



Marblehead Council on Aging



February 2026



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

SNAP SHOT

Choose Happy
Monday, Feb 2 ☺

Footwise
Monday, Feb 2 ☺

Book Club
Friday, Feb 6 & 20 ☺

Rep. Armini
Monday, Feb 9 ☺

Maple St Bistro
Tuesday, Feb 10 ☺

Collette Tours
Tuesday, Feb 10 ☺

Mall Trip
Wed, Feb 11 ☺

KEVTECH
Thursday, Feb 12 ☺

Flying Solo
Friday, Feb 13 ☺

COA CLOSED
Presidents Day
Monday, Feb 16 ☺

Gather Heath
Tuesday, Feb 17 ☺

Pop-Up Café
Wed., Feb 18 ☺

Caregiver
Support Group
Thurs, Feb 19 ☺

Veterans Coffee
Friday, Feb 20 ☺

Bereavement
Support Group
Friday, Feb 20 ☺

Essex Country
Sherrif's Office
Friday, Feb 27 ☺



SHINE...

“Serving Health Insurance Needs of Everyone” ... on or eligible for Medicare)

If you are turning 65 and have questions about Medicare, already have Medicare and have questions about Medicare, Medicare Savings Programs, MassHealth (Massachusetts Medicaid) or any other Medicare related concerns, SHINE counselors can help!

You may have a Special Enrollment Period (SEP) to make changes to your Medicare plan for a limited time. 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. Or, if your Part D plan has been discontinued in January, you may have a SEP to change your plan. Timelines vary for these SEPs so be sure to reach out to a SHINE counselor to learn if you have these options. The Marblehead Council on Aging is lucky to have three very experienced SHINE counselors who are available to assist. Certified SHINE counselors volunteer their time to offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare and help you understand Medicare and your options.

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



Tuesday, February 17 at 12:00

GATHER HEALTH Lunch & Learn

Gabby Pandolfo, Intake Coordinator, will be presenting information on Gather Health, a Primary Care Provider specifically for seniors 65 and older on Medicare.

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



ESSEX COUNTY SHERIFF'S DEPT PRESENTS

“Grab & Go Bags”
w/ Deputy Supt. Moe Pratt
Friday, February 27 at 10:00

Join us as Moe presents a program on “GRAB and GO” bags. What are Grab & Go Bags?... Do I need one?...What should go into my Grab & Go Bag?

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

CONGRATULATIONS

to
Dave & Emma Dragan's
granddaughter
PFC Hannah
on becoming a
United States Marine!
Semper Fi!



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 lunches are offered monthly and are \$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 —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, Feb 4: Chicken Pot Pie, Broccoli, Fig Newton

Thursday, Feb 5: Tuscan White Fish, Roasted Potatoes, Wild Rice & Vegetables Soup, Applesauce

Friday, Feb 6: Maple-Bacon Glazed Chicken, Butternut Squash, Red & Red Peppers, Orange

Wed, Feb 11: Chicken Scampi, Whole Grain Pasta, Peas, Banana

Thursday, Feb 12: Pot Roast w/Gravy, Baked Sweet Potatoes, Vegetable Medley, Chocolate Chip Blondie

Friday, Feb 13: Shepards Pie w/Mashed Potatoes, Corn & Peas, Green Beans, Peach Fruit Cup

Wed, Feb 18: Egg & Cheese Broccoli Bake, Mixed Vegetables, Pound Cake

Thursday, Feb 19: Beef Stroganoff, Egg Noodles, Tomato Cabbage Soup, Cinnamon Apples

Friday, Feb 20: Herb Crusted White Fish, Garlic Mashed Potatoes, Chocolate Chip Cookies

Wed, Feb 25: Teriyaki Shrimp, White Rice, Edamame, Corn & Peppers, Banana

Thursday, Feb 26: Meatloaf w/Gravy, Garlic Mashed Potatoes, Carrot-Ginger Soup, Orange

Friday, Feb 27: Cheesy Vegetable & Rice Casserole, Seasoned Rice, Peas, Oatmeal Cookie

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, Feb 3: Guinness Beef Stew with a fresh roll

Tuesday, Feb 10: The Traveling Chef (see menu below)

Tuesday, Feb 17: NO LUNCH

Wednesday, Feb 18: Pop-Up Café (see menu below)

Tuesday, Feb 24: All Beef Hot Dogs, Baked Beans, and Tater Tots

Traveling Chef

Tuesday, February 10

Asian Rice Bowls

Chicken, White Rice & Stir Fry Vegetables and Fortune Cookies



Suggested Donation \$2.00

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

Doug & Mike's Road Show POP-UP CAFE

Wednesday, February 18 12:00—2:00

\$7.00 per person



Tuna Bowl with pita bread, lettuce, tomatoes, onions, pickle spear, chips & dessert

Veteran's Coffee Hour

Friday, February 20 at 9:00

Be sure to mark your calendar with the **NEW** time!



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

EDUCATION, FITNESS, RECREATION, SOCIALIZATION

CHOOSE HAPPY
Parkinson's Network

Monday, February 2 at 11:00
 with Gail Perry-Borden

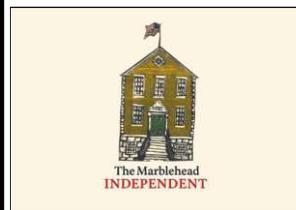
Come together, share stories, ask questions, find encouragement and inspiration.
 "We are not alone- I am not happy I have the disease, but I am still happy." – Gail Perry Borden

SENIOR FOOTWISE

Cheryl Wall, RN,
Certified Foot and Wound Care Nurse
Monday, Feb 2

Schedule your appointment today!

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



Tuesday, February 10
10:00—12:00

The Marblehead Independent will host a conversation at the Council on Aging about how a fully digital local newsroom works — from how stories are reported and published, to how residents can read, subscribe, share tips and stay informed online.

The session will include a short overview , plenty of time for questions and complimentary coffee and donuts. RSVP online or by calling the COA. Drop Ins are welcome too!



SCHEDULES PLUS UPDATES

Did you know you can register for most COA programs and classes and add money to your prepaid account from the comfort of your home? This is true! SchedulesPlus is available to access on the COA website

Visit the Marblehead COA's website at:
<https://marbleheadma.gov/coa/>

Click on the "BLUE" "Participant Login Button"

Here, you can sign in to your account with your 7 digit phone number. Register and pre-pay for classes & programs. Review a list of your attendance, look at your prepaid account and also see the current day's schedule. Last minute cancellations are listed here too!

Check it out! We'd love to hear your feedback. Any issues can be fixed and you can help! TY



ROBO CALLS

From time to time you receive Robo Calls from the COA about upcoming events, changes to our schedules etc. Please note that these Robo Calls originate from Hingham, MA and therefore show up on your phone as such.



Office Hours at the COA
Monday, February 9
 10:30 to 12:00



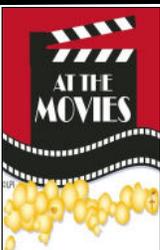
KEVTECH

Thursday, February 12,
10:00-11:30



Finding Books and Building Your Digital Library
 \$20/class due at time of registration

In this class, we learn to use the Books app on iPhone and iPad to find books and read them on our devices. We explore different titles, find free books, and make text easy to read on smaller screens. **Please register on our website or call the COA at (781) 631-6225.**



My Cousin Vinny

Friday, February 27, 12:30

Starring Joe Pesci, Marissa Tomei and Fred Gwynne. The comedy film is about 2 New Yorkers travelling thru Alabama who are wrongfully accused of a murder and are defended by their unexperienced cousin, Vinny Gambini. **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



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



Total Body Work Out with Light Weights

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



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



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



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



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



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

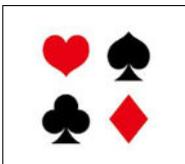
Tuesdays
 Doors close at 9:30



QUILT GUILD
Wednesday, February 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>



CANASTA
Thursdays 12:00 to 2:00



CURLING & CHAIR VOLLEYBALL
SEASON (New Schedule)

1:00

Curling: Mondays & Thursdays

Chair Volleyball: Tuesdays, Wednesdays & Fridays

Congratulations December Cribbage Winners!!



First Place:
 Bob Lavoie
Second Place:
 Preston Fawson
Tied for Third:
 Cindy Corkhum &
 Joe Censabella



“Drop-in Songs & Music”

Wednesday, February 4
Wednesday, February 18
 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!

Happy January Birthdays!



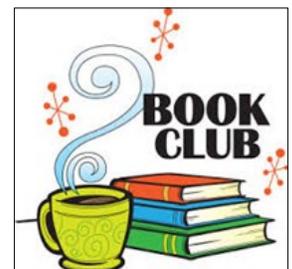
February COA Book Club

By Any Other Name
 by Jody Picoult

Friday, February 6 / 2:35

The Song of Achilles
 by Madeline Miller

Friday, February 20 / 2:35



Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 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 INDOOR CURLING 1:00-2:00 Walk the Gym</p>	<p>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</p>	<p>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 6:30 QUILT GUILD</p>	<p>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</p>	<p>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</p>
<p>9 7:00-2:00 Fitness Center STEP IT UP+ and Muscle Conditioning Cancelled 9:00 YOGA 10:00 Parkinson's Fitness 10:30 Bal & Mobility 10:30 Representative Armini 11:00 Mah jong Strength & Stretch Cancelled 1:00 INDOOR CURLING 1:00-2:00 Walk the Gym</p>	<p>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 10:00 The MHead Independent 11:00 Chair Yoga 11:00 Road Trip Maple St. Bistro 12:00 TRAVELING CHEF 1:00 Collette Presentation 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym</p>	<p>11 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 11:30-12:30 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—Stand by Me</p>	<p>12 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 10:00 KEVTECH 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</p>	<p>13 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 FLYING SOLO SUPPORT GROUP 1:00-2:00 Walk the Gym Red Shirt Friday</p>
<p>16 </p>	<p>17 7:00-2:00 Fitness Center Rise & Shine YOGA – Cancelled 8:30 Weight Training 9:30 Cribbage (Doors close) 10:00 STRONG BONES 10:00-1:00 Drop in Bridge 11:00 Chair Yoga NO LUNCH 12:00 Gather Health Presentation RSVP 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym</p>	<p>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 12:00-2:00 Doug & Mike's POP-UP CAFE 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym</p>	<p>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 Group 1:00 INDOOR CURLING 1:00 Walk the Gym</p>	<p>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 9:00 Veterans Coffee Hour 10:00-12:00 Drop in Bridge 10:00 Bereavement Group 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</p>

21
 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 Essex County Sheriff's
 Dept—Grab & Go Bags
 11:30-12:30 Grab n Go
 12:30 Movie My Cousin Vinny
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym
Red Shirt Friday



20
 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



23
 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 Florida Project



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 LUNCH w/ Doug
 1:00 CHAIR
 VOLLEY BALL
 1:00-2:00 Walk the Gym



**2025-26 MHS Film Club
 February 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.

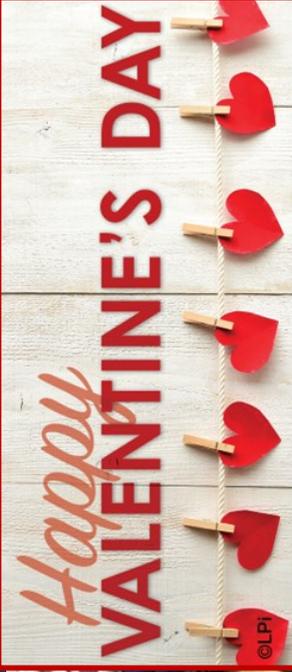
Movies & Show Times: 3:00

February 11 "Stand By Me"
February 25 "The Florida Project"

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

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

23
 7:00-2:00 Fitness Center
 8:00 STEP IT UP+
 9:00 YOGA
 9:00 Muscle Condition-
 ing
 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

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

NEWLY ADDED TRIP:

SEPTEMBER 24 – OCTOBER 3rd 2026

SUNNY PORTUGAL DISCOVERY

You will enjoy Lisbon, Alentejo and the Portuguese Riviera
Cost: \$3999.00 pp dbl

Trip Presentations by Collette Tours

TUESDAY, February 10 at 1:00 pm.

Join us for a fun slideshow presentation to learn more about our new upcoming trip to Sunny Portugal.

AND... have you signed up for our exciting adventure to the Canadian Rockies and Glacier National Park yet? Come and check out this trip. It is one that you don't want to miss out on! You will have the opportunity to preview this trip and ask your questions on February 10th as well.

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



**PAM's RECYCLING TIPS
"RECYCLE SMART" SAYS
NO BLACK PLASTIC,**

Yet they clearly have a triangle with a "5." NO Black Plastic in your BLUE bin! Black items tend to get missed by the sorting machinery and end up in the trash, which then has to be disposed of by the recycling company, at their expense.

COA SNACKS

SOMEONE'S IN THE KITCHEN WITH AMY

Linda McCollum is the cheerful face you see when you check in at the COA. She is the Transportation Coordinator and also greets you for Tuesday lunch. She does it all, and shares her recipes with us below!

Linda's beloved mother-in-law gave her this recipe.

CHICKEN AND RICE

- 4 boneless, skinless chicken breasts
- 2 pkgs. Green Giant rice pilaf
- 4 slices Swiss cheese
- 1 jar chicken gravy
- 1/4 C Italian breadcrumbs



Preheat oven to 350 degrees. Rinse and pat dry chicken. Microwave rice according to directions. Place cooked rice in bottom of baking dish. Layer cheese on top, then cover with chicken. Pour gravy over all and sprinkle the breadcrumbs on top. Bake for 1 hour until chicken is 165 degrees and golden brown.



TACO DIP

- 2 pkgs. 8 oz. cream cheese
- 1 jar salsa
- 1 pkg. shredded Mexican-style cheese
- 1 pkg. Tortilla chips

Soften cream cheese. Spread cheese on the bottom of a baking dish. Pour salsa over cream cheese and sprinkle shredded cheese over it. Bake at 350 degrees for 30 minutes. Serve dip in a bowl on a platter surrounded by chips.

COFFEE CAKE

- 1 box yellow cake mix
- 1/2 C vegetable oil
- 4 eggs
- 1 C water
- 1 pkg. instant lemon pudding mix



Cinnamon streusel

- 1/3 C sugar
- 1 T cinnamon
- 1/2 C chopped walnuts

Preheat oven to 350 degrees. Grease and flour angel food or bundt cake pan. Mix all cake ingredients together. Pour 2/3 of the batter into a prepared pan. Sprinkle half the cinnamon mix over it, then pour the rest of the batter and sprinkle the rest of the cinnamon streusel over that. Bake for 50-60 minutes or until a toothpick comes out clean. Email me with questions!

locherbicamyone@gmail.com.



OUTREACH SERVICES



Flying Solo

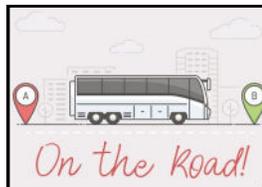
Friday, February 13 at 1:00

Sign-ups for Dubes Restaurant and Sam Walkers at this meeting...THEN...join Sharon and Beth at Hestia in Marblehead at 4:00pm, where we will create a heart Valentine for a loved one! Light beverages and sweets will be provided. Please CALL me first to sign up for Hestia!!



Pem "Edmmonia Lewis Tour" February 26 1:00-2:00

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, February 11**

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



Caregiver Support Group

**Thursday, February 19
1:00 - 2:30**

Guest Speaker: Greg Lydon from Marblehead Fire Department. For more information call or email Sharon (781) 631-6225 / dolibers@marbleheadma.gov

Bereavement Group

Friday, February 20 / 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



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

It's Road Trip Time!

**Maple Street Bistro at Essex Tech High School
Tuesday, February 10**

\$19 per person (salad, entrée & dessert)

Salad

Mixed green salad with cucumbers, cherry tomatoes, fennel, shaved Parmesan, croutons & Lemon Vinaigrette

Choice of Entrée

Tri-color Tortellini with Chicken in Vodka Cream Sauce with balsamic vinegar, garlic, tomatoes, black olives & capers

OR

Herb-Roasted Salmon with lemon & white wine served with herb-roasted fingerling potatoes & crisp green beans

OR

Pan Seared Chicken Breast with Dijon Cream Sauce served with herb-roasted fingerling potatoes and crisp green beans

You MUST RSVP by Thursday, February 5th 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 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*

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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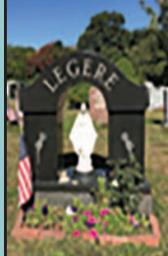
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Marblehead COA is grateful for funding from the Town of Marblehead, the Commonwealth of Massachusetts through the Executive Office of Elder Affairs, the Older American's Act as granted by AgeSpan, Inc. In addition, COA programs are supported by funds 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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