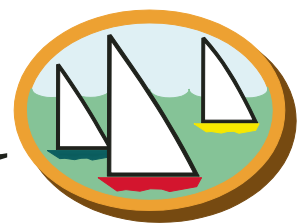


Marblehead

Council on Aging



September 2025



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

Pop up Lunch
Thurs., Sept 4



Book Club
Fri, Sept 5



Choose Happy
Mon, Sept 8



Charlie Cards
Tues, Sept 9



KEVTECH
Fri., Sept 12



Trip to Mall
Wed., Sept 17



Flu Clinic
Wed., Sept 17



Caregiver
Support Group
Thurs., Sept 18



REP ARMINI
Fri., Sept 19



Bereavement
Support Group
Fri., Sept 19



Veterans Coffee
Fri., Sept 19



Book Club
Fri., Sept 19



Movie: Some
Like It Hot
Fri., Sept 26



Wed., Oct 8

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

Medicare Open Enrollment
Wed, October 15 through
Sun, December 7



What can you expect with your current Medicare plan in 2026? Is there another plan that may be more cost effective for you? This is your opportunity to learn about your Medicare plans and explore options for 2026.

Your health insurance costs are an important part of your budget, and SHINE representatives are available all year to help you review your plans and costs.

SAVE THE DATE: Wednesday, October 29
@ 12:30

Peter Bowen, one of our local SHINE counselors, will be presenting about Medicare Open Enrollment, including the following:



- 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



Rediscover the MBTA and apply for a CHARLIE CARD!

TUESDAY SEPTEMBER 9
1:00 in the Dining Room

Ethan Finlan and the MBTA Mobility Team can answer your travel questions and guide you through THE RIDE process, accessibility and navigating the T. You'll get information on trip planning, reduced fare programs and more.

The team will provide an out-of-service MBTA bus for "show and tell." Lastly, you will be able to sign up for a Charlie Card! **Bring a MA proof of ID with you** and plan on being at the COA for an hour.
Sign up online or by calling the office



From our COA Golfers:
"Recently, **Brian O'Connor**, who joined our group in May, scored a **'hole in one'** it's never been done in COA golf in 30 years or more!

His teammates, Rick Healy, Paul Nash & Michael Thompson, confirmed it.

Congratulations, Brian!

COMING IN OCTOBER. . .

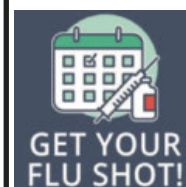
COUNTRY LINE DANCE WORKSHOPS

Step into the world of Line Dancing with this fun, structured workshop taught by our Line Dance Instructor, Kate Hoffman!



Whether you're looking to hit the dance floor with confidence or just a good time, this workshop is the perfect place to start.

Questions? Call Janice at (781) 631-6225.



HIGH DOSE FLU SHOT

Wednesday, Sept. 17
Call the COA after
September 8th for the
online link to sign up.

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., Sept 3: Egg Salad, Garden Salad, Tabouli, Yogurt

Thurs., Sept 4: BBQ Pulled Pork, Roasted Sweet Potatoes, Sauteed Collard Greens, Applesauce

Fri., Sept 5: Crab Cake, Yellow Rice & Black Beans, Peach Cobbler, Tomato/Cucumber salad

Wed., Sept 10: Hot Dog, Baked Beans, Cinnamon Apples, Coleslaw

Thurs., Sept 11: Roast Beef & Provolone, Butternut Soup, Garden Salad, Fresh Fruit

Fri., Sept 12: NO LUNCH

Wed., Sept 17: Hawaiian Chicken w/ Pineapple & Peppers, Island Style Fried Rice, Warm Strawberry Rhubarb, Garden Salad

Thurs., Sept 18: Turkey & Cheese, Chef Salad, Chickpea Salad, Fresh Fruit

Fri., Sept 19: Eggplant Parmesan, Pasta Capri Blend, Mandarins

Wed., Sept 24: Tuna Salad, Veggie Bean Soup, Garden Salad, Chilled Fruit

Thurs., Sept 25: American Chop Suey, Broccoli, Cupcake

Fri., Sept 26: Sausage, Peppers & Onions, Tater Tots, Roasted Butternut Squash, Fresh 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

TUESDAY, Sept 2: NO LUNCH

THURSDAY, Sept 4: Pop-up Lunch!

TUESDAY, Sept 9: Traveling Chef

TUESDAY, Sept 16: Chicken Cordon Bleu, Broccoli, Potato Au Gratin

TUESDAY, Sept 23: American Chop Suey, Garden Salad, Garlic Bread

TUESDAY, Sept. 30: Bacon Cheeseburgers, Tater Tots, Baked Beans, Coleslaw

The Traveling Chef

Tuesday, September 9

Chicken Saltimbocca
Creamy Risotto with Broccoli, and parmesan, Garden Salad, Garlic Roll
Dessert: Tiramisu



A Very Special Thank you to our anonymous Lobster Lunch donor.



EDUCATION, FITNESS, RECREATION, SOCIALIZATION

CHOOSE HAPPY

Parkinson's Network

Monday, September 8 @ 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*

Friday, Sept 19 / 10:30 to 12:00

SENIOR FOOTWISE

Cheryl Wall, RN, DSN,
CFCN, CWOCN

Thursday, Sept 4 & Monday, Sept 15

Schedule your appointment today!

\$75/pp payment due at time of visit

Call or stop in at the COA to book an appointment



MOVIE DAY



MOVIE SPECIAL!

You asked, we listened!

SOME LIKE IT HOT

Starring Marilyn Monroe,
Tony Curtis and Jack Lemmon

Friday, September 26 1:00

MUST RSVP by calling (781) 631-6225

Yellowstone will return in October



CHAIR VOLLEYBALL

Wednesday afternoons
1:00 — FREE



Sharing lifelong learning



**Call
978-744-0804**

Classes are held at 10 Federal St, Salem
Check out These Classes: Everyday Law for Successful
Living, Writers Group, Exploring Podcasts

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, Sept 12
10:00-11:30 \$20/pp*

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



GINNY CURTIS!
97 and going strong

SEPTEMBER BOOK CLUB

Fridays Sept 5 & 19



**BOOK
CLUB**

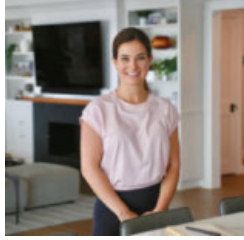
THE GHOSTWRITER
By Julie Clark

**PLEASE NOTE TIME
CHANGE:**

2:35—3:35 in the Library

**Sign up online or at the
Front Desk**

FITNESS & RECREATIONAL PROGRAMMING



STRONG BONES

*Tuesdays 8:45******
New time beginning 9/2
 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, September 3
&
Wednesday, September 17
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 it or
 \$35 Monthly pass

Health & Fitness

Balance & Mobility

Mondays & Wednesdays at 10:30
 \$4.00/class
No Class on Wednesday, September 3

Senior Muscle Conditioning w/ Kim

\$4.00/class

9:00 Mondays & Fridays,
10:00 Wednesdays *NO Class 9/3, 9/5 or 9/17*



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

NO Class 9/4

Strength & Stretch w/ Kim

Mondays & Thursdays 11:00 \$4.00/class
NO Class 9/4

w/ Kim

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



Wednesdays 12:00 \$4.00/class

No Class Wednesday, Sept 3rd

FITNESS & RECREATIONAL PROGRAMMING

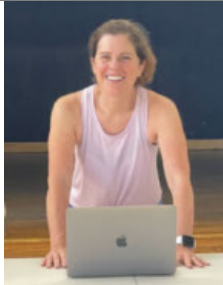
STEP IT UP+ w/ Karen Jancsy, is an energizing, low impact, movement, muscle conditioning class.

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

Mondays, Wednesdays & Fridays

8:00 \$4.00/class

NO Class 9/3, 9/5 or 9/17



RISE AND SHINE YOGA

With Stacie Nardizzi

No Classes Sept 5 or Sept 12

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



JULY CRIBBAGE WINNERS



Knitting Group

*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

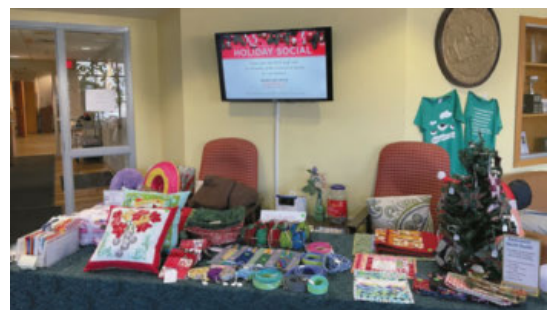
Wednesday, September 3rd

Doors open at 6:30 p

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 8:45 \$4.00/class*

Monday	Tuesday	Wednesday	Thursday	Friday
1 THE COA IS CLOSED 	2 7:00-2:00 Fitness Center 8:45 Weight Training 8:45 STRONG BONES (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga NO LUNCH 1:00-2:00 Walk the Gym	3 7:00-2:00 Fitness Center 8:00 STEP IT UP <i>Cancelled</i> 8:30 YOGA 9:00 BOCCE Crosby's 10:00 Mscle Cond <i>Cancelled</i> 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 10:30 Bal & Mob <i>Cancelled</i> 11:00 DROP IN Songs 11:30-12:30 Grab n Go 12:00 Zumba <i>Cancelled</i> 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym 6:30 QUILT GUILD	4 7:00-2:00 Fitness Center 7:55 GOLF—SALEM 8:30 FOOTWISE 8:45 Weight Training 9:00 "DROP IN" Knitting 9:00 BOCCE Market Basket 9:30 YOGA 10:00 Quilting 10:00 Osteo Prev <i>Cancelled</i> 10:45 BOCCE 11:00 Blood Pressure 11:00 Str & St <i>Cancelled</i> 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 POP UP LUNCH 12:00 LINE DANCING 12:00 CANASTA 1:00-2:00 Walk the Gym 	5 7:00-2:00 —Fitness Center 8:00 STEP IT UP <i>Cancelled</i> 8:00 Rise & Shine Yoga <i>Cancelled</i> 9:00 Muscle Cond <i>Cancelled</i> 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
8 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:00 GOLF—WENHAM 9:30 Mahjong Instruction 10:00 Parkinson's Fitness 10:30 Bal & Mobility 10:45 BOCCE 11:00 Mahjong 11:00 CHOOSE HAPPY 1:00 Strength & Stretch 1:00-2:00 Walk the Gym	9 7:00-2:00 —Fitness Center 8:45 Weight Training 8:45 STRONG BONES (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 10:00-1:00 Drop in Bridge 10:45 BOCCE 11:00 Chair Yoga 12:00 THE TRAVELING CHEF 1:00 Rediscovering the MBTA—Charlie Cards 1:00-2:00 Walk the Gym 1:00 INDOOR CURLING	10 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 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	11 7:00-2:00 Fitness Center 7:55 GOLF—SALEM 8:45 Weight Training 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	12 7:00-2:00 —Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga <i>Cancelled</i> 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-1:00 Drop in Bridge 10:00-11:30 KEVTECH 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym Red Shirt Friday
15 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:00 GOLF—WENHAM 9:30 Mahjong Instruction 10:00 Parkinson's Fitness 8:30 FOOTWISE 10:30 Bal & Mobility 10:45 BOCCE 11:00 Mahjong 11:00 Strength & Stretch 1:00-2:00 Walk the Gym	16 7:00-2:00 Fitness Center 8:45 Weight Training 8:45 STRONG BONES (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 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 	17 7:00-2:00 Fitness Center 8:00 STEP IT UP <i>Cancelled</i> 8:30 YOGA 9:00 BOCCE Crosby's 9:00 HIGH DOSE FLU CLINIC 10:00 Mscle Con. <i>Cancelled</i> 10:00 MALL TRIP 10:45 BOCCE 11:00-2:00—Mah Jong 11:00 Parkinson's 10:30 Bal & Mobility 11:00 DROP IN Songs 11:30-12:30 Grab n Go 12:00 Zumba 1:00 CHAIR	18 7:00-2:00 Fitness Center 7:55 GOLF—SALEM 8:45 Weight Training 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	19 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga 9:00 Muscle Conditioning 9:00 Coffee with a COP 10:00-1:00 Drop in Bridge 10:00 Bereavement Group 10:00 Veterans Coffee Hour 10:30—12:00 JENNY ARMINI Office Hours 11:30-12:30 Gra n Go 1:00-2:00 Walk the Gym 2:35 BOOK CLUB Red Shirt Friday

	22 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:00 GOLF—WENHAM 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	23 7:00-2:00 Fitness Center 8:45 Weight Training 8:45 STRONG BONES (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 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	24 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 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym	25 7:00-2:00 Fitness Center 7:55 GOLF—SALEM 8:45 Weight Training 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	26 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:00 Rise & Shine Yoga 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 MOVIE: Some Like It Hot 1:00-2:00 Walk the Gym Red Shirt Friday
		29 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 BOCCE 9:00 Muscle Conditioning 9:00 GOLF—WENHAM 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	30 7:00-2:00 Fitness Center 8:45 Weight Training 8:45 STRONG BONES (new time) 9:00 BOCCE 9:30 Cribbage (Doors close) 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	2025 COA GOLF LEAGUE 	WE ♥ OUR VOLUNTEERS 

2025 COA GOLF LEAGUE



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

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

PAM’s RECYCLING TIPS



Question – “that blue and white milk carton that you see everywhere – schools, cafeterias, etc.— has a triangle on it with the words ‘please recycle’ clearly printed.”

“That means it can go in my blue bin, right?”

Answer – NO! Look closer, and check the website address under the triangle, which instructs you to empty, rinse, dry, flatten, pack up and ship the cartons via UPS to the facility closest to you that handles waterproofed containers- in Nebraska, Virginia or Michigan.



Wednesday, October 8th
Transportation to the Fair

More details in the
October newsletter

COA NEWS

SOMEONE’S IN THE KITCHEN WITH AMY



Amy herself is in the kitchen today to share some tidbits with you!

Every baker must have vanilla. Here is a story about that important, expensive and necessary ingredient. Vanilla beans are grown and farmed on vines mainly in Madagascar. The vines cling to tall trunks of red palm trees and the vast majority of the beans are hand-pollinated. Imagine that! The finishing process of harvesting, drying, etc., is very long and laborious. No wonder that little brown bottle is so costly.

Here’s a tip everyone can use: to deodorize your microwave oven, microwave the peels of two oranges, lemons or limes for 40 or 45 seconds; let them sit for 5 or 10 minutes; discard the peels. Your microwave will be fresh again.

When you skim the top off of simmering broth, use a fine-mesh strainer as you run it over the top, which will remove the scum without getting any of the good stuff with it. Do the same with chilled soup to remove fat.

If you like oatmeal and peanut butter, here’s an idea: when the PB jar is almost near the end, add some quick oats in the evening and in the morning add some fruit and voila’, breakfast! And maybe add a little yogurt for some extra jazz.

If you give fresh vegetables a soak in ice-cold water, they will become remarkably more juicy and crunchy. That’s because the cold water causes their pectin to firm up.

After you buy a mango, it may need a few days on the counter in which to ripen to reach its peak sweetness. You can tell its ready when it yields to gentle pressure and the skin starts to wrinkle and spot. I use a potato peeler and then slice away until I have the pit as clean as possible. Delicious and nutritious!

Try seasoning a boiled sweet potato with one of the following: Always butter, then try some cinnamon or perhaps curry or mix white potato and sweet together with some milk. Sweet potato fries are a real treat.

Did you know watermelon is a superfood? It is considered a heavy-weight in the nutrient department. Two cups a day has one-third of the day’s vitamins A and C, plus a good amount of potassium and lycopene, with no worry in the calorie department. Imagine, something that tastes so good and it’s good for you. Email me at [locker-bieamyone@gmail.com](mailto:bieamyone@gmail.com) for more details on the information presented here.

PECAN PIE

1/4 c butter
1/2 C sugar
1 C corn syrup,
1/4 tsp salt
3 eggs,
1 C pecan halves
9” pie shell.



Cream butter and sugar until fluffy. Add corn syrup and salt and beat well. Add eggs one at a time, beating well after each. Add pecans and pour into pie shell. Bake at 350 degrees for 45 - 50 minutes.

Thank you to my faithful readers. You are really appreciated.

OUTREACH SERVICES



Bereavement Group

Friday, September 19—10:00-11:30

This is a very supportive and welcoming group of people.

Caregiver Support Group

Thursday, September 18 @ 1:00

Guest speaker: Lyn Skarmas from Care Dimensions to 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



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: Wednesday Sept 17 at 10:00*

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

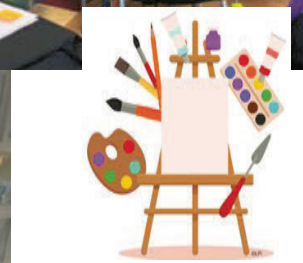
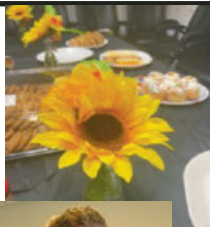
SAFETY PROGRAMS

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.

Opening Minds Through Art
was a huge success! These photos were published in the Marblehead Current.

Enjoy!



EUSTIS & CORNELL *Of Marblehead*

Pre-Arranged Funerals & Cremations

Funeral Directors: Joseph Markey & Glenn Henderson

142 Elm Street, Marblehead

781-631-0076

www.eustisandcornellfuneralhome.com



A Service Family Affiliate of AFS/Service Corp. Int'l
206 Winter St., Fall River, MA 02720 | 508-676-2454

Bradley, Moore, Primason, Cuffe & Weber LLC



Wills * Trusts * Real Estate
www.bradleymoorelaw.com

781-595-2050 85 Exchange St., Lynn



The Mariner Marblehead

All the charm and history of Marblehead with the added benefits of *Care* and a *Maintenance Free Lifestyle!*

Here you will find secure, supportive services & the social atmosphere you need and want without giving up the traditions you cherish.



To learn more about The Mariner Marblehead call: 781.990.1624 or scan here >>>



Independent Living, Assisted Living & Avita Memory Care
265 Pleasant Street | Marblehead, MA | MarinerMarblehead.com

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The Agency Marblehead

REAL ESTATE BROKER AGENT

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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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