



Marblehead Council on Aging



April 2026

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

SNAP SHOT

- Book Club**
Friday, April 3
- Choose Happy**
Monday, April 6
- Film Club Movie**
Wed, April 8
- Windrush Farm**
Wed, April 8
- Dept Heads Coffee**
Thurs., April 9
- COA MOVIE**
Friday, April 10
- Cool Crafts**
Friday, April 10
- Rep. Armini**
Monday, April 13
- Caregiver Support Group**
Thurs., April 16
- KEVTECH**
Friday, April 17
- Flying Solo**
Friday, April 17
- Veterans Coffee**
Friday, April 17
- Bereavement Support Group**
Friday, April 17
- Book Club**
Friday, April 17
- COA CLOSED**
Monday, April 20
- Film Club Movie**
Wed, April 22
- Town Q&A**
Wed., April 22
- Pop-Up Café**
Thurs., April 23
- COA Movie**
Friday, April 24



SAVE THE DATE!!
Thursday, April 30
5:30p-8:30p

The Friends of the Marblehead Council on Aging will be hosting their annual fundraiser featuring hearty appetizers, entertainment and a cash bar at the Masonic Hall, 62 Pleasant Street, Marblehead. Tickets will go on sale in April. Please join us!

WEDNESDAY, April 8th 1:00
Windrush Farm



Learn about one of the oldest and foremost therapeutic riding centers in the US, located right here in nearby Andover MA and founded in 1964. Since that time, Windrush Farm has helped countless numbers of children and adults with emotional, developmental, physical and cognitive challenges. Come and learn more about this fascinating program from Phil Jones, of Windrush Farm and how they are making a difference in peoples lives. Perhaps you would like to learn more about their volunteer programs? There are many ways you can volunteer, so come and ask and learn how you can be a part of this mission.



Police Academy 1.0
Spring Session
April 23 thru June 11
Thursday Evenings
6:00p - 9:00p



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

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

Conversations and Coffee with
Town Department Heads
Thursday, April 9 / 10:00—12:00



An informal community engagement session where residents can meet and speak directly with representatives from several town departments. Stop by to ask questions, share ideas, and learn more about the services and projects that support our community. Representatives from departments including Council on Aging, Community Planning, Finance, Fire, Harbormaster, Health, Library, Police, Public Works, Recreation and Parks, School Superintendent, and others will be available for conversation. RSVP by either calling the COA (781) 631-6225 or register online at the COA website.

Wednesday, April 22 / 1:15—2:45



Thatcher Kezer
Town Administrator

Join us for our
Annual Q&A
Town Warrant
Meeting



Jack Attridge
Town Moderator

RSVP by either calling the COA (781) 631-6225 or register online on the COA website.



Parkinson's Fitness

Ability-based Exercise, Arts and Movement Programs

Parkinson's Awareness Month

According to the national CDC, individuals who maintain strong social connections benefit in several ways. These connections help people recover more effectively from stress, anxiety, and depression, and encourage healthier habits such as regular physical activity. Strong social bonds contribute to greater well-being and a higher quality of life. We are grateful for the partnerships we have established with four local Councils on Aging – Danvers, Lynnfield, Marblehead, and Salem. These organizations support our mission by offering weekly space for Parkinson's strength-building, exercise, and movement classes. Through these opportunities, Parkinson's Fitness has enabled participants to proactively learn new strategies and connect with others, helping them better navigate the challenges of the disease more effectively. Please visit our website for more information: www.parkinsonsfitness.org

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, April 1: Potato pollock, sweet potato wedges, California vegetables, Hawaiian roll, shortbread cookie

Thurs, April 2: Roast turkey w/apple chutney, rice pilaf, Brussels sprouts, wheat bread, banana

Fri, April 3: Beef hot dog on a whole wheat bun, baked beans, green beans w/red peppers, fruit cup

Wed, April 8: Chicken pot pie, whole grain biscuit, broccoli, applesauce

Thurs, April 9: Tuscan white fish, roasted potatoes, California blend vegetables, wheat roll, fig newton

Fri, April 10: Honey mustard chicken, butternut squash, green peas, Hawaiian roll, banana

Wed, April 15: (Holiday Meal/High Salt) Baked ham w/maple brown sugar glaze, potatoes au gratin, green beans w/ red peppers, roll, chocolate chip cookie

Thurs, April 16: Meatloaf w/gravy, garlic mashed potatoes, carrots, whole grain cornbread, orange

Fri, April 17: Creamy pesto ravioli w/chicken, California blend vegetables, wheat bread, apple

Wed, April 22: Sausage w/Abruzzi sauce, bowtie pasta, California blend vegetables, whole grain cornbread, apple

Thurs, April 23: Beef stroganoff, egg noodles, Brussels sprouts, wheat roll, banana

Fri, April 24: BBQ chicken, baked beans, broccoli, cornbread loaf, fruit cup

Wed, April 29: Tortellini w/beef bolognese, California blend vegetables, wheat roll, banana

Thurs, April 30: Cheesy chicken casserole, seasoned rice, green peas, 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, April 7:

Marie's Famous & Fabulous Chicken, Broccoli Ziti

Tuesday, April 14:

Balsamic Chicken and Rice, Mixed Greens, Soft Roll

Tuesday, April 21:

The Traveling Chef (see menu below)

Tuesday, April 28:

Kentucky Derby Party!

Get ready and they're off!

Bring your Derby Hat!

We will be serving delicious

Kentucky Derby surprises!



Traveling Chef

Tuesday, April 21

Breakfast for Lunch!

Chicken & Waffles, Home Fries

Fruit Salad Suggested Donation \$2.00

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



Doug & Mike's Road Show

POP-UP CAFE

Thursday, April 23

12:00 - 2:00

\$7.00/pp

Turkey Club with Lettuce, Tomato, Mayo, (bacon optional), Fresh Fruit Cup, Chocolate Chip Cookie & a Beverage



Veteran's Coffee Hour

Friday, April 17 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, HEALTH, AND RECREATION

CHOOSE HAPPY Parkinson's Network

Monday, April 6 at 11:00

with Gail Perry-Borden

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

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

SENIOR FOOTWISE

Cheryl Wall, RN, Certified Foot and Wound Care Nurse

Monday, April 6

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 April 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 at 3:00

April 8: Howl's Moving Castle

April 22: The Exterminating Angel

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

RSVP & Questions please contact the COA



Office Hours at the COA

Monday, April 13 10:00 to 11:30



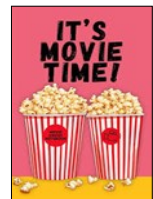
KEVTECH

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

Taking & Organizing Photos



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



The Red Violin

Friday, April 10 at 12:30

Starring

Samuel L. Jackson

Nonna's

Friday, April 24 at 12:30

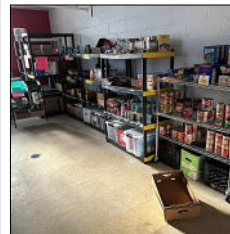
Starring

Vince Vaughn, Brenda Vaccaro & Talia Shire

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



MHD FOOD BANK



As we reflect on 2025, the Marblehead Food Pantry extends heartfelt gratitude to our community for your generous support. Your time, food donations, gift cards and checks have made a meaningful difference in the lives of our neighbors. Looking ahead to 2026, we are pleased to share several important improvements (see pictures above):

A redesigned pantry at Star of the Sea Parish Center, featuring new shelving and flooring, made possible through generous donations and the dedication of our volunteers.

Enhancements to our storage space at the Masonic Lodge, allowing for a smoother and more efficient process for receiving and organizing donations.

Currently, the Pantry serves 130 registered clients including individuals and families. The majority of those we serve are 65 years of age and older, underscoring the importance of reliable access to food and community support. As we move into 2026, we thank you for standing with us. Your continued support helps ensure that the Marblehead Food Pantry remains a place of dignity, and nourishment for all who rely on it.

Cool Crafts!

Friday, April 10 11:30-1:30 / \$5pp

Join us for another hands-on class where you will be able to create your own greeting cards and fun decoupage crafts! No prior experience necessary, just a passion for creativity!

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



FITNESS & RECREATIONAL PROGRAMMING

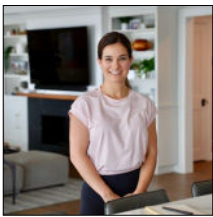


Yoga Class with Evie

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

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.

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



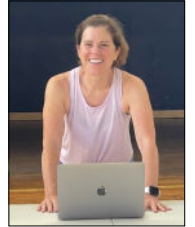
OSTEO PREVENTION:

As of April 2, we will no longer be offering this class. If you have any questions, please see Janice Why not try Strength & Stretch?

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



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 No classes April 6, 9, 13 & 15



A lower intensity, Latin and world music inspired dance fitness class for all abilities. Wednesdays at 12:00 \$4.00/class No class April 8 & 15



RISE AND SHINE YOGA With Stacie Nardizzi

Tuesday & Fridays at 8:00

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

No class Friday, April 10



COUNTRY LINE DANCING

Get Out Your Cowboy Boots! Come try it out! Thursdays 12:00 / \$6.00 class No Class April 9



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



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

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



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



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

Tuesdays
Doors close at 9:30



QUILT GUILD
Wednesday, April 1
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**

1:00



Curling: Mondays & Thursdays
No Program on April 9
Chair Volleyball: Tuesdays, Wednesdays & Fridays

Congratulations February Cribbage Winners!!



First Place:
Joe Censabella
Second Place:
Steve Dugas
Tied for Third:
Susan Nye, Cindy Corkum,
Missing from picture:
Audrey Aloes, Doris Rose

“Drop-in Songs & Music”

Wednesday, April 1
Wednesday, April 15
11:00 to 12:00



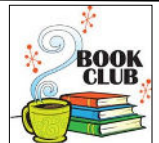
We'll share our past favorites: folk, hymns, classical, popular, etc.
Bring your voice, instrument and or just sit and listen!

Happy March Birthdays!



**BLOOD PRESSURE
CLINIC**
THURSDAYS @ 11:00

Martin
Marten
by
Brian Doyle



Friday, April 3
2:35
Friday, April 17
2:35

Monday

Tuesday

Wednesday

Thursday

Friday

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.



ALSO, ALL LAST MINUTE CLASS CANCELLATIONS ARE POSTED ON THE MHD COA FACEBOOK PAGE!

6
7:00-2:00 Fitness Center
8:00 STEP IT UP+
9:00 YOGA
9:00 Muscle Conditioning
8:30 FOOTWISE
10:00 Parkinson's Fitness
10:30 Bal & Mobility
11:00 CHOOSE HAPPY
11:00 Mah jong
11:00 Strength & Stretch
cancelled
1:00 INDOOR CURLING
1:00-2:00 Walk the Gym

7
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

8
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:30 YOGA
Crosby's
10:00 Muscle Conditioning
10:00 MALL TRANSPORTATION
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 Group
12:00 Zumba-Cancelled
1:00 Windrush Farm Talk
1:00 CHAIR VOLLEY BALL
1:00-2:00 Walk the Gym
3:00 MHS Film Club & COA: "Howl's Moving Castle"

9
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—12:00 Coffee and Conversations with Town Dept Heads
11:00 Blood Pressure
11:00 Chair Yoga
11:30-12:30 Grab n Go
12:00 CANASTA
CANCELLED CLASSES:
11:00 Strength & Stretch
12:00 LINE DANCING
1:00 INDOOR CURLING
1:00 Walk the Gym

10
7:00-2:00 Fitness Center
8:00 STEP IT UP+
8:00 Rise & Shine Yoga - cancelled
9:00 Muscle Conditioning
9:00 Coffee with a COP
10:00-12:00 Drop in Bridge
11:30-12:30 Grab n Go
11:30-1:30 Cool Crafts
12:30 MOVIE: THE RED VIOLIN
1:00 CHAIR VOLLEY BALL
1:00-2:00 Walk the Gym
Red Shirt Friday

13
7:00-2:00 Fitness Center
8:00 STEP IT UP+
9:00 YOGA
9:00 Muscle Conditioning
10:00 Parkinson's Fitness
10:00 Rep. Armini
10:30 Bal & Mobility
11:00 Mah jong
11:00 Strength & Stretch
cancelled
1:00 INDOOR CURLING
1:00-2:00 Walk the Gym

14
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

15
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-Cancelled
12:30 Creative Writing Group
1:00 CHAIR VOLLEY BALL

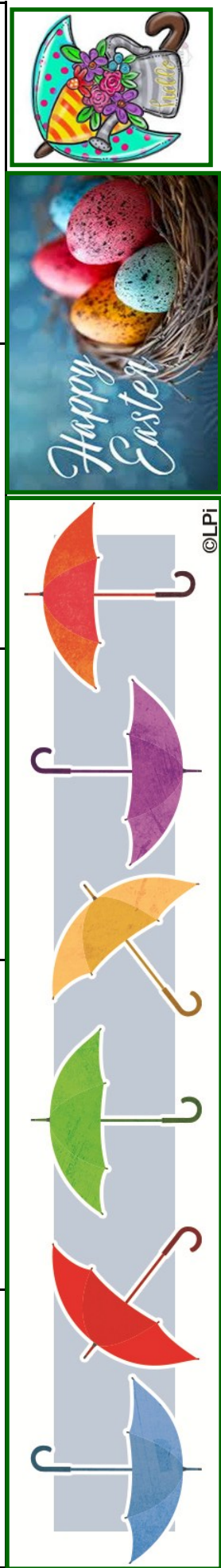
16
7:00-2:00 Fitness Center
8:30 Weight Training
9:00 "DROP IN" Knitting
Market Basket
9:30 YOGA
10:00 Quilting
11:00 Blood Pressure
11:00 Strength & Stretch
cancelled
11:00 Chair Yoga
11:30-12:30 Grab n Go
12:00 LINE DANCING
12:00 CANASTA

17
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 KEVTECH
10:00-12:00 Drop in Bridge
10:00 Bereavement Group
11:30-12:30 Grab n Go
1:00 FLYING SOLO SUPPORT GROUP
1:00 CHAIR

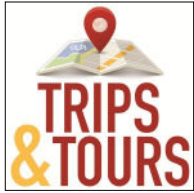
2
7:00-2:00 Fitness Center
8:30 Weight Training
9:00 "DROP IN" Knitting
Market Basket
9:30 YOGA
10:00 Quilting
11:00 Blood Pressure
11:00 Strength & Stretch
11:00 Chair Yoga
11:30-12:30 Grab n Go
12:00 LINE DANCING
12:00 CANASTA
1:00 INDOOR CURLING
1:00 Walk the Gym

3
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>1:00 Caregiver Support Gr 1:00 INDOOR CURLING 1:00 Walk the Gym</p>	<p>24</p> <p>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: NONNAS 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym Red Shirt Friday</p>	
<p>1:00 Caregiver Support Gr 1:00 INDOOR CURLING 1:00 Walk the Gym</p>	<p>23</p> <p>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 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 LINE DANCING 12:00 CANASTA 12:00-2:00 POP UP CAFE 1:00 INDOOR CURLING 1:00 Walk the Gym</p> <p>6:00p POLICE ACADEMY</p>	<p>30</p> <p>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 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>6:00p POLICE ACADEMY</p>
<p>1:00-2:00 Walk the Gym</p>	<p>22</p> <p>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 Group 12:00 Zumba 1:15-2:45 Annual Q&A Town Warrants 3:00 MHS Film Club & COA: "The Exterminating Angel"</p> <p>CANCELLED CLASSES: CHAIR VOLLEY BALL & Walk the Gym</p>	<p>29</p> <p>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 12:00 Zumba 12:30 Creative Writing Group 12:30 Connecting with Art 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym</p>
<p>21</p> <p>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</p> 	<p>28</p> <p>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: KENTUCKY DERBY WITH THE MARINER 1:00 CHAIR VOLLEY BALL 1:00-2:00 Walk the Gym</p>	<p>27</p> <p>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</p>
<p>20</p> <p>CLOSED FOR PATRIOTS DAY</p> 	<p>20</p> <p>7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 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</p>	<p>27</p> <p>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</p>



COA TRIPS & OTHER COOL STUFF



2026 OVERNIGHT TRIPS

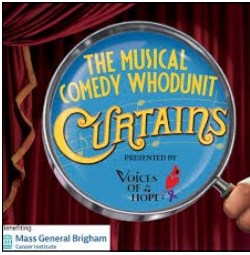
**DISCOVER CANADIAN ROCKIES and
GLACIER NATIONAL PARK
SEPTEMBER 11 – 17, 2026**

**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!



*Curtains,
A Musical Comedy*
Sunday, April 19 at 2pm
Tickets \$50pp

**At the Nore Shore Music Theatre,
A fundraiser through “Voices of Hope”** The cast are members of the “Voices of Hope” non-profit. They have been raising funds for Cancer Research through theatrical performances since 2009. There are members of OUR Council on Aging in this cast. Proceeds from this production will go directly to cancer research. Voices of Hope has donated 1.2 million to Cancer Research and over 1 million to MGH Brigham. LET’S GO! It’s a matinee. Go to lunch before or dinner after. Call Sharon for more information at 781-631-6225.



**Pam’s
Recycling
Tips**



Recycle Smart More hot tips at recyclesmartma.org

COA SNACKS

.SOMEONE’S IN THE KITCHEN WITH AMY!

Now that the long and stormy winter is gone, it’s time for us to think gardening and spring flowers; anything but shoveling snow. Only April showers.

I think all the snow has damaged a lot of the foliage this past winter. It certainly took its toll in my yard. Pruning will save many of the problems and things will possibly look even better. It’s a wake up call though, telling me I should wrap certain shrubs before next winter.

There is no one to keep me company in the kitchen today. It’s my fault entirely—not on the ball I’m sorry to say. However, I do have some good recipes for you; see what you think. This cookie recipe was featured on the cover of Better Homes magazine in 1998 and their readers loved it. I bet you will as well.



GIANT GINGER COOKIES

4 1/2 cups AP flour, 4 tsp ground ginger, 2 tsp baking soda, 1 1/2 tsp ground cinnamon, 1 tsp ground cloves, 1/4 tsp salt, 1 1/2 cups shortening or butter, 2 cups sugar,

2 eggs, 1/2 cup molasses, 3/4 cup coarse or granulated sugar.

Pre-heat oven 350 degrees. In a medium bowl, stir the first six ingredients together. In a large bowl, beat shortening (butter) with mixer on low speed for 30 seconds. Gradually add 2 cups of sugar until well blended, scraping bowl as necessary. Beat in eggs and molasses until combined. Beat in as much the flour mixture as you can. Stir in any remaining flour mixture. Shape 1/4 cup of mixture into 2” balls and roll in coarse sugar. Place about 2 1/2” apart on ungreased cookie sheets. Bake 12-14 minutes. Do not over bake. Cool on cookie sheets for 2 minutes. Cool on wire rack.

PEACH & BLUEBERRY BUCKLE

1 1/2 cups AP flour, 2 tsp baking powder, 1/2 tsp salt, 1 stick of butter, 1 cup light brown sugar, 1 lg egg, room temp, 1/2 tsp vanilla, 1/2 cup sour cream, 4 peaches cut in wedges, 1 pint blueberries, 1/3 cup sliced almonds, confectioners’ sugar for sprinkling.



Pre-heat oven 350 degrees. In a medium bowl, whisk together flour, baking powder and salt. Set aside. In a separate bowl, beat butter with brown sugar with an electric mixer until light and fluffy, about 2 or 3 minutes. Beat in egg and vanilla, scraping down sides as necessary. Reduce the speed to low and add some of the flour mixture then some of the sour cream until the mixture is complete. Fold in the fruit; don’t worry if there seems to be too much fruit (while baking, the batter will rise around the fruit). Transfer the batter to a 2 quart baking dish and sprinkle the almonds over the top. Bake for 1 1/2 - 1 4/5 hours or until a toothpick comes out clean. Sprinkle with the confectioners’ sugar.

I’d love to hear from you with any comments or feedback! Email me at lockerbieamyone@gmail.com. Happy spring to us all.

OUTREACH SERVICES



Flying Solo
Please Note:
Change of date for this month only!!
Friday, April 17 / 1:00 - 2:30
(Sharon is chaperoning Shen Yun on the 10th)
 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, April 16
1:00 - 2:30
 “Spring Safety for Caregivers and their loved ones, the Four R’s”
 &
 Ideas for getting out of the house
 For more information call or email Sharon:
 (781) 631-6225 / dolibers@marbleheadma.gov



Bereavement Group
Friday, April 17 / 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:
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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, April 8
 Call the COA for more information at (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 learning more, or for more information, please contact Sharon Doliber at (781) 631-6225.

Connecting with Art Wednesday, April 29 at 12:30



Join us for an interactive art program with facilitator Marjorie Detkin, an art therapist who has been offering this program for over a decade at Councils on Aging, Assisted Livings, Intergenerational Groups and Memory Care Programs. “Connecting with Art” is based on the idea that everyone responds to art. It brings feelings, memories and opinions, and you don’t have to have a background in art to have a response to it. The program, which consists of looking at artwork, is centered around a specific theme. Everyone is welcome. The program has been helpful for individuals with mild memory loss.
 *Light refreshments will be served



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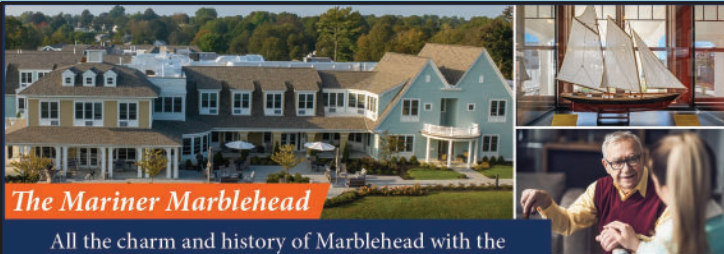
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Marblehead COA is grateful for funding from the Town of Marblehead, the Commonwealth of Massachusetts through the Executive Office of Elder Affairs, the Older American's Act as granted by AgeSpan, Inc. In addition, COA programs are supported by funds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