visiting the **Home Energy Assistance Program (HEAP) webpage**.



Public Health
Prevent. Promote. Protect.

Free Flu Vaccine Clinic

**October 22nd,
1:30-3:30 PM**

Peabody Council on Aging

Everyone 6 months of age and older is recommended to get an annual influenza vaccine, including healthy adults.

Please bring your insurance card with you, and wear a short-sleeved shirt.

Preregistration is encouraged, but not required. Scan the QR code below to register:



**Medicare
OPEN
ENROLLMENT**

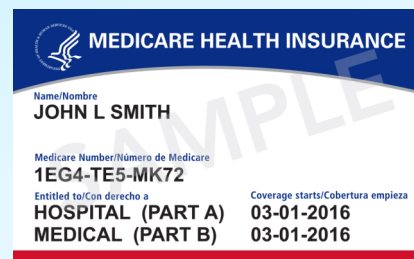
**October 15th -
December 7th**

To your appointment, please bring:

- ⇒ Insurance Cards
- ⇒ List of Medications

Call 978-531-2254 to make an appointment with a SHINE counselor. If none are available, please call Medicare:

1-800-633-4227



2027 plans will not be available until after October 15th

Points to Ponder, By Jack Lawless

October:

Fire Prevention and Spooky Festivals Month

- World Vegetarian Day is on the 1st, kicking off Vegetarian Awareness Month.
- The Jewish Holy Day of Simchat Torah begins at sundown on the 3rd.
- The 1978 Nobel Prize winner Anwar Sadat, Egyptian President, was assassinated on the 6th in 1981 in Cairo while watching a military parade.
- On the 8th in 1998, the U.S. House of Representatives voted to impeach President Bill Clinton.
- On the 9th in 1701, Yale University was founded in Saybrook, CT as the Collegiate School of Connecticut.
- Eleanor Roosevelt (1884-1962) was born in New York City on the 11th.
- Columbus Day/Indigenous People's Day will be celebrated on the 12th.
- The U.S. and Britain agreed to set the U.S. - Canadian border at the 49th parallel from the Lake of the Woods to the Rocky Mountains on the 20th in 1818.
- On the 24th in 1945, the United Nations was formed.
- The full Hunter's Moon occurs on the 26th. 
- On the 28th in 1918, The Republic of Czechoslovakia was founded, assembled from part of the former Astro-Hungarian Republic.
- HAPPY HALLOWEEN on the 31st, which had its roots in the ancient Celtic festival of Samhain, marking the end of harvest season. This included traditions such as costumes, trick or treating, bonfires, Jack o' lanterns and festivals.

GOD BLESS AMERICA AND OUR PATRIOTS!

May the start of October remind you: We are worthy of new beginnings, and you are worthy of finding joy in this season, no matter what is still unknown.

-Morgan Harper Nichols



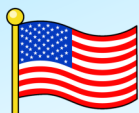
3D Printing

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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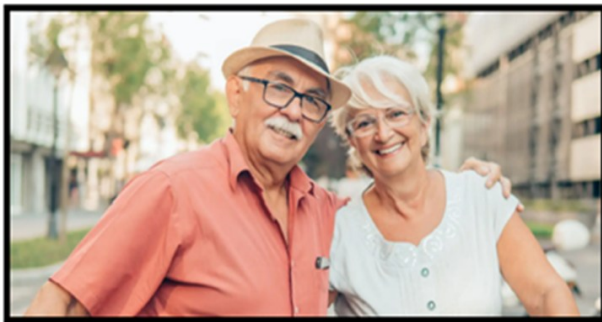
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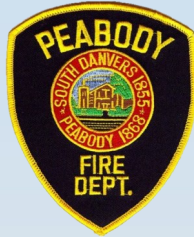


You're Invited!

The Peabody Council on Aging Presents:

**Speakers from Peabody Police, Peabody Fire and
Cataldo Ambulance discussing:**

Fraud & Scams | Fire Prevention & Safety | EMS Education



Sheila Dzengelewski: Outreach, Peabody Council on Aging

Richard Cameron: Elder Affairs Officer, Peabody Police

John Hosman: Deputy Fire Chief, Peabody Fire

Eric Dwan: Operations Manager, Atlantic Ambulance

The following informational tables will be there:

- Peabody Council on Aging/Peabody TRIAD
- Peabody Municipal Light Plant
- Essex County Sheriff's Department
- City of Peabody Social Services
- AgeSpan
- Element Care
- Mr. Handyman
- Habitat for Humanity
- Visiting Angels

*We look forward to seeing
you!*



**Wednesday
October 7, 2026**



**12:30
PM**



**Toriglan Senior Center
79 Central St
In Jubilee Hall**

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

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

Thursday, October 22nd

1:00 - 3:00 PM

**PCOA Parking Lot
79 Central St,
Peabody MA**



In Partnership With: **SALEM PANTRY**

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 PCOA 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.

Volunteer spotlight

Linda Mendonca

October's volunteer spotlight highlights Linda Mendonca, who has been volunteering with us for the past 12 years!

Linda grew up in the Azores, with her brother and sister, where she lived until she was 14. She actually had her 14th birthday on her trip over to the USA! She has lived in Peabody ever since, and notes that all of the different places she has lived here are within walking distance from one another.

After immigrating to the USA, Linda attended the Carroll School, where she would stay for 3 years prior to attending Peabody High School. While she was a high school student, she got a job at a local grocery store, Arthur's Market - working there until graduation. After graduating, she began working at an office for 2 years. Linda is also a board-certified electrologist, and had an electrolysis and manicure business for over 17 years!



After getting married, Linda had her two children, a boy and a girl. She now has 4 grandchildren!



Linda's parents,
Francisco and
Rosa Sousa

When asked how she discovered the PCOA, Linda laughed, "It was a no-brainer!" Her parents were faithful patrons for many years. Her father first heard about the senior center when it was in the basement of the 75 Central Street building, and would attend activities there. When the PCOA opened in its current location, he loved going (and would always walk there)! For many years, he would try to convince Linda's mother to go with him. Although she refused for many years, she eventually decided to give it a try! Her mother was able to meet up with some ladies who she already knew from around their community. Linda's father was thrilled, and the couple kept coming for many years. Linda's parents knew each other their whole lives, and she says they were wonderful people.

Linda started volunteering at the PCOA when she was 72, shortly after she retired. She knew she would love it, as her parents had so many wonderful experiences here. She started out in a knitting group, as knitting has been a lifelong passion of hers. She does Portuguese knitting, which is a special style in which your hands never leave the piece you are working on. She instructs people on how to do these styles/techniques, and also takes attendance for both our knitting and crochet classes. Linda is also a PCOA board member, and assists with watch battery replacement events, and does Japanese Bunka. Outside of the PCOA, she volunteers with her church. Aside from knitting, she is also a painter, and has made several beautiful paintings for her family and friends!



The PCOA knitting group

Thank you Linda, for all of the work you do as a volunteer!

Roger B. Trask Adult Day Health Program

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, October 20th,
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 Jacky Ankeles
David Ankeles and Family

Gift to the PCOA
Anna Gallo

In Memory of Gifts
To the Peabody Council
on Aging

In Memory of
Barbara Therrien
Alice O'Brien
Jean Connelly

In Honor of/In Memory of Gifts To the Roger B. Trask Adult Day Health Program

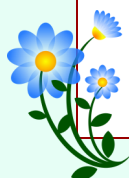
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Cummings Community
Giving Gift

In Memory of James
Smerczynski
Carolyn Wynn

In Memory of
Barbara Therrien
Carolyn Wynn

Therapy animals visit the ADH program

Some of the animals who visited included two Great Danes, a Jack Russel terrier, and a very friendly pig!



**MICHAEL F. "MIKE" ZELLEN, PRESIDENT
OF FRIENDS REPORT:
OCTOBER 2026**

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 Fiends Cafe.

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 6th at 11:30 am in the dining room. Just sign in with the Ladies at the table at the door to receive your free lunch! The oldest person will receive a rose and a balloon, generously donated by Evans Florist.

Halloween Party

On Thursday, October 29th the Council on Aging will be holding a Halloween Theme Special Lunch. The Halloween Party will have a Halloween Costume Contest. The party will begin at 9:30 am with music by the Golden Ages. There will be a special lunch served at 11:30 am in the dining room. The cost is the usual lunch price, \$4.00 for Friends Members and \$5.00 for non-members.

The Friends are bringing Karaoke back!!

The Friends are putting on another Karaoke afternoon on Wednesday, October 21st, 2026, from 12:30 p.m. to 2:00 p.m. DJ Jane Mitchell will be here to lead the singing.

Top male and female singers will receive a Market Basket Gift Card.

All singers receive a Friends Café Gift Card.

Come on down and join the fun.

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



***Happy Halloween
To all!***

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

In Honor of Linda Mendonca
Janna & David Mendonca

In Memory of Loretta Delpero
Lorraine Fetzani

In Memory of Alice Fabrizio
Judith Fabrizio

In Memory of Margaret Melanson
Carol & Kim Murtagh

In Memory of Rick Miller
Fred Miller

**In Memory of Carol Stone, Annette Green, Ann
Lavin, Elaine Davis, Irma Kline**

Gigi Hooker

In Memory of Barbara Therrien
Doris & Lynn Cockreham

The Darragh Family

Thomas Dolan

Jean Hyde

Debra Kreisberg

Daniel Mahoney

Justin Rogers

William Scotina

Christopher & Diane Vallis

Brett Witrick

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.*

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

A day filled with hayrides, good food, and live entertainment was had by all!

Thank you to everyone who joined us, and thank you to all of our volunteers!



Scrabble Players



We have many wonderful groups at the PCOA!

Woodcarvers

Rug hooking

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 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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