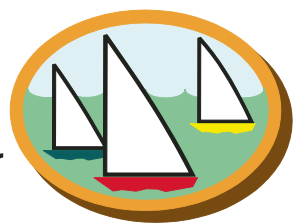


Marblehead

Council on Aging



October 2025



EVERY DAY, MORE THAN 11,000 AMERICANS TURN 65. THEY, AND YOU, HAVE A RIGHT TO AGE WELL.

Pop up Lunch
Thurs., Oct 23
☺

Book Club
Fri., Oct 3
☺

REP ARMINI
Mon., Oct 6
☺

Choose Happy
Mon., Oct 6
☺

Topsfield Fair
Wed., Oct. 8
☺

Flu Clinic
Wed., Oct. 8
☺

KEVTECH
Fri., Oct 17
☺

Caregiver
Support Group
Thurs., Oct. 16
☺

Bereavement
Support Group
Fri., Oct 17
☺

Veterans Coffee
Fri., Oct 17
☺

Book Club
Fri., Oct 17
☺

Peter Bowen
Medicare
Wed., Oct 29
☺

Marblehead
Current
Thurs., Oct 16
☺



*Marblehead Police
Dept. in Partnership
with the
Marblehead
Council on Aging*



October 3 thru November 21

Meets Friday mornings from 8:30 – 12:30

At the Marblehead Council on Aging – located at
the Judy & Gene Jacobi Community Center
with class trips to the
Marblehead Police Headquarters and
Michael Ruane Judicial Center in Salem

What CPA Graduates Say

“Best class I’ve ever taken!” . . .

*“An eye-opening educational experience.”
“Now I have a much better understanding of
the Police Department’s daily responsibilities” . . . “Great classes and field trips!”*

Applications accepted until the class is full.

Class size is limited and will be open to MHD residents who are at least 18 years of age. Applicants are expected to attend all sessions and submit to a Criminal Offender Record Information (CORI) check as part of the application process. **CORI forms** – and the **CPA Brochure** – can be downloaded from marbleheadma.gov/police-department (OR) marbleheadma.gov/council-aging-department.

Questions please contact: Lt David Ostrovitz at ostrovitzd@marbleheadma.gov, or Janice Salisbury-Beal at salisburybealj@marbleheadma.gov



Wednesday, October 8
COA TRANSPORTATION
FREE (12 seats available)

Purchase your tickets ahead of time or at the door! Call (781) 631-6225 to RSVP



HIGH DOSE FLU SHOT
Changed to

Wednesday, October 8
9:00—11:00

*Call the COA after September 22
for the online link to sign up.*



SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare.

Medicare Open Enrollment

Peter Bowen, one of our local SHINE counselors, will be presenting about Medicare Open Enrollment, including the following:
Wednesday, October 29 at 12:30

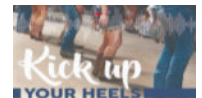


- A summary of Medicare changes for 2026, and what hasn't changed.
- A review of Medicare choices (Supplement plans, drug plans & Medicare Advantage plans)

Open Enrollment appointments fill up quickly. Call today if you want an appointment. (781) 631-6225

COUNTRY LINE WORKSHOP -2 PART SERIES

FRIDAYS OCT. 3, AND 10
Cost for both classes: \$20.00



Part 1 breaks down the fundamental steps of line dancing, making it easy for beginners to follow along. You'll learn basic footwork and simple dances that build on what you've learned.

Part 2 builds on the steps learned in Part 1, adding new steps and dances. Any smooth non-gripping footwear will work. Cowboy boots always welcome! No experience is needed. Whether you're looking to join a line dance class, hit the dance floor with confidence or just have a great time, this workshop is the perfect place to start.

Friend us on FACEBOOK: Marblehead Council on Aging

Judy & Gene Jacobi Community Center / 10 Humphrey Street / Marblehead MA 01945
Contact us at (781) 631-6225 Fax: (781) 639-3431 or email: councilonaging@marbleheadma.gov

NUTRITION PROGRAMMING

LUNCHEON PROGRAMS AT the COA

Lunch by Doug is offered on Tuesdays at 12:00 for \$5.00. This program is prepared at the Council on Aging in our commercial kitchen. The current cost of lunch is offset by the generosity of the Friends of the Council on Aging.

Grab n Go lunches are offered on Wednesdays, Thursdays & Fridays and the suggested donation is \$2.00. This is a grant-funded program offered through AgeSpan. Pick up time is from 11:30 —12:30. Reservations for both programs must be made the Thursday before by calling (781) 631-6225.

**GRAB & GO MEALS**

Wednesday, Thursday & Friday

**Pick up Time:
11:30 —12:30**

*\$2.00 Donation to Agespan can be
made when picking up lunch*

*All meals served with Bread
Menu subject to change without notice*

Wed. Oct 1: Chicken Pot Pie, Whole Grain Buttermilk Biscuit, Broccoli, Pudding

Thurs., Oct 2: Meatballs & Marinara Parmesan with Whole Grain Pasta, Mixed Vegetables, WW Roll, Fruit

Fri., Oct 3: Maple-Bacon Glazed Chicken, Butternut Squash, Green Peas, WW Roll, Fruit

Wed., Oct 8: Chicken in Sage Cream Sauce, Pumpkin Cheese Ravioli, Broccoli, Roll, Cinnamon Swirl

Thurs., Oct 9: Meatloaf with Gravy, Garlic Mashed Potatoes, Carrots, WW Roll, Fruit

Fri., Oct 10: Pork with Mustard Wine Sauce, Baked Sweet Potato, Brussel Sprouts, Hawaiian Roll, Fruit

Wed., Oct 15: Shepherd's Pie with Corn, Mashed Potatoes & Peas, Green Beans, Roll, Fruit

Thurs., Oct 16: White Fish Florentine, Rice Pilaf, Mixed Root Vegetables, WW Roll, Pudding

Fri., Oct 17: Cheese Lasagna with Turkey Bolognese, California Blend Vegetables, Wheat Roll, Fruit

Wed., Oct 22: Maple-Glazed Salmon, Cranberry & Herb Couscous, Brussel Sprouts, WW Roll, Apple Bites

Thurs., Oct 23: Roast Turkey & Gravy, Mashed Potatoes, Mixed Vegetables, Cornbread Loaf, Fruit

Fri., Oct 24: Cheese Tortellini with Chicken & Lemon Ricotta Parmesan Sauce, Vegetable Medley, WW Roll, Fruit

Wed., Oct 29: Pork with Apple Chutney, Polenta, Mixed Root Vegetables, Cornbread Loaf, Fruit

Thurs., Oct 30: Tuscan White Fish, Mashed Potatoes, Brussel Sprouts, WW Roll, Fig Newton

Fri., Oct 31: Chicken & White Bean Chili, Shredded Cheese, Green Beans & Red Peppers, Biscuit, Fruit

**COFFEE WITH A COP
Fridays at 9:00**



While it is Chief King's priority to join, be assured someone from MPD will be here to discuss community concerns or just life in Marblehead.



**LUNCH BY
DOUG**

*This program is generously
sponsored by the Friends of the COA*

12:00 \$5.00/pp Surprise Dessert with every lunch

RSVP & payment due by Friday before each week

**TUES., Oct 7: Balsamic Chicken with Tomatoes,
Cheese, Rice Pilaf, Caesar Salad**

TUES., Oct 14: NO LUNCH

**TUES., Oct 21: Meatloaf, Garlic Mashed
Potatoes, Green Beans**

THURS., Oct. 23: Doug's Pop-Up Lunch (\$7)



**TUESDAY, Oct 28: HALLOWEEN PARTY!
Chicken Parm, Roasted Potatoes, Steamed
Carrots, Side Salad**

*WEAR YOUR FAVORITE
HALLOWEEN COSTUME!*



VETERANS COFFEE HOUR
with
*Veterans Agent Rosann Trionfi
Mazzuchelli*

Friday, Oct. 17 at 10:00

ALL VETERANS WELCOME!

EDUCATION, FITNESS, RECREATION, SOCIALIZATION

CHOOSE HAPPY

Parkinson's Network

Monday, October 6 at 11:00

with Gail Perry-Borden

Come together, share stories, ask questions, find encouragement and inspiration.

"We are not alone- I am not happy I have the disease, but I am still happy." – Gail Perry Borden

JENNY ARMINI
STATE REPRESENTATIVE

*Office Hours at
the COA*

Monday, October 6 from 10:30 to 12:00

SENIOR FOOTWISE

Cheryl Wall, RN, Certified Foot and
Wound Care Nurse

Monday, Oct 6 and Monday, Oct 20

Schedule your appointment today!

\$75/pp* payment due at time of visit

Call or stop in at the COA to book an appointment

*Nov. 3 clinic offers 50% off for Veterans!



MOVIE DAY



***Aging in America: Survive or Thrive, a PBS
Documentary narrated by Martin Sheen***

MUST RSVP by calling (781) 631-6225 as space is
limited

Friday, October 10 at 12:30

*Light Refreshments will be served with a discussion
group afterward.*

**THURSDAY, OCTOBER 9
at 1:00**

**Matt Martin from the Na-
tional Grand Bank** presents
an update on the latest scams
that are plaguing our citizens.
What can you do to protect
yourself, your friends and other family members.

**FRAUD
ALERT**

BOCCE

Monday through Thursday

9:00 to 10:30 and

10:45 to 12:15

Friday—Travel Team

*See or email Pat Bibbo for more details
pbibbo@aol.com*



KEVTECH

*Friday, Oct 17
10:00-11:30 \$20/pp*



Taking and Organizing Photos

This class will dive into the Camera app on your iPhone, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We will also discuss organizing photos into Favorites and Albums.



OCTOBER BOOK CLUB

*Fridays October 3 &
October 17*

THIS IS HAPPINESS
By Niall Williams

2:35—3:35 in the Library

Sign up online or at the Front Desk

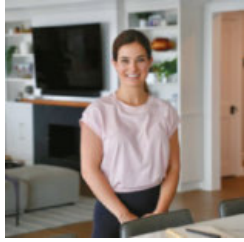


CHAIR VOLLEYBALL

Wednesday afternoons
1:00 — FREE



FITNESS & RECREATIONAL PROGRAMMING



STRONG BONES

Tuesdays 10:00
w/ Jessica Carey, DPT
\$4.00/class

If you have osteoporosis, osteopenia, history of back pain, or experiencing postural changes, this class is for YOU!

This educational exercise class focuses on impact training for bone health, stretches to improve posture, strengthening and balance exercises. Jessica will meet you wherever you are in your health and fitness journey. She provides strategies for safe body mechanics.

CHAIR YOGA w/

Gail Perry-Borden
Tuesdays & Thursdays
11:00
\$4.00/class



w/ Evie
\$4.00/class

Mondays 9:00
Wednesdays 8:30
Thursdays 9:30

LINE DANCING!!!

Thursdays 12:00

\$6.00/class



“Drop-in Songs & Music”

Wednesdays, October 1
&
Wednesday, October 15
11:00 to 12:00

We'll share our past favorites: folk, hymns, classical, popular, etc. Bring your voice, Instrument and ideas or just sit and listen!



Fitness Center

Monday—Friday
7:00 - 2:00 \$3/visit or
\$35 Monthly pass

Health & Fitness

Balance & Mobility

Mondays & Wednesdays at 10:30
\$4.00/class

Senior Muscle Conditioning w/ Kim

9:00 Mondays & Fridays,
10:00 Wednesdays



Parkinson's Fitness w/ Kim

-No Charge-

10:00 Mondays
&
11:00 Wednesdays

Specifically developed for folks with Parkinson's Disease, but appropriate and beneficial for all. Class combines focus on strength, mobility and balance. *This program is provided by the generosity of Parkinson's Fitness*



OSTEO Class w/ Kim

Thursdays 10:00 \$4.00/class

Strength & Stretch w/ Kim

Mondays & Thursdays 11:00 \$4.00/class

w/ Kim

A lower intensity, Latin and world music inspired dance fitness class for all abilities.

Wednesdays at 12:00
\$4.00/class

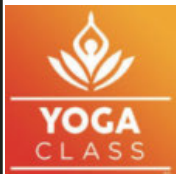
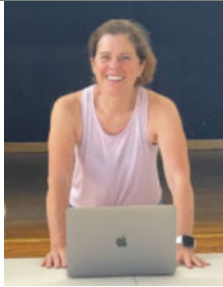


FITNESS & RECREATIONAL PROGRAMMING

STEP IT UP+ w/ Karen Jancsy, is an energizing, low impact, movement, muscle conditioning class.

It's also a great way to increase energy, endurance and muscle strength.

Mondays, Wednesdays & Fridays
8:00 \$4.00/class



RISE AND SHINE YOGA
With Stacie Nardizzi
Fridays at 8:00

Join this class with gentle flow to connect body, mind and breath in harmony. Through mindful movement and breath awareness, you'll cultivate a sense of calm and clarity to start your day grounded and centered.

Cost: \$4.00 per class

"DROP IN" BRIDGE: 

Tuesdays & Fridays
10:00 — 1:00



Tuesdays
Doors close
at 9:30



Mah Jong
Mondays & Wednesdays
11:00 to 2:00



CANASTA

Thursdays 12:00 to 2:00



AUGUST CRIBBAGE WINNERS



All Knitters, crocheters of any ability are welcome! Thursdays from 9 to 11.

Needles, yarn and patterns are available or bring your own project.



Quilting with Janet

10:00 Thursdays
\$6.00/class

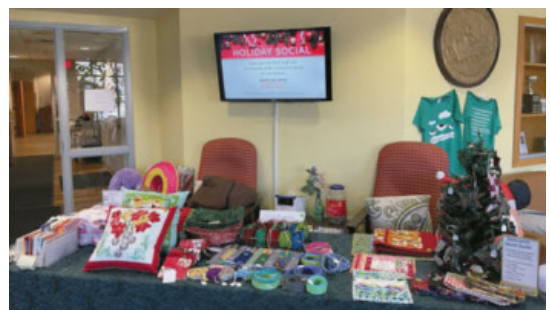
QUILT GUILD
Wednesday, October 1

Doors open at 6:30

Guests & new members welcome

Guild Activities: Library quilt shows, presentations by other quilters, Quilt Shop Hop, Show and Tell, Charity Quilt.

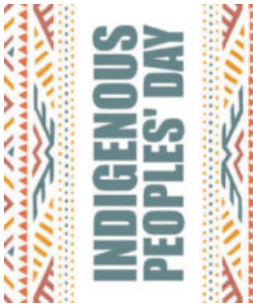
<https://sies.google.com/view/seacoastquiltguild>



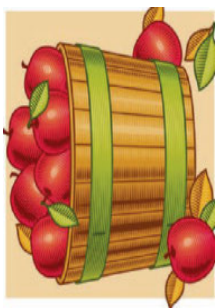
Total Body Work Out
with Light Weights

Instructor: Vivien

Tuesdays & Thursdays
At 8:30 \$4.00/class

Monday	Tuesday	Wednesday	Thursday	Friday
 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 FOOTWISE 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:30 Mahjong Instruction 10:30 Parkinson's Fitness 10:30-12:00 JENNY ARMINI Office Hours 10:45 BOCCE 11:00 Mahjong 11:00 CHOOSE HAPPY 11:00 Strength & Stretch 1:00-2:00 Walk the Gym	 7:00-2:00—Fitness Center 8:30 Weight Training (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00 STRONG BONES (new time) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga 12:00 LUNCH BY DOUG 1:00-2:00 Walk the Gym 1:00 INDOOR CURLING	7:00-2:00 Fitness Center 8:00 STEP IT UP 8:30 YOGA 9:00 BOCCE Crosby's 10:00 Muscle Conditioning 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 10:30 Balance & Mobility 11:00 DROP IN SONGS 11:30-12:30 Grab n Go 12:00 Zumba 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym 6:30 QUILT GUILD	7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 BOCCE Market Basket 9:30 YOGA 10:00 Quilting 10:00 Osteo Prevention 10:45 BOCCE 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 LINE DANCING 12:00 CANASTA 1:00-2:00 Walk the Gym	7:00-2:00—Fitness Center 8:00 STEP IT UP 8:00 Rise & Shine Yoga 8:30-12:30 POLICE ACADEMY 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-1:00 Drop in Bridge 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym 2:35 BOOK CLUB Red Shirt Friday
6 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 FOOTWISE 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:30 Mahjong Instruction 10:30 Parkinson's Fitness 10:30-12:00 JENNY ARMINI Office Hours 10:45 BOCCE 11:00 Mahjong 11:00 CHOOSE HAPPY 11:00 Strength & Stretch 1:00-2:00 Walk the Gym	7 7:00-2:00—Fitness Center 8:30 Weight Training (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00 STRONG BONES (new time) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga 12:00 LUNCH BY DOUG 1:00-2:00 Walk the Gym 1:00 INDOOR CURLING	8 7:00-2:00 Fitness Center NO STEP IT UP+ 8:30 YOGA 9:00 BOCCE 9:00—11:00 FLU CLINIC Crosby's NO Muscle Cond. Topsfield Fair 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 10:30 Bal & Mobility 11:30-12:30 Grab n Go 12:00 Zumba GOLD 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym	9 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 "DROP IN" Knitting 9:00 BOCCE Market Basket 9:30 YOGA 10:00 Quilting 10:00 Osteo Prevention 10:45 BOCCE 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 LINE DANCING 12:00 CANASTA 1:00-2:00 Walk the Gym 1:00 Latest Scams	10 7:00-2:00—Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga 8:30-12:30 POLICE ACADEMY 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-1:00 Drop in Bridge 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym Red Shirt Friday
13 THE COA IS CLOSED TODAY 	14 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00 STRONG BONES (new time) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga NO LUNCH BY DOUG 1:00-2:00 Walk the Gym	15 7:00-2:00 Fitness Center 8:00 STEP IT UP 8:30 YOGA 9:00 BOCCE Crosby's 10:00 Mscle Conditioning 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's 10:30 Bal & Mobility 11:00 DROP IN SONGS 11:00 Meet on 9/26 trip to Glacier Park & Rockies 11:30-12:30 Grab n Go 12:00 Zumba 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym	16 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 "DROP IN" Knitting 9:00 BOCCE Market Basket 9:30 YOGA 10:00 Quilting 10:00 Osteo Prevention 10:45 BOCCE 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 LINE DANCING 12:00 CANASTA 1:00-2:00 Walk the Gym	17 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga 8:30-12:30 POLICE ACADEMY 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-11:30 KEVTECH 10:00-1:00 Drop in Bridge 10:00 Bereavement Group 10:00 Veterans Coffee Hour 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym 2:35 BOOK CLUB Red Shirt Friday

20 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:30 Mahjong Instruction 10:00 Parkinson's Fitness 10:30 Bal & Mobility 10:45 BOCCE 11:00 MahJong 11:00 Strength & Stretch 1:00-2:00 Walk the Gym	21 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00 STRONG BONES (new time) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga 12:00 LUNCH BY DOUG 1:00-2:00 Walk the Gym	22 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 YOGA 9:00 BOCCE Crosby's 10:00 Muscle Conditioning 10:00 NS & LIBERTY TREE MALL 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 10:30 Bal & Mobility 11:30-12:30 Grab n Go 12:00 Zumba GOLD 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym	23 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 "DROP IN" Knitting 9:00 BOCCE Market Basket 9:30 YOGA 10:00 Quilting 10:00 Osteo Prevention 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 LINE DANCING 12:00 CANASTA	24 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga 8:30-12:30 POLICE ACADEMY 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-1:00 Drop in Bridge 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym Red Shirt Friday
27 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:30 Mahjong Instruction 10:00 Parkinson's Fitness 10:30 Bal & Mobility 10:45 BOCCE 11:00 MahJong 11:00 Strength & Stretch 1:00-2:00 Walk the Gym	28 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00 STRONG BONES (new time) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga LUNCH BY DOUG HALLOWEEN PARTY! 1:00-2:00 Walk the Gym	29 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 YOGA 9:00 BOCCE Crosby's 10:00 Muscle Conditioning 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 10:30 Bal & Mobility 11:30-12:30 Grab n Go 12:00 Zumba GOLD 12:30 PETE BOWEN MEDICARE PRESENTATION 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym	30 7:00-2:00 Fitness Center 8:30 Weight Training (new time) 9:00 "DROP IN" Knitting 9:00 BOCCE Market Basket 9:30 YOGA 10:00 Quilting 10:00 Osteo Prevention 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 LINE DANCING 12:00 CANASTA	31 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga 8:30-12:30 POLICE ACADEMY 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-1:00 Drop in Bridge 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym Red Shirt Friday



BOCCE TRAVEL TEAM



COA TRIPS



DAY TRIPS

Danversport—Oct. 23—\$94/pp

Olivia Newton John Tribute

Plated Luncheon included.

Newport Mansions—Dec. 8—\$145/pp

Tour the legendary Breakers Mansion and the Marble House Mansion, both decked out in the “Christmas Best.” Enjoy lunch at Bowens Wharf and have time to visit the charming shops located in the Wharf area.

2026 OVERNIGHT TRIPS

APRIL 19 – 26, 2026

AMERICA’S MUSIC CITIES featuring New Orleans, Memphis and Nashville

SEPTEMBER 11 – 17, 2026*

DISCOVER CANADIAN ROCKIES and GLACIER NATIONAL PARK

***OCTOBER 15 at 11:00 a.m.– COLLETTE presents- GLACIER NATIONAL PARK and the CANADIAN ROCKIES** - prepare yourself for a breathtaking trip thru Glacier National Park. Ask questions about this upcoming trip planned for September 2026. Don’t miss out on the opportunity to participate in this spectacular adventure!

Contact Janice Salisbury-Beal, COA Program Manager, for more information and to sign up.
(781) 631-6225



PAM’s RECYCLING TIPS

How can I find out what goes in my “blue bin”? Check the website:
www.Recyclesmartma.org

If you don’t see your item listed, check out the website “Beyond the Bin” to see other recycling options.

Is there a simple way to remember what goes in my bin?

Yes. Basically, containers found in your kitchen and bathroom are recycleable: **cans, bottles, jars, jugs, tubs (glass, metal and plastic).** Plus, paper and cardboard (flattened to take up less room). And never forget – **when in doubt, throw it out!**

COA NEWS

SOMEONE’S IN THE KITCHEN WITH AMY

We knitters know how to do it right! Here we are at the Marblehead Yacht Club,



Our Savory Soirée started off with a ham, turkey and cheese slider. Take a 24 pack of Hawaiian rolls and split the whole thing horizontally. Set the top aside. Line a cookie sheet with foil. Place the bottoms on the foil. Start layering ham, dill pickle, and Swiss cheese; add chutney for a fancy flavor on the bottoms. Next: layer turkey, slices of pear, chutney, cheddar or Gouda. Make a sauce: a melted stick of butter, Dijon mustard, a little honey, salt and pepper, some Worcester sauce and a bit of diced

onion. After putting the tops on, spread the sauce over the tops. For the ham, sprinkle sesame seeds over; for the turkey shake some everything bagel seasoning on top. Cover with foil and bake at 350 for 20 minutes. Fold back the foil and bake to toast the sliders a bit. These are delicious and the knitting ladies love them.

Every get-together would always find a lovely dish of mushrooms, marinated, roasted or stuffed. For our little gathering, they were stuffed. The stems were removed, chopped, sautéed with some finely diced onion and a little garlic and with some bread crumbs stuffed into the mushroom tops and baked for a short time (10 minutes at 350) until they were done and delightful.



One tasty dish was cream cheese flavored with curry and covered with chutney, served with some crackers for dipping. So simple; so scrumptious.

What would any party be without shrimp cocktail and of course we did have a large dish of just that., jumbo shrimp with a spicy sauce for dipping.

Everyone loves strawberries. *Almost* everyone loves chocolate. When combined, you have a real winner. We did have many winners at our soirée and the chocolate dipped strawberries was #1. Did I mention ice cream?

YUMMY PEANUT BUTTER BARS

1 1/2 cup graham cracker crumbs
1 lb. powdered sugar
1 cup melted butter
1 cup peanut butter
1 12 oz package chocolate chips



Mix the first four ingredients. Press into a 9x13” greased pan. Melt chocolate chips. Spread. Refrigerate. Cut while soft. Refrigerate again. Enjoy. **DO NOT COUNT CALORIES!**

I’d love your feedback! Email me with questions or comments at lockerbieanyone@gmail.com.

OUTREACH SERVICES



Bereavement Group
Friday, October 17—1:00-2:30

This is a very supportive and welcoming group of people.

Caregiver Support Group
Thursday, October 16 at 1:00



Guest speaker: Lyn Skarmas from Care Dimensions will discuss the Dementia Guide Program and how it can improve the quality of life of people living with Dementia, and reduce the burden on caregivers. Sign up on our website or call the office. For more details email Sharon: dolibers@marbleheadma.gov.

SAFETY PROGRAMS

Home Safety Audits appointments are available. A representative from both the MHD Fire Dept & COA will schedule a time to meet you at your home and review/discuss home safety options with you.

If you are interested in this learning more, please contact Sharon Doliber at (781) 631-6225.

Coffee with the Marblehead Current at the COA

Marblehead*Current
NEWS FOR PEOPLE, NOT FOR PROFIT

Meet Marblehead Current Editor Leigh Blander and other members of the team at the COA. Pitch story ideas, ask questions and let us know what you'd like to see more of in the *Current*!

Thursday, October 16, 9:00 to 11:00



The NSCAP Fuel Assistance Program is accepting new applications as of October 1. If you are recertifying, you will receive a recertification form in the mail.

Please see Sharon Doliber for help with applications either at dolibers@marbleheadma.gov or (781) 631-6225.



THE COA TRANSPORTATION PROGRAM:

The COA offers transportation services to both in-town and out-of-town for *medical appointments* and in-town errands such as the hair dresser, bank, pharmacy, post office and/or to the COA for all programs including lunch.

Also weekly to:

Tuesdays: Food Pantry

Wednesdays: Crosbys

Thursdays: Market Basket

NORTH SHORE AND LIBERTY TREE MALL TRIP: OCTOBER 22 at 10:00

Call the COA for more information
(781) 631-6225

BIBBO PARK DEDICATION

Lisa Hooper's opening remarks



Amy Lockerbie-Smith and Ed Snyder showing us some moves!



Jenny Armini addressed the crowd



Look how many people were there!

Congratulations Pat Bibbo and Liz Michard for your contributions to the COA.



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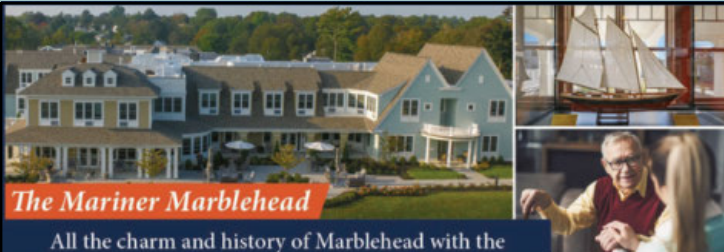
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Dee, Mary (Dee's Mom at 91) & Chrissy (Dee's daughter)

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Town of Marblehead Council On Aging

Our MISSION: To empower older adults to age well, engage in the community, and enrich their lives.

Marblehead COA is grateful for funding from the Town of Marblehead, the Commonwealth of Massachusetts through the Executive Office of Elder Affairs, the Older American's Act as granted by AgeSpan, Inc. In addition, COA programs are supported by funds from the Friends of the Marblehead Council on Aging, the Marblehead Female Humane Society, the Shattuck Memorial Fund and private donations. Additional thanks to advertisers for their continued support.

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