



Marblehead Council on Aging



March 2026



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

SNAP SHOT

- Choose Happy
Monday, March 2 ☺
- Book Club
Fri, March 6 ☺
- Rep. Armini
Monday, March 9 ☺
- Film Club Movie
Wed, March 11 ☺
- Joe DiPoli Lecture
Wed., March 11 ☺
- Mall Trip
Wed, March 11 ☺
- Cool Crafts
Thurs., March 12 ☺
- KEVTECH
Thurs, March 12 ☺
- Flying Solo
Friday, March 13 ☺
- Veterans Coffee
Friday, March 13 ☺
- St. Pat's Lunch at
Masons
Tuesday, March 17 ☺
- Caregiver
Support Group
Thurs., March 19 ☺
- Bereavement
Support Group
Friday, March 20 ☺
- Bowling
Friday, March 20 ☺
- Film Club Movie
Wed, March 25 ☺
- Pop-Up Café
Thurs., March 26 ☺
- COA Movie
Friday, March 27 ☺



Police Academy 1.0 Spring Session April 23 thru June 11



*This program is offered by the
Marblehead Police Dept. in partnership with
the Marblehead Council on Aging*

**Meetings are:
Thursday evenings
6:00p – 9:00p**

Location:

The Marblehead Council on Aging
Judy & Gene Jacobi Community Center
10 Humphrey Street

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 Info. (CORI) check as part of the application process.

Applications, CORI forms and Brochure can be downloaded from marbleheadma.gov/police-department (OR) marbleheadma.gov/council-aging-department. These forms are also available for pick up at the Council on Aging.

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

When we send reminders or a last minute class cancellation notice, emails post as "The Town of Marblehead, Text messages and/or ROBO CALLS originate from Hingham, MA.



St. Patrick's Day Luncheon @ The Masons Tuesday, March 17 12:00—1:00



Join us for a traditional St. Paddy's Day Luncheon with live entertainment and a delightful, delectable and downright delicious meal prepared by Louise Moore.

\$10.00/pp — Doors open at 11:30

To participate, SIGN-UP and PRE-PAY *in advance is required!*

Call the COA at 781-631-6225
RSVP by Tuesday, March 10



CRIBBAGE

HELP US COUNT AT COA CRIBBAGE

Here's your opportunity to learn cribbage, or if you're already familiar with the game, join a group of enthusiastic players for some fun. We have a good time playing on Tuesday mornings from 9:30 to 11:30. Doors close exactly at 9:30.

For first timers, come on down to the COA and sit in to watch the players go through the game. There is always coffee, cocoa or tea available. In the game of cribbage 15 and 31 are the magic numbers to score two points on the cribbage board. Someone is always available to help you count your hand and we track scores monthly.

If you have played before and need a refresher, stop in. You will find a great group of people who enjoy this ancient game and share laughter. We extend an invitation to both new and experienced players to join us. We look forward to sharing our community and fellowship with you. CRIBBAGE is a great game, and is good for your brain health.

We look forward to meeting you!

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 POP-UP CAFÉ lunches are offered monthly. Cost \$7.00 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 to 12:30

A suggested \$2.00 donation to AgeSpan can be made when picking up your lunch

All meals served with bread.

Menu subject to change without notice

Wed, March 4: Torta di Polenta (beef, pork, sausage), polenta with cheese, kale & peppers, cornbread loaf, banana

Thurs, March 5: Potato pollock, sweet potato wedges, green beans with red peppers, Hawaiian roll, shortbread cookie

Fri, March 6: Seafood Cajun pasta (whole grain), green peas, wheat bread, fruit cup

Wed, March 11: Pot roast with brown gravy, mashed potatoes, Brussels sprouts, Hawaiian roll, chocolate pudding

Thurs, March 12: three bean chili with shredded cheese, green beans & peppers, cornbread bowl, fruit cup

Fri, March 13: Herb crusted fish with lemon, rice pilaf, broccoli, wheat roll, pound cake

Wed, March 18: Stewed tomato chicken, white rice, vegetable medley, whole grain cornbread loaf, orange

Thurs, March 19: Egg & cheese broccoli bake, whole grain biscuit, mixed vegetables, banana

Fri, March 20: Honey glazed salmon, roasted sweet potatoes, California blend vegetables, wheat roll, pear cup

Wed, March 25: Broccoli cheddar stuffed chicken, rice pilaf, mixed root vegetables, wheat roll, apple

Thurs, March 26: White fish piccata, mashed potatoes, carrots, whole grain cornbread loaf, pear

Fri, March 27: Whole grain cheese lasagna with marinara sauce and mozzarella, mixed vegetables, dinner roll, orange

LUNCH BY DOUG (and friends)



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, March 3:

Meatloaf, Mashed Potatoes, Green Beans

Tuesday, March 10:

American Chop Suey, Salad, Garlic Bread

Tuesday, March 17:

St. Patrick's Day Lunch at the Masons

Tuesday, March 24:

The Traveling Chef (see menu below)

Tuesday, March 31:

Chicken Cobbler



Traveling Chef Tuesday, March 24

Soup Bread Bowls

Clam Chowder OR Broccoli Cheddar soup in a bread bowl, garden salad, brownie

Suggested Donation \$2.00

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

Doug & Mike's Road Show POP-UP CAFE

Thursday, March 26

12:00 - 2:00 / \$7.00 per person



CHOICE OF:

Chicken Cutlet Sub

lettuce, tomato, onion, Chick-Fil-A mayo

OR

Chicken Cutlet Caesar Salad

beverage, chips & surprise dessert are included

Veteran's Coffee Hour

Friday, March 13 at 9:00

This is open to all Veterans! Learn the latest on what's happening on a local, State & Federal level that impacts Veterans.



EDUCATION, FITNESS, RECREATION, SOCIALIZATION

CHOOSE HAPPY
Parkinson's Network

Monday, March 2 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, March 16

Schedule your appointment today!

\$75/pp* payment due at time of visit
Call or stop in at the COA to book an appointment



2025-26 MHS Film Club
March Schedule

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



Movies & Show Times:
Wednesdays @ 3:00

March 11: "Sentimental Value"

March 25: "The Princess Bride"

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

RSVP & Questions please contact the COA

Life in the 1800's
with Joe DiPoli

Wednesday, March 11 at 12:30pm



Did you ever wish you could escape the
hectic 21st Century and go back in time to a
simpler era? Joe's discussion might just
change your mind.

Please register on our website or call the COA at
(781) 631-6225.



Office Hours at the COA

Monday, March 9
10:00 to 11:30



KEVTECH

Thursday, March 12
10:00-11:30



The Photos App on iPhone: A Deep Dive

This app explores all the available features on the iPhone's
Photos app, including using Favorites and albums to organ-
ize photos, sharing photos with friends and family, and cre-
ating short compilations of photos and videos.

Please register on our website or call the COA at
(781) 631-6225.



The Greatest
Showman

Friday, March 27, 12:30

Starring

Hugh Jackman & Zac Efron

The movie chronicles the vision-
ary, PT Barnum, who rose from
nothing to create a worldwide sensation.



PRE-REGISTRATION IS REQUIRED.

Please register by calling the COA at (781) 631-6225.

Coffee
with a Cop

At the COA

Fridays at 9:00



Cool Crafts!

Thursday, March 12 / 12:30-2:00
\$7pp



Ever wanted to make your own cool
crafts? Now's your chance!

Join us for a hands-on class, where you will have fun
crafting your own fabric collage frame or decoupage a
shell jewelry holder, or fun with beads!

No prior experience is necessary - just a passion for
creativity! Light snacks will be available!

PRE-REGISTRATION IS REQUIRED.

Please register by calling the COA at 781-631-6225

LET'BOWL!!

Friday, March 20 at 11am

Let's get out of the house
and go bowling!

SUNNYSIDE BOWLADROME

176 Water Street Danvers

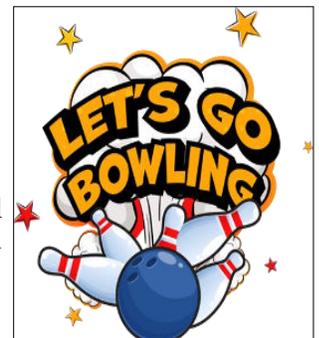
\$5.50 per game /\$3.00 shoe rental

Play 2 games and then grab lunch

(I'm thinking Champions...but
could be swayed)

Please RSVP by March 18

Call Sharon at 781-631-6225



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



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



RISE AND SHINE YOGA With Stacie Nardizzi

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



Total Body Work Out with Light Weights Tuesdays & Thursdays 8:30 \$4.00/class Instructor: Vivien



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

COUNTRY LINE DANCING It's a hoot & a holler! Come try it out! Thursdays 12:00 / \$6.00 class



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



FITNESS & RECREATIONAL PROGRAMMING



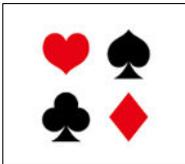
Fitness Center
7-2 Monday - Friday
\$3 visit/\$35 monthly
Come see and use
the new equipment!

*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 January Cribbage Winners!!



First Place:
Al Malo
Second Place:
Bob LaVoie
Tied for Third:
*Joe Censabella
Cindy Corkhum*

Happy February Birthdays!



**COA
Knitting Group**
Thursdays at 9:00

*All knitters and crocheters of any ability are welcome!
Needles, yarn and patterns are available or*



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

QUILT GUILD
*Wednesday, March 4
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**

1:00



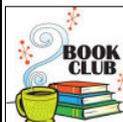
Curling: *Mondays & Thursdays*

Chair Volleyball: *Tuesdays, Wednesdays & Fridays*



“Drop-in Songs & Music”
*Wednesday, March 4
Wednesday, March 18
11:00 to 12:00*

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



**COA BOOK
CLUB**

*Friday, March 6
2:35*

The Song of Achilles
by Madeline Miller



*Tuesday, March 31
10:00-12:00*

Call the COA for more info
781-631-6225

Monday

Tuesday

Wednesday

Thursday

Friday

2
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 CHOOSE HAPPY
11:00 Strength & Stretch
1:00 INDOOR CURLING
1:00-2:00 Walk the Gym

3
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 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym

4
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 Creative Writing Guild
VOLLEY BALL
1:00-2:00 Walk the Gym
6:30p QUILT GUILD

5
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

6
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
2:35 BOOK CLUB
Red Shirt Friday

9
7:00-2:00 Fitness Center
STEP IT UP+
Muscle Conditioning
9:00 YOGA
10:00 Parkinson's Fitness
10:00 Rep. Armini
10:30 Bal & Mobility
11:00 Mah jong
Strength & Stretch
1:00 INDOOR
CURLING
1:00-2:00 Walk the Gym

10
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 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym

11
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:30 YOGA
Crosby's
10:00 Muscle Conditioning
10:00 Mall Trip
11:00-2:00 Mah Jong
11:00 Parkinson's Fitness
10:30 Balance & Mobility
11:30-12:30 Grab n Go
12:30 Creative Writing Guild
12:30 LIFE IN THE 1800's
with Joe DiPoli
12:00 Zumba
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym
3:00 MHS Film Club & COA— "Sentimental Value"

12
7:00-2:00 Fitness Center
8:30 Weight Training
9:00 "DROP IN" Knitting
Market Basket
9:30 YOGA
10:00 KEVTECH
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
12:30 COOL CRAFTS
1:00 INDOOR CURLING
1:00 Walk the Gym

13
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:00 Rise & Shine Yoga
9:00 **Veterans Coffee Hour**
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 FLYING SOLO
SUPPORT GROUP
1:00-2:00 Walk the Gym
Red Shirt Friday

16
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 Strength & Stretch
1:00 INDOOR
CURLING
1:00-2:00 Walk the Gym

17
7:00-2:00 Fitness Center
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
ST PATRICK'S DAY
LUNCH at THE MASON'S
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym



18
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
12:30 Creative Writing Guild
VOLLEY BALL
1:00-2:00 Walk the Gym

19
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 Caregiver Support Gr
1:00 INDOOR CURLING
1:00 Walk the Gym

20
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
10:00 Bereavement Group
11:00 BOWLING (off site)
11:30-12:30 Grab n Go
1:00 CHAIR
VOLLEY BALL
1:00-2:00 Walk the Gym
Red Shirt Friday

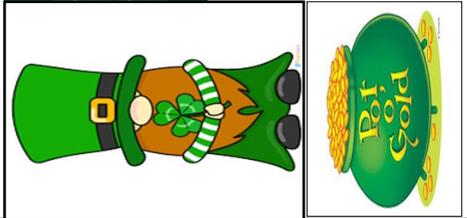
27
 7:00-2:00 Fitness Center
 8:00 STEP IT UP+
 8:00 Rise & Shine Yoga
 9:00 Muscle Conditioning
9:00 Coffee with a COP
 10:00-12:00 Drop in Bridge
 11:30-12:30 Grab n Go
12:30 MOVIE: The World's Greatest Showman
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym
Red Shirt Friday

26
 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 DOUG & MIKE'S POP-UP LUNCH
 12:00 LINE DANCING
 12:00 CANASTA
 1:00 INDOOR CURLING
 1:00 Walk the Gym

25
 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
 11:30-12:30 Grab n Go
12:30 Creative Writing Guild
 12:00 Zumba
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym
3:00 MHS Film Club & COA — "The Princess Bride"

24
 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 TRAVELING CHEF
 1:00-2:00 Walk the Gym

23
 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 INDOOR
 CURLING
 1:00-2:00 Walk the Gym

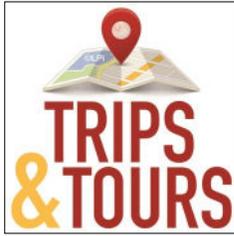


31
 7:00-2:00 Fitness Center
 8:00 Rise & Shine YOGA
 8:30 Weight Training
 9:30 Cribbage (Doors close)
 10:00 STRONG BONES
 10:00-1:00 Drop in Bridge
10:00 The Marblehead Independent
 11:00 Chair Yoga
12:00 LUNCH w/ Doug
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym

30
 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 INDOOR
 CURLING
 1:00-2:00 Walk the Gym



COA TRIPS & OTHER COOL STUFF



2026 OVERNIGHT TRIPS

AMERICA'S MUSIC CITIES

APRIL 19 – 26, 2026

featuring New Orleans, Memphis and Nashville
Call for rates

**DISCOVER CANADIAN ROCKIES and
GLACIER NATIONAL PARK**

SEPTEMBER 11 – 17, 2026

Reduced rates until March 13, 2026

NEWLY ADDED TRIP:

SUNNY PORTUGAL DISCOVERY

SEPTEMBER 24 – OCTOBER 3, 2026

This spectacular trip will take you to Lisbon, Lagos and the stunning coasts of the Algarve, known as the "The Portuguese Riviera" and so much more!

*Cost: \$3,999.00 per person, double occupancy
Book before March 25th and save \$350!*

SNEAK PEAK...December 2027

**CHRISTMAS MARKETS
OF MONTREAL AND QUEBEC**

Stay tuned for more information!

PAM'S RECYCLING TIPS

I heard I should never put "tanglers" in a blue bin. What is a tangler?



Electrical cords, rope chains, string, ribbon lights, hoses etc. These items can jam the machinery, cause a shutdown, damage the equipment and cause injury. Why not donate it instead to a thrift shop or rummage sale?

For more information check out:

www.Recyclesmartma.org or "Beyond the Bin" websites will have suggestions too.

GOT YARN?

Do you have any yarn you don't know what to do with? Why not donate it? Our Knitting Group is seeking yarn donations. Your yarn would be used to make beautiful mittens, socks, blankets, sweaters and more! All proceeds from the sale of these items goes to the Friends of the COA, where it is used to fund special programs, lunches and more!



COA SNACKS

SOMEONE'S IN THE KITCHEN WITH AMY

Ahhh, spring at last, which brings us the COOKIE LADY, Patricia Pachouli who earned that name as a young child. When her mother made cookies, she helped by measuring the dry ingredients. When she was older, during holiday seasons, Patricia baked many batches of cookies and then delivered them to friends; that's how she became to be called The Cookie Lady.



RED VELVET CRINKLES



- 4 oz dark chocolate, chopped,
- 1/2 cup shortening
- 2-3 tsp red gel food coloring, 2 tsp vanilla
- 1/2 instant espresso coffee powder,
- 2 cups AP flour
- 1/3 cup unsweetened cocoa powder
- 2 tsp baking powder
- 1/4 tsp each baking soda & salt
- 3 eggs, lightly beaten
- 1 3/4 cups granulated sugar
- 2/3 cup powdered sugar

In a 1-quart saucepan, heat and stir chocolate and shortening over low heat until melted. Cool. Stir in food coloring, vanilla, and espresso powder. Pre-heat oven to 350. Line cookie sheet w/parchment paper. In a small bowl, whisk together the next five ingredients-through salt.

In a medium bowl whisk together eggs and granulated sugar. Stir in chocolate mixture. Add flour mixture; stir until combined. Shape dough into 1 1/2" balls. Roll balls in powdered sugar to generously coat. Place balls, 2" apart on prepared cookie sheets. Bake about 10 minutes or just until edges are firm and cracks appear slightly moist. Cool on cookie sheets 2 minutes. Remove; cool on wire racks. Makes 32 cookies **Note:** Super Red gel food coloring gives these cookies a deep, vibrant color without altering the taste. Find it where cake decorating supplies are sold or order it on line at chefmaster.com.



CHAI-SPICED SNICKERDOODLES

(don't cha love the name?)

- 1 3/4 cup sugar, 2 tsp cinnamon
- 1 tsp each ginger & cardamom
- 1/2 tsp allspice
- 1/4 tsp each cloves & nutmeg
- 1 cup softened butter
- 1 tsp each baking soda & cream of tartar
- 1/4 tsp salt, 2 eggs, 1 tsp vanilla
- 3 cups AP flour

Preheat oven to 375. In a small bowl, combine first seven ingredients. Reserve 1/4 cup of sugar mixture. In a large bowl, beat butter with a mixer on medium - high for 30 seconds. Add remaining sugar mixture, baking soda, cream of tartar, and salt. Beat until well combined, scraping bowl as needed, Beat in eggs and vanilla until combined. Beat in as much of the flour as you can. Stir in any remaining flour. Cover and chill dough for about 1 hour or until easy to handle. Place reserved 1/4 cup sugar mixture in a small bowl. Shape dough into 1 1/4" balls. Roll balls into sugar mixture to coat, Place 2" apart on ungreased (parchment paper) cookie sheets. Bake about 10 minutes or until bottoms are light Brown. Do not over bake. Cool on cookie sheets 5 minutes. Remove. Cool on wire racks. Makes 28 cookies.

A special note from Amy...

To my many well-wishers . . . I want to thank you all for your kind and thoughtful words and understanding on the passing of my son Stephen W Ware. Since many of you I only know by first names and some only by your familiar faces, I'm not able to send a thank you note, so I'm taking advantage of this forum to do so. You will never know how much I appreciate you during this most difficult time.

Yours faithfully, Amy Lockerbie Smith

Please email me with questions or comments at locherbieamymone@gmail.com.

OUTREACH SERVICES



Flying Solo

Friday, March 13 / 1:00 - 2:30

...followed by a short “road trip” at 5:00pm in a quest to find the perfect hot toddy and/or a cup ‘o tea.

Stop by and join us, we always have a sign up for different excursions.

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

Caregiver Support Group

Thursday, March 19

1:00 - 2:30

“Understanding changing behaviors. What to expect and how to respond” and “What have you done for YOU lately?”



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



Bereavement Group

Friday, March 20 / 10:00 -11:30

Please join us in the COA Library with Trish Crean from All Care VNA and a welcoming, supportive group of people who share many of the same experiences

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



Are you eligible for a Medicare change?

You may have a Special Enrollment Period (SEP) to make changes to your Medicare plan for a limited time. Most SEPs are limited to specific situations. If you are currently enrolled in a Medicare Advantage Plan (HMO, HMO -POS, PPO) you can change to Original Medicare with a Medigap and a Drug Plan or change to a different Medicare Advantage Plan through the end of March. Also, if your

2025 plan is no longer available in 2026, or if you are eligible for a Medicare Savings Program, you may have a SEP to make a change. Timelines vary for these SEPs so be sure to reach out to SHINE to learn about your options. A SHINE counselor will review your coverage and help you determine if you are qualified to make a change.

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

SHINE counselors will also help you understand Medicare and your options.

To schedule a SHINE appointment, call **(781) 631-6225**

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, March 11

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



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 refer to 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*

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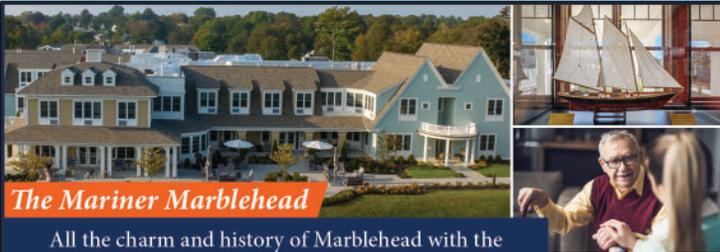
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Our MISSION: To empower older adults to age well, engage in the community, and enrich their lives.

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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