



Marblehead

Council on Aging



January 2026



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

SNAP SHOT

COA CLOSED
New Years Eve
Wed, Jan 31
New Years Day
Thurs, Jan 1

Book Club
Friday, Jan 2

Choose Happy
Monday, Jan 5

Footwise
Monday, Jan 5

Flying Solo
Friday, Jan 9

Rep. Armini
Monday, Jan 12

Mall Trip
Wed., Jan 14

Caregiver
Support Group
Thurs, Jan 15

KEVTECH
Friday, Jan 16

Book Club
Friday, Jan 16

Movie
Friday, Jan 16

Bereavement
Support Group
Friday, Jan 16

COA CLOSED
MLK Day
Monday, Jan. 19

Sr Scam Event
Wed Jan. 21

Veterans Coffee
Friday, Jan 23



The Council on Aging Staff & Board Members wish each and every one of our amazing participants, and their families, a

VERY HAPPY & HEALTHY NEW YEAR!



Essex County Sheriff's Department
Senior Scams Lecture

Wednesday, January 21 @ 1:00

Assistant Superintendent, Moe Pratt, will be speaking on the latest scams that are targeting seniors. Do not miss this highly informative program on how to protect yourself, your family and friends from becoming victims! Please register online on our website or call the COA. 631-6225



We also want to thank the Marblehead Garden Club & the Tower School 1st graders for these delicious goodie bags and home-made ornaments!

Veteran's Coffee Hour

Friday, January 23
@ 10:00



This is open to all Veterans! Join us for an informative, social sharing of questions and information.

The Driftwood Garden Club for creating these stunning wreaths!



And the Swampscott Garden Club for making these beautiful centerpieces:



We are all very lucky to have such wonderful, talented and generous community members.

Thank you all for your kindness & generosity.

**PLEASE WELCOME!
2025-26 MHS Film Club**

We will "kick off" our 5th season on
Wednesday, January 14.

This is a fun way to get inter-generational opinions. The discussions are always lively and enjoyable and we hope you will be able to attend this great program.



Movies & Show Times: 3:00

January 14 "The Grand Budapest Hotel"
January 28 "A Real Pain"

Location: The Mariner's Movie Theatre,
265 Pleasant Street.

RSVP & Questions please contact Lisa Hooper
hooperl@marbleheadma.gov

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 12:00pm for \$5.00 POP-UP lunches are offered monthly. These lunches are prepared at the Council on Aging in our commercial kitchen. The actual cost of these lunches is offset by the generosity of the Friends of the Marblehead Council on Aging.

Grab & 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 all three programs can be done either by signing up online at https://www.marbleheadma.gov/council-aging-department or by calling the COA office at (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

- Wednesday, Dec 31: Closed. Happy New Year!
Thursday, Jan 1: Closed. Happy New Year!
Friday, Jan 2: Office is open, but NO meals today
Wednesday, Jan 7 Meatloaf & Gravy, Mashed Potatoes, Broccoli, Chocolate Pudding
Thursday, Jan 8 Seafood Cajun with Whole Grain Pasta, Green Beans & Red Peppers, Apple
Friday, Jan 9 Hot Dog (beef), Baked Beans, Corn, Orange
Wednesday, Jan 14 Pot Roast with Brown Gravy, Mashed Sweet Potatoes, Vegetable Medley, Banana
Thursday, Jan 15 Roasted Chicken Drumstick, Mac & Cheese, Collard Greens, Pound Cake
Friday, Jan 16 Italian Sausage (pork) with Peppers & Onions, White Rice, Green Peas, Applesauce
Wednesday, Jan 21 Rosemary & Garlic Chicken, Mashed Potatoes, Carrots, Vanilla Cupcake
Thursday, Jan 22 White Fish Piccata, Rice Pilaf, Mixed Root Vegetable, Pear
Friday, Jan 23 Cheese Lasagna with Marinara & Mozzarella, Mixed Vegetables, Orange
Wednesday, Jan 28 Roast Turkey & Gravy, Mashed Potatoes, Vegetable Medley, Oatmeal Cookie
Thursday, Jan 29 Pepper Bowl with Beef, White Rice, California Blend Vegetables, Banana
Friday, Jan 30 Chicken Marsala, Mashed Potatoes, Carrots, Peach Cup



Coffee with a Cop
At the COA
Fridays 9:00

LUNCH BY DOUG



This program is generously sponsored by the Friends of Marblehead COA

12:00 / \$5.00 per person
Surprise dessert with every lunch
RSVP & payment due by Friday before each week

- Tuesday, Jan 6: Grilled Ham and Cheese, Tomato Soup and Salad
Tuesday, Jan 13: The Traveling Chef—see menu below
Tuesday, Jan 20: NO LUNCH
Thursday, Jan 22: Pop Up Lunch—see menu below
Tuesday, Jan 27: Balsamic Chicken with Rice, Garden Salad and fresh roll

POP-UP LUNCH \$7.00 per person
Thursday, January 22 / 12:00—2:00

Turkey Stuffer Sandwich OR Salad with Turkey, Dried Cranberries, Walnuts, Cranberry Vinaigrette dressing

Traveling Chef
Tuesday, January 13

Carving Station
Turkey, Roast Beef
Mashed Potatoes and Green Beans
Chocolate Mousse



Suggested Donation \$2.00

RSVP by calling the COA at (781) 631-6225

EDUCATION, FITNESS, RECREATION, SOCIALIZATION

CHOOSE HAPPY
Parkinson's Network

Monday, January 5 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

SENIOR FOOTWISE

Cheryl Wall, RN,

Certified Foot and Wound Care Nurse

Monday, Jan 5 and Tuesday, Jan 20

Schedule your appointment today!

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

Call or stop in at the COA to book an appointment



Office Hours at the COA

Monday, January 12
 10:30 to 12:00

Coffee with the
Marblehead Current at the COA
Tuesday, January 13
 10:00—12:00

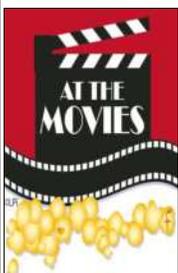


KEVTECH

Friday, January 16 / 10:00-11:30

**Staying in touch using phone,
 Messages and FaceTime**

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. We learn about sending text messages, manage contacts in phone, and set up video calls in FaceTime. We also learn to use Siri to make calls and send messages. **COST: \$20.00 due upon registration.**



Here

with Tom Hanks and Robin Wright Multiple generations of couples and families inhabit the same home over the course of a century.

Friday, January 16, 12:30

Call the COA at (781) 631-6225 to reserve your spot as space is limited

2026 Senior & Veteran Tax Work-Off Program
Applications accepted
January 6 to January 30 2026

The Senior Tax Work-Off Program was established for Marblehead residents under the provisions of Mass. General Laws Chapter 59, Section 5K. This program offers the opportunity to enhance municipal service by utilizing the knowledge and skills of its senior residents in exchange for credit towards the resident's property tax bill. For 2026, up to 30 participants can receive a \$2,000 tax abatement in exchange for 133 hours of volunteering for the Town of Marblehead upon acceptance to the program.

ELIGIBILITY:

- Must be a Marblehead resident age 60 years or older as of January 1, 2026
- Must be the homeowner
- Property for which the credit will be used must be primary residence.
- Income not to exceed \$78,250 for a senior household of one person or \$105,750 for a senior household of two;
- only one volunteer abatement per household per year
- Complete 2024 Tax Returns and asset information is required for all applicants.

VOLUNTEER OPPORTUNITIES:

- There will up to 30 openings for 2026
- Applicant must complete Conflict of Interest Training and C.O.R.I. check. If your volunteer position is at a school, you will be required to have finger prints.
- Work placements are not guaranteed; The Dept. Head, COA Director and applicant must agree on placement.
- Placement is also based on qualification, availability, and location
- 2026 Volunteer hours MUST BE completed by October 16, 2026
- Hourly rate for volunteer services is based on the current State minimum wage (**\$15/hr**)
- A W-2 form for federal income tax purposes will be issued.
- Applications must be complete upon submission, and acceptance is dependent on passing both a CORI background check & approval from the Marblehead's Assessor's Office.

A full description of this program's eligibility, volunteer opportunities, application and CORI form are available on the COA website at www.marbleheadma.gov and at the Council on Aging
 Judy & Gene Jacobi Community Center
 10 Humphrey Street

Please address all questions to
Lisa Hooper, COA Director (781) 631-6225
hooperl@marbleheadma.gov

FITNESS & RECREATIONAL PROGRAMMING



Yoga Class with Evie

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

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 at 8:00 / \$4.00/class



Senior Muscle Conditioning with Kim

\$4.00/class

Mondays & Fridays 9:00 Wednesdays 10:00



No class Friday, January 2 & Friday January 9

Balance & Mobility

Mondays & Wednesdays 10:30 \$4.00/class



STRONG BONES

Tuesdays 10:00

with Jessica Carey, DPT \$4.00/class



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

Focus is on impact training for bone health, as well as stretches to improve posture, and balance! You'll learn strategies for safe body mechanics.



Parkinson's Fitness with Kim

Mondays 10:00 Wednesdays 11:00

-No Charge-

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.

Strength & Stretch with Kim

Mondays & Thursdays 11:00 \$4.00/class



CHAIR YOGA

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



Total Body Work Out with Light Weights

Tuesdays & Thursdays 8:30 \$4.00/class Instructor: Vivien



COUNTRY LINE DANCING

It's a hoot & a holler! Come try it out! Thursdays 12:00 / 6.00 class



RISE AND SHINE YOGA With Stacie Nardizzi

NOTE: Friday, January 2 is cancelled Tuesday at 8:00 and 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 / class



A lower intensity, Latin and world music inspired dance fitness class for all abilities. Wednesdays at 12:00 \$4.00/class

OSTEO Class with Kim Thursdays 10:00 \$4.00/class



FITNESS & RECREATIONAL PROGRAMMING



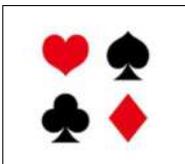
Fitness Center
 7-2 Monday - Friday
 \$3 visit/\$35 monthly
 Come see the new equipment!

Mondays & Wednesdays
 11:00 to 2:00



“DROP IN” BRIDGE:
Tuesdays & Fridays
 10:00 —1:00

Tuesdays
 Doors close at 9:30



CANASTA
Thursdays 12:00 to 2:00

Congratulations November Cribbage Winners!!



First Place:
 Steve Dugas

Second Place:
 Doris Rose

Tied for Third:
 Charlie Arbing,
 Cindy Corkhum,
 Bob Lavoie &
 Amy Smith



All knitters and crocheters of any ability are welcome! Needles, yarn and patterns are available or bring your own project.



Quilting with Janet
 10:00 Thursdays
 \$6.00/class

QUILT GUILD

Wednesday, January 7
 Doors open at 6:30 pm
 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>



CURLING & CHAIR VOLLEYBALL SEASON

Chair Volleyball:
 Mondays, Wednesdays & Fridays
 1:00

Curling: Tuesdays & Thursdays 1:00



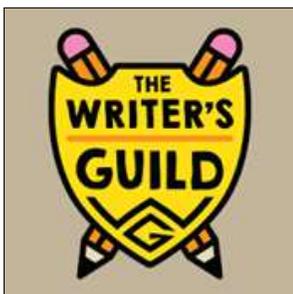
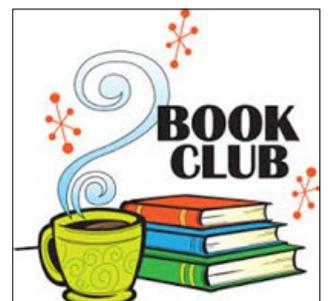
“Drop-in Songs & Music”

Wednesday, January 7
Wednesday, January 21
 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!

January COA Book Club

We will be discussing
By Any Other Name
 by Jody Picoult
 Friday, January 2 / 2:35
 Friday, January 16 / 2:35



Creative Writers Guild
 with Amy Lockerbie Smith
Wednesday, January 7
 12:30-2:30

Share your writing skills, your stories and life experiences on paper.
 Questions?
 Call 781-631-6225 or stop by.
 Come by and check it out!

Monday

Tuesday

Wednesday

Thursday

Friday



5
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:30 **FOOTWISE**
9:00 YOGA
9:00 Muscle Conditioning
10:00 Parkinson's Fitness
10:30 Bal & Mobility
11:00 Mah Jong
11:00 **CHOOSE HAPPY**
11:00 Strength & Stretch
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym

6
7:00-2:00 Fitness Center
8:00 Rise & Shine Yoga
8:30 Weight Training
9:30 Cribbage (Doors close)
10:00 STRONG BONES
10:00-1:00 Drop in Bridge
11:00 Chair Yoga
12:00 **LUNCH w/Doug**
1:00 INDOOR CURLING
1:00-2:00 Walk the Gym

7
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:30 YOGA
Crosby's
10:00 Muscle Conditioning
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
12:30-2:30 Writers Guild
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym
6:30 QUILT GUILD

8
7:00-2:00 Fitness Center
8:30 Weight Training
9:00 "DROP IN" Knitting
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
1:00 INDOOR CURLING
1:00 Walk the Gym

9
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:00 Rise & Shine Yoga
9:00 **Muscle Conditioning**
CANCELLED
9:00 **Coffee with a COP**
9:00 **Citizens Police Academy 2.0**
10:00-12:00 Drop in Bridge
11:30-12:30 Grab n Go
1:00 CHAIR
VOLLEY BALL
1:00 **FLYING SOLO**
1:00-2:00 Walk the Gym
Red Shirt Friday

12
7:00-2:00 Fitness Center
8:00 STEP IT UP+
9:00 YOGA
9:00 Muscle Conditioning
10:00 Parkinson's Fitness
10:30 Bal & Mobility
11:00 Mah Jong
11:00 Strength & Stretch
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym

13
7:00-2:00 Fitness Center
8:00 Rise & Shine YOGA
8:30 Weight Training
9:30 Cribbage (Doors close)
10:00 STRONG BONES
10:00 MHD CURRENT
10:00-1:00 Drop in Bridge
11:00 Chair Yoga
12:00 **TRAVELLING CHEF**
1:00 INDOOR CURLING
1:00-2:00 Walk the Gym

14
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:30 YOGA
Crosby's
10:00 Muscle Conditioning
10:00 Transportation to NS Mall
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 Home Works Lecture
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym
3:00 MHS Film Club & COA—Movie: [The Grand Budapest Hotel](#)

15
7:00-2:00 Fitness Center
8:30 Weight Training
9:00 "DROP IN" Knitting
Market Basket
9:30 YOGA
10:00 Quilting
11:00 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
1:00 CAREGIVER SUP-PORT GROUP
1:00 INDOOR CURLING
1:00 Walk the Gym

16
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**
9:00 **Citizens Police Academy 2.0**
10:00-12:00 Drop in Bridge
10:00 Bereavement Group
10:00 KEVTECH
11:30-12:30 Grab n Go
12:30 MOVIE—"HERE"
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym
2:35 BOOK CLUB
Red Shirt Friday

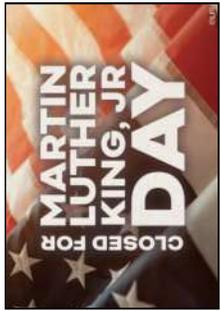
19
7:00-2:00 Fitness Center

20
7:00-2:00 Fitness Center

21
7:00-2:00 Fitness Center
8:00 STEP IT UP+

22
7:00-2:00 Fitness Center

23
7:00-2:00 Fitness Center



8:00 Rise & Shine YOGA
8:30 FOOTWISE
 8:30 Weight Training
 9:30 Cribbage (Doors close)
 10:00 STRONG BONES
 10:00-1:00 Drop in Bridge
 11:00 Chair Yoga
12:00 NO LUNCH
 1:00 INDOOR CURLING
 1:00-2:00 Walk the Gym

29
 7:00-2:00 Fitness Center
 8:00 STEP IT UP+
 9:00 YOGA
 9:00 Muscle Conditioning
 10:00 Parkinson's Fitness
 10:30 Bal & Mobility
 11:00 Mah jong
 11:00 Strength & Stretch
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym

30
 7:00-2:00 Fitness Center
 8:00 Rise & Shine YOGA
 8:30 Weight Training
 9:30 Cribbage (Doors close)
 10:00 STRONG BONES
 10:00-1:00 Drop in Bridge
 11:00 Chair Yoga
12:00 LUNCH w/Doug
 1:00 INDOOR CURLING
 1:00-2:00 Walk the Gym

28
 7:00-2:00 Fitness Center
 8:00 STEP IT UP+
 8:30 YOGA
Crosby's
 10:00 Muscle Conditioning
 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
 VOLLEY BALL
1:00 Senior Scam Lecture
 1:00-2:00 Walk the Gym

29
 7:00-2:00 Fitness Center
 8:30 Weight Training
 9:00 "DROP IN" Knitting
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 POP-UP LUNCH
 12:00 LINE DANCING
 12:00 CANASTA
 1:00 INDOOR CURLING

30
 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
 10:00-12:00 Drop in Bridge
 11:30-12:30 Grab n Go
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym
Red Shirt Friday

8:30 Weight Training
 9:00 "DROP IN" Knitting
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12:00 POP-UP LUNCH
 12:00 LINE DANCING
 12:00 CANASTA
 1:00 INDOOR CURLING

8:00 STEP IT UP+
 8:00 Rise & Shine Yoga
 9:00 Muscle Conditioning
9:00 Citizens Police Academy 2.0
9:00 Coffee with a COP
10:00 VETERANS COFFEE
 10:00-12:00 Drop in Bridge
 11:00-12:30 Grab n Go
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym
Red Shirt Friday



©LPI

COA TRIPS & OTHER COOL STUFF



2026 OVER-



NIGHT TRIPS

APRIL 19 – 26, 2026

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

MAY 24 – 31, 2026

BOSTON TO BERMUDA CRUISE
Aboard the Norwegian Breakaway
Deposits are due by January 7

SEPTEMBER 11 – 17, 2026

DISCOVER CANADIAN ROCKIES and
GLACIER NATIONAL PARK
Reduced rates until March 13, 2026

For more information and to sign up, please contact Janice
Salisbury-Beal COA Program Manager
At (781) 631-6225



Congratulations to Suzanne Nye for being the first canasta player, at the weekly COA canasta group, to achieve the special hand of a STRAIGHT (or otherwise called a TRASH HAND). The center began offering canasta about three years ago and although many of us have made other types of special hands (Zip Codes, Pair Hands, etc.) this is the first time a "Straight Hand" has been achieved. Point score is 2500. Suzanne is a relatively new player to Canasta learning the game just three years ago. A card shark at cribbage she learned and has mastered the complicated game of canasta successfully. It is always a pleasure to play cards with this upbeat, always smiling lovely lady. — Joel Levine

Point score is 2500. Suzanne is a relatively new player to Canasta learning the game just three years ago. A card shark at cribbage she learned and has mastered the complicated game of canasta successfully. It is always a pleasure to play cards with this upbeat, always smiling lovely lady. — Joel Levine

PAM’s RECYCLING TIPS

“Why are recycling companies so fussy about what goes into my blue bin?”



Because they want to stay in business, and hopefully make a profit. They sell/ship to companies that process plastic, glass, metal etc. into new products—and that can only be done with specific types of recycled materials in good and relatively clean condition.

COA SNACKS

SOMEONE’S IN THE KITCHEN WITH AMY



Marsha Witten is a member of our COA knitters group. When we were discussing the recipes one day, Marsha mentioned some in her collection and I’m sure you will like Marsha’s old-time contributions.

ANADAMA BREAD

- 1/2 cup water
- 1/4 cup cornmeal
- 2 Tbsp butter
- 1/2 cup molasses
- 1/4 oz active dry yeast 1
- 1/2 cup warm water
- 3 cups flour, divided
- 1 tsp salt



Place 1/2 cup water and cornmeal in a small saucepan. Bring to a boil over medium heat, stirring occasionally. Cook until mixture thickens, about 5 minutes. Remove from heat and stir in the butter and molasses. Let cool until lukewarm. In a small bowl dissolve yeast in 1/2 cup warm water. Let sit until creamy; about 10 minutes. In a large bowl, combine the cooled cornmeal mixture with the yeast mixture; stir until well blended.

Add 2 cups of the flour and salt; mix well. Add remaining flour, 1/2 cup at a time, stirring well each time. When the dough has pulled together, turn out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.

Lightly oil a large bowl, place dough in bowl, turning to coat w/ oil. Cover w/ damp cloth & put in a warm place to rise to double for 1 hour. Preheat oven to 375 degrees.

Turn dough onto a lightly floured surface and form into a loaf. Place in a lightly greased 9”x5” loaf pan. Cover with a damp cloth and let rise for about 40 minutes to double in size. Bake about 30 minutes until golden brown. The bottom of the loaf should sound hollow when tapped.



YANKEE INDIAN PUDDING

- 4 cups while milk
- 1/2 cornmeal
- 1/2 molasses
- 1/4 cup pure maple syrup
- 2 lg eggs, beaten
- 2 tbsps unsalted butter
- 1 tsp salt
- 2 tsp sugar
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg, freshly grated

The butter must be softened for greasing the baking dish

Pre-heat the oven to 300 degrees. Grease a 1 & 1/2 quart baking dish. Bring milk to a simmer in a double boiler over high heat. Slowly add the cornmeal, whisking to combine. Continue to cook, whisking constantly for 15 minutes. Slowly add molasses, then remove from heat. Add maple syrup and the rest of the ingredients - stir until smooth. Pour mixture into the prepared baking dish. Bake until the pudding is set and the top is browned; about 2 hours. Serve hot or cold, topped with vanilla ice cream or whipped cream. Enjoy!

Happy New Year! Email me with any questions at locherbieamyone@gmail.com.

OUTREACH SERVICES



Flying Solo

Friday, January 9 at 1:00

For more information call or email Sharon:
(781) 631-6225
dolibers@marbleheadma.gov



**THE COA
TRANSPORTATION
PROGRAM:**

The COA offers transportation services 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:** Marblehead Food Pantry
- Wednesdays:** Crosbys
- Thursdays:** Market Basket

**NORTH SHORE AND LIBERTY TREE
MALL TRIP: Wednesday, January 14**

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



Caregiver Support Group

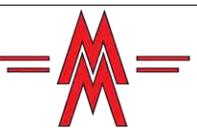
Thursday, January 15
1:00 - 2:30

For more information call or email Sharon:
(781) 631-6225 / dolibers@marbleheadma.gov

Bereavement Group

Friday, January 16 / 10:00 -11:30

Join Trish Crean from All Care VNA and a welcoming, supportive group of people who share many of the same experiences.



Home Works Services

Wednesday, January 14, 1:00

Join Liam McGeown, Owner of MARBLEHEAD MOVERS and Laura Christensen, Operations Manager, for a Q&A session about HOME WORKS, a program designed with one simple belief: assisting people to remain in their own homes longer with comfort, dignity and peace of mind. The goal is to reduce the physical and emotional stress that can build up in the home- ranging from clutter and storage to seasonal upkeep, thus reducing the risk of injury, ease anxiety, give homeowners and their families greater confidence and control. This presentation introduces a thoughtful, proactive approach that supports independence and allows people to focus on living.



NSCAP is still accepting applications for Fuel assistance. If you are experiencing a heating emergency (no heat), you can contact NSCAP directly at (978-531-0767) .

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

Household Size	Maximum Gross Annual Income*
1	\$51,777*
2	\$67,709*
3	\$83,641*
4	\$99,573*



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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 learning more, or for more information, please contact Sharon Doliber at (781) 631-6225.

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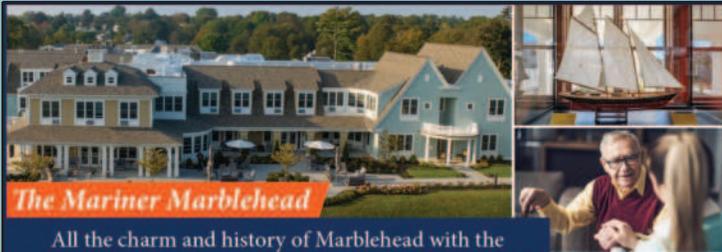
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Dee, Mary (Dee's Mom at 91) & Chrissy (Dee's daughter)

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Town of Marblehead Council On Aging

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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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