



# Marblehead Council on Aging



## May 2026



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

### **SNAP SHOT**

**Book Club**  
Friday, May 1 & 15

**Choose Happy**  
Monday, May 4

**Golf Begins**  
Monday, May 4

**Bocce Registration**  
Monday, May 4

**Flying Solo**  
Friday, May 8

**Maple St. Bistro**  
Tuesday, May 12

**Veterans Trip**  
Wed, May 13

**Film Club Movie**  
Wed, May 13

**Mall Trip**  
Wed, May 13

**KEVTECH**  
Friday, May 15

**Bereavement Support Group**  
Friday, May 15

**Rep. Armini**  
Monday, May 18

**Traveling Chef**  
Tues, May 19

**RMV**  
Wed, May 20

**Caregiver Support Group**  
Thursday, May 21

**Veterans Breakfast**  
Friday, May 22

**COA CLOSED**  
Monday, May 25

**Film Club Movie**  
Wed, May 27

**Pop-Up Café**  
Thursday, May 28

**COA Movie**  
Friday, May 29

### **What Makes the Council on Aging So Vibrant?**

At its heart, the Council on Aging is here to assist Marblehead's older adults live healthier, more connected, and independent lives. We provide a wide range of services and programs—from outreach, advocacy, and health support to social activities, transportation, meals, support groups and lifelong learning opportunities. Just as importantly, we support families and caregivers every step of the way.

For residents age 55 and older, (over 50% in Marblehead) the COA is a energetic hub of activity. Whether it's fitness classes (we offer over 25 classes every week) recreational programs (such as bocce, bridge, book club, canasta, chair volley ball, cribbage, curling, knitting, Mah Jong, quilting), or simply a place to connect with others, there's something here for everyone. Much of what we offer is made possible through an incredible network of volunteers and the generosity of local partners.

Marblehead's COA is truly special. Thanks to support from the Elizabeth & Harold Shattuck Memorial Fund, the Marblehead Female Humane Society, and the Friends of the COA, we are able to offer amenities that go above and beyond, including four paratransit vehicles (providing more than 6,000 rides annually), a commercial kitchen, (we provide 120+ meals each week) a fitness center, and the beautiful new Bibbo's Park (bocce)

We invite you to stop by, take a tour, and see it all in action.

You'll find us at the Judy & Gene Jacobi Community Center, open Monday through Friday, 7:30 am – 4:00 pm.

It's always a great day at the Marblehead COA—we look forward to welcoming you.

*Director, Lisa Hooper*

*Please join us!!*



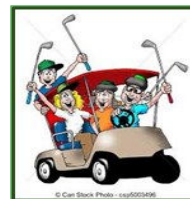
### **SEMI-ANNUAL VETERANS BREAKFAST**

*Hosted by the COA and the Masons*

**Friday, May 22 at 9:00 at the COA**

This breakfast is for ALL our Veterans. In this small way, we remember and honor Memorial Day and all those who have served and sacrificed.

**RSVP by Friday, May 15 @ (781) 631-6225**



### **Welcome Back COA Golfers!**

**Beginning**

**Monday, May 4**

**Our 2026 venues are:**

#### **Wenham Country Club**

Route 1A, Wenham

**Mondays, 9:00am tee time**

Fee to play 9 holes: \$32

Cart Fee: \$13—Both: \$45

Seven Tee Times are offered

#### **Olde Salem Greens Municipal Golf Course**

75 Willson Street, Salem

**Thursdays, 7:56am tee time**

Fee to play: \$24—Cart Fee: \$12

Five Tee Times are offered

*Cash, Check or Credit Cards are accepted at both locations*

*Please contact Marie Doughman*

[Reredoughman@gmail.com](mailto:Reredoughman@gmail.com) or

Phone (513) 253-2371

**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](mailto: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.

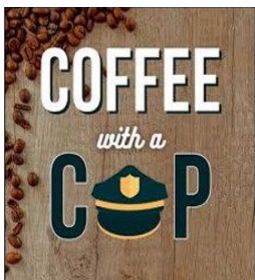
Reservations for all three programs can be done either by signing up online at <https://www.marbleheadma.gov/council-aging-department> or by calling the COA office at (781) 631-6225.



**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

- Fri. May 1:** NO MEALS. VOLUNTEER APPRECIATION
- Wed, May 6:** Chicken in Sundried Tomato Sauce, Orzo, Broccoli, Wheat Roll & Lemon White Chocolate Cookie
- Thurs, May 7:** BBQ Pulled Pork, Butternut Squash, Vegetable Medley, Dinner Roll, Pear
- Fri., May 8:** Hamburger on a wheat bun, Potato Wedges, California Blend Vegetables, Chocolate Pudding
- Wed, May 13:** Torta di Polenta (Pork Sausage & Beef), Polenta w/Cheese, Kale & Peppers, Hawaiian Roll, Apple
- Thurs, May 14:** Honey Glazed Salmon, Roasted Sweet Potatoes, California Blend Vegetables, Dinner Roll, Shortbread Cookie
- Fri, May 15:** Egg & Cheese Broccoli Bake w/Wheat Roll, Mixed Vegetables, Banana
- Wed, May 20:** BBQ Chicken Thigh Sandwich, Wheat Bun, Sweet Potato Fries, Zucchini & Red Peppers, Pound Cake
- Thurs, May 21:** Whole Grain Cheese Lasagna w/Marinara & Mozzarella, Mixed Vegetables, Dinner Roll, Orange
- Fri, May 22:** Tuscan Chicken, Rice Pilaf, California Blend, Wheat Roll, Apple
- Wed, May 27:** Beef Hot Dog on Wheat Bun, Baked Beans, Carrots, Orange
- Thurs, May 28:** Chicken Alfredo w/Whole Grain Pasta, Broccoli, Wheat Roll, Chocolate Chip Cookie
- Fri, May 29:** White Fish Piccata, Mashed Potatoes, Vegetable Medley, Whole Grain Cornbread, Pear



*Coffee with a COP*  
 Every Friday  
 9:00  
 in the COA Lobby

**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, May 5: Cinco de Mayo!!**  
 Shredded Chicken Tacos, Soft Tortilla, Refried Beans, Lettuce, Tomatoes, Pico de Gallo, Sour Cream
- Tuesday, May 12:** Doug's Famous Meatloaf, Marvelous Mashed Potatoes, Green Beans
- Tuesday, May 19:** The Traveling Chef (see menu)
- Tuesday, May 26:** NO LUNCH
- Thursday, May 28:** POP-UP Lunch

**Traveling Chef**

**Tuesday, May 19**  
 Taco Bar

Beef Tacos, Soft and Hard Shells, Beans, Mexican Rice, all the fixings.  
 Create your own Masterpiece!  
 Suggested Donation \$2.00  
 RSVP (781) 631-6225



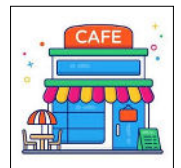
**Doug & Mike's Road Show POP-UP CAFE**

**Thursday, May 28**  
 12:00 - 2:00 / \$7.00pp

**Choice of:**

Fresh Garden Salad with Grilled Chicken (optional)  
 OR

BLT: Grilled Bacon, Crisp Lettuce & Fresh Tomatoes on your choice of white or wheat bread, toasted or non-toasted.  
 Dessert: Maries Miraculous Cupcakes  
 meal include chips and beverage



**EDUCATION, HEALTH, AND RECREATION**



**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.



**BOCCE SEASON BEGINS**

\$45 for the season Registration is:

**Monday and Tuesday**  
**May 4 & May 5 / 9:00 - 11:30**  
 Jacobi Community Center Lobby

*Friday, May 8 / 9:00—12:00 practice session*  
**Summer Schedule: Beginning Monday, May 11**

Tuesdays 8:30 - 10:00 & 10:15 -11:45  
 Wednesdays & Thursdays 9:00 -10:30 & 10:45 - 12:15  
 Fridays—Travel Team

Please send any questions to Pat Bibbo  
**Email:** Pat Bibbo: pbibbo@aol.com



**KEVTECH**

*Friday, May 15*  
**10:00-11:30 / \$20pp**

**Your iPhone's Built-in Notepad**

Learn how to use the Notes app to jot down ideas, make checklists, scan documents, and keep your thoughts organized. This class covers everything from creating simple notes to sharing and collaborating with others using iCloud. **Please register on our website or call the COA at (781) 631-6225.**



**2025-26 MHS Film Club**  
**May 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.

Final Month  
Movies & Show Times:  
Wednesdays at 3:00

**May 13: Into the Wild \* May 27: La Haine**

**Location:** The Mariner's Movie Theatre, 265 Pleasant Street. *RSVP & Questions please contact the COA*



**Office Hours at the COA**  
*Monday, May 18*  
**10:00 to 11:30**

**CHOOSE HAPPY**  
**Parkinson's Network**

*Monday, May 4 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, May 4**

**Schedule your appointment today!**

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

*Call Cheryl Wall to schedule your appointment at 508-492-5880*



**Cool Crafts!**  
**Monday, May 11**  
**11:30-1:30 \$5pp**  
**Wooden-Mosaic Trinket Box**



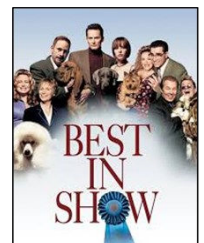
Join us for another hands-on class making fun things! Need a ride to the COA? We can provided transportation to the center. Please contact us to make arrangements and to register for the class. There will be other craft projects available too!

**Call the COA at (781) 631-6225**



**Best in Show**  
**Friday, May 29**  
**12:30**

**Starring:**  
 Eugene Levy  
 Catherine O'Hara  
 Jennifer Coolidge



*A behind-the-scenes look into the highly competitive and cut-throat world of dog shows through the eyes of a group of ruthless dog owners. "hilarious and offbeat"*

FITNESS & RECREATIONAL PROGRAMMING

Yoga Class with Evie



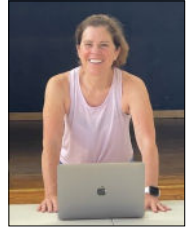
Mondays 9:00 / Wednesdays 8:30 / Thursdays 9:30
Please plan to arrive and set up 5 minutes before class starts. Doors will close promptly when class begins.



BLOOD PRESSURE CLINIC THURSDAYS @ 11:00

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



Balance & Mobility Mondays & Wednesdays 10:30 \$4.00/class

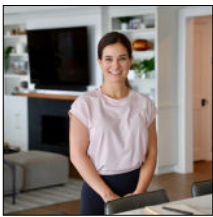


Senior Muscle Conditioning with Kim \$4.00/class Mondays & Fridays 9:00 Wednesdays 10:00

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.



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



Strength & Stretch with Kim Mondays & Thursdays 11:00 \$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 Get Out Your Cowboy Boots! Come try it out! Thursdays 12:00 / \$6.00 class No Class May 7 or 14



RISE AND SHINE YOGA With Stacie Nardizzi Tuesdays 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 Tues., May 26

**FITNESS & RECREATIONAL PROGRAMMING**



**Fitness Center**  
 7:30-2 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

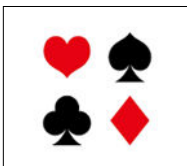
**Tuesdays**  
 Doors close at 9:30



**QUILT GUILD**  
 Wednesday, May 6  
 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



**“Drop-in Songs & Music”**  
 Wednesday, May 6  
 Wednesday, May 20  
 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!

**Congratulations March Cribbage Winners!!**



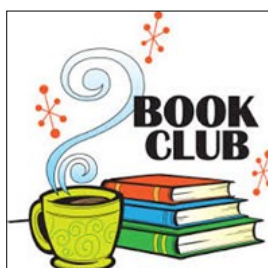
First Place:  
 Al Malo  
Second Place:  
 Joselyn Oliver  
Tied for Third:  
 Joe Censabella

**Are you a “Cranker, Stroker or Tweener?”**  
 Join us on Friday, May 22  
 12:00

**Leo's Metro Bowl**  
 63 Foster St, Peabody  
 \$4.50 per string / \$13.50 for 3 strings  
 \$4.00 Shoe Rental  
 Pay at the Bowling Alley,  
 not the COA!



**Happy April Birthdays!**



**One Long River Song**  
 by Brian Doyle  
 Friday, May 1 / 2:35  
 Friday, May 15 / 2:35

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
9:00 YOGA  
9:00 Muscle Conditioning  
**9:00 Golf—Wenham Registration**  
**9:00-11:30 Bocce**  
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**  
1:00-2:00 Walk the Gym  
1:00 CHAIR VOLLEYBALL

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

7:00-2:00 Fitness Center  
8:00 Rise & Shine Yoga  
8:30 Weight Training  
**9:00-11:30 Bocce Registration**  
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**  
1:00-2:00 Walk the Gym  
1:00 CHAIR VOLLEYBALL

7:00-2:00 Fitness Center  
**7:56 Golf—Salem**  
8:30 Weight Training  
9:00 "DROP IN" Knitting  
Market Basket  
9:30 YOGA  
11:00 Quilting  
11:00 Blood Pressure  
11:00 Strength & Stretch  
11:00 Chair Yoga  
11:30-12:30 Grab n Go  
**NO Line Dancing CXL**  
12:00 CANASTA  
1:00-2:00 Walk the Gym  
**6:00p POLICE ACADEMY**

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
**NO Rise & Shine Yoga**  
9:00 Muscle Conditioning  
**9:00 Coffee with a COP**  
**9:00-12:00 Bocce Practice**  
10:00-12:00 Drop in Bridge  
11:30-12:30 Grab n Go  
**1:00-2:30 FLYING SOLO**  
1:00-2:00 Walk the Gym  
**Red Shirt Friday**

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
9:00 YOGA  
9:00 Muscle Conditioning  
**9:00 Golf—Wenham Registration**  
**9:00-10:30—Bocce**  
10:00 Parkinson's Fitness  
10:30 Bal & Mobility  
**10:45-12:15 Bocce**  
11:00 Mah jong  
11:00 Strength & Stretch  
**11:30-1:30 Cool Crafts**  
**1:00-2:30 Bocce**

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
8:30 YOGA  
Crosby's  
**9:00-10:30—Bocce**  
10:00 Muscle Conditioning  
**10:00 TRIP TO MALL**  
**10:45-12:15 Bocce**  
11:00-2:00 Mah Jong  
11:00 Parkinson's Fitness  
10:30 Balance & Mobility  
**11:00 Veterans Trip**  
**Tour of Boston Garden**  
11:30-12:30 Grab n Go  
**12:30 Creative Writing Group**  
12:00 Zumba  
1:00-2:00 Walk the Gym  
**3:00 MHD Film Club:**  
"Into the Wild"

7:00-2:00 Fitness Center  
**7:56 Golf—Salem**  
8:30 Weight Training  
9:00 "DROP IN" Knitting  
Market Basket  
**9:00-10:30—Bocce**  
9:30 YOGA  
10:00 Quilting  
**10:45-12:15 Bocce**  
11:00 Blood Pressure  
11:00 Strength & Stretch  
11:00 Chair Yoga  
11:30-12:30 Grab n Go  
**NO Line Dancing CXL**  
12:00 CANASTA  
1:00 Walk the Gym  
**6:00p POLICE ACADEMY**

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
**NO Rise & Shine Yoga**  
9:00 Muscle Conditioning  
**9:00 Coffee with a COP**  
10:00-12:00 Drop in Bridge  
**10:00 KEVTECH**  
**10:00-11:30 Bereavement Group**  
11:30-12:30 Grab n Go  
1:00-2:00 Walk the Gym  
**2:35 BOOK CLUB**  
**Red Shirt Friday**

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
9:00 YOGA  
9:00 Muscle Conditioning

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
8:30 YOGA  
Crosby's  
**9:00-10:30 Bocce**

7:00-2:00 Fitness Center  
**7:56 Golf—Salem**  
8:30 Weight Training  
9:00 "DROP IN" Knitting

7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
**NO Rise & Shine Yoga**  
9:00 Muscle Conditioning  
**9:00 Coffee with a COP**  
10:00-12:00 Drop in Bridge  
**10:00 KEVTECH**  
**10:00-11:30 Bereavement Group**  
11:30-12:30 Grab n Go  
1:00-2:00 Walk the Gym  
**2:35 BOOK CLUB**  
**Red Shirt Friday**

**VETERANS**

9:00 AM

**BREAKFAST**  
 Both Step it Up & Muscle Conditioning are cancelled  
 11:30 Grab n Go  
 10:00-1:00 Drop in Bridge  
 12:00 BOWLING  
 Leo's Metro Bowl. Peabody  
 1:00-2:00 Walk the Gym

**Market Basket**  
 9:00-10:30—Bocce  
 9:30 YOGA  
 10:00 Quilting  
 10:45-12:15 Bocce  
 11:00 Blood Pressure  
 11:00 Strength & Stretch  
 11:00 Chair Yoga  
 11:30-12:30 Grab n Go  
 12:00 LINE DANCING  
 12:00 CANASTA  
 1:00 Caregiver Support Gr  
 1:00 Walk the Gym  
 6:00p POLICE ACADEMY

9:00-10:30—Bocce  
 10:00 Muscle Conditioning  
 10:45-12:15 Bocce  
 11:00-2:00 Mah Jong  
 11:00 Parkinson's  
 10:30 Bal & Mobility  
 11:00 DROP IN SONGS  
 11:30-12:30 Grab n Go  
 12:00 Zumba  
 12:30 Creative Writing Group  
 12:30 RMV PRESENTS  
 "SHIFTING GEARS"  
 1:00-2:00 Walk the Gym

9:30 Cribbage (Doors close)  
 10:00 STRONG BONES  
 10:00-1:00 Drop in Bridge  
 10:15-11:45 Bocce  
 11:00 Chair Yoga  
 12:00 TRAVELING CHEF  
 1:00-2:00 Walk the Gym

9:00 Golf—Wenham  
 9:00-10:30—Bocce  
 10:00 Parkinson's Fitness  
 10:00 REP ARMINI  
 10:30 Bal & Mobility  
 10:45-12:15 Bocce  
 11:00 Mah jong  
 11:00 Strength & Stretch  
 1:00-2:30 Bocce


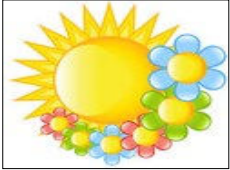
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 11:30-12:30 Grab n Go  
 12:30 MOVIE:  
 BEST IN SHOW  
 1:00-2:00 Walk the Gym  
 Red Shirt Friday

28  
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 11:00 Strength & Stretch  
 11:00 Chair Yoga  
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 12:00 LINE DANCING  
 12:00 POP UP CAFE  
 12:00 CANASTA  
 1:00 Walk the Gym  
 6:00p POLICE ACADEMY

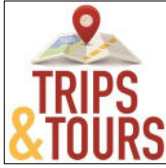
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 Crosby's  
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 11:00-2:00 Mah Jong  
 11:00 Parkinson's  
 10:30 Bal & Mobility  
 11:30-12:30 Grab n Go  
 12:00 Zumba  
 12:30 Creative Writing Group  
 1:00-2:00 Walk the Gym  
 3:00 MHD Film Club:  
 FINAL MOVIE: "La Haine"

26  
 7:00-2:00 Fitness Center  
 NO Rise & Shine YOGA  
 8:30-10:00 Bocce  
 8:30 Weight Training  
 9:30 Cribbage (Doors close)  
 10:00 STRONG BONES  
 10:00-1:00 Drop in Bridge  
 10:15-11:45 Bocce  
 11:00 Chair Yoga  
 12:00 NO LUNCH  
 1:00-2:00 Walk the Gym

25  
**THE CENTER IS CLOSED MEMORIAL DAY**

**COA TRIPS & OTHER COOL STUFF**



**2026 OVERNIGHT TRIPS**

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

**SNEAK PEEK...  
NORTHERN LIGHTS OF FINLAND  
MARCH 17-24, 2027**

*Brochures are available now, see Janice*

**CHRISTMAS MARKETS  
OF MONTREAL AND QUEBEC  
DECEMBER 2027**

*Stay tuned for more information!*



**REGISTRY OF MOTOR  
VEHICLES PRESENTS  
“SHIFTING GEARS”**

**Safe Driving and REAL ID Info**

**Wednesday, May 20 12:30**

Topics include Rules of the Road, including Vulnerable Road Users, Distracted Driving and the *MOVE OVER LAW*, REAL ID federally compliant license and ID card. The program will also provide assistance with REAL ID applications and help people prepare for their visit to the RMV. **PLEASE register online or call 781-631-6225.**

**Inviting our Veterans and their spouse (or caregivers) to join us for a wonderful tour of the TD Garden Sports Museum**



**Wednesday, May 13 at 11am**  
*Military price  
(with Military ID) is \$15.00*

During this 60-minute tour, we will see exhibits on the Bruins, Celtics, Red Sox, & Patriots An exclusive championship ring display. Views into TD Garden from the rafters seating section (think Championship Banners), sculptures of Larry Bird, Harry Agganis, Bobby Orr and more...

We will be taking the MBTA Commuter Rail from Swampscott, which will take us right in. Elevator up to the 5th & 6th floor.

**Please call Sharon to register at 781-631-6225**

**COA SNACKS**

**SOMEONE’S IN THE KITCHEN WITH AMY!**

*I’d love to hear from you with any comments or feedback!  
Email me at [lockerbieamyone@gmail.com](mailto:lockerbieamyone@gmail.com). Happy spring to us all.*

The Marblehead COA supports many classes, with your well-being in mind, in one way or another. Keeping our bodies and minds active will help keep us young.



One of the very important classes is the Writer’s Guild. Brenda Kelley Kim is the instructor. She is a well-known writer whose column appears in the *Weekly Marblehead Newspaper*.

In the Writers Guild, Brenda suggests a topic for the class to write about each week. When we meet next, we read our story and discuss grammar, sentence structure, etc. Even though the topic is the same, every story is always very different. Please join us Wednesdays at 12:30 and learn the joy of writing.

The following are two of Brenda’s recipes she sent for Someone’s in the Kitchen with Amy this month. Enjoy!

**“Best Ever Brownies”**

- 1 sq Baker’s unsweetened chocolate
- 1/2 cup unsalted butter
- 2 eggs
- 1 cup sugar
- 1 tsp vanilla
- 1/2 cup AP flour
- 1/8 tsp salt
- 1/2 tsp chopped walnuts (optional)



Melt chocolate and butter in a microwave safe bowl for 2—2.5 minutes. Beat eggs with an electric mixer, gradually adding sugar until fluffy. Stir in melted butter/chocolate mixture and vanilla. Fold in flour and salt, adding walnuts if desired. Bake at 350 degrees in a 8x8 pan for 30 minutes. Cool in pan. Follow directions-be very specific; use electric mixer and fold by hand.

**Chicken Pot Pie -Easy Style**

- 2 ready bake Pillsbury pie crusts
- 1 rotisserie chicken
- 3 cups & 1 can Cream of Chicken Soup
- 1 bag of mixed vegetables



Line a standard pie dish with one pie shell. In a large bowl, mix cut up chicken with chicken soup and vegetables. Put this mixture into the pastry-lined dish and top with the second pie crust. Seal the edges. Brush the top with an egg wash and cut a few holes in the top. Bake at 350 for about 30 minutes or until it is golden brown.

**PAM’S RECYCLING TIPS**

If you are planning a Spring Cleaning and need information where to donate the good stuff, keep in mind that St. Andrew’s is having its Semi-Annual Rummage Sale, Saturday, May 9<sup>th</sup>. Check their website for specifics.

They take just about anything: clothes, electronics, books, etc. It’s a great way to give back to the Community and clear out your house!



**OUTREACH SERVICES**



**Flying Solo**  
**Friday, May 8 / 1:00 - 2:30**  
 Stop by and join us, we always have a sign up for different excursions.

Hey! If it's a nice day out, maybe grab a Harbor Cruise at 5:00 in Salem?

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

**Bereavement Group**

**Friday, May 15 / 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 email Sharon: [dolibers@marbleheadma.gov](mailto:dolibers@marbleheadma.gov)  
 Or call: 781-631-6225

**Caregiver Support Group**

**Thursday, May 21**  
**1:00 - 2:30**

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



**It's Road Trip Time!**

**Maple Street Bistro at Essex Tech High School**  
**Tuesday, May 12 at 10:30**  
**\$17 per person (salad, entrée & dessert)**



**Watermelon & Feta Salad**

Sweet, juicy seedless watermelon paired with crisp cucumber, tangy pickled red onions, and creamy crumbled feta, all finished with a bright balsamic vinaigrette.

**Choice of Entrée**

**Shrimp Primavera Pasta**

Sautéed shrimp paired with al dente pasta and a vibrant mix of seasonal vegetables, including zucchini, squash, peas, and cherry tomatoes, all tossed in a delicate garlic and creamy white wine sauce.

**Pineapple Mango Salmon**

Tender, perfectly seared salmon topped with a sweet and tangy pineapple-mango salsa, served alongside fragrant coconut rice and crisp pickled carrots.

**Hawaiian Chicken Breast**

Grilled chicken glazed with a sweet and savory pineapple-teriyaki sauce, served over fragrant coconut rice. Accompanied by crisp pickled carrots and a refreshing cucumber slaw, finished with fresh herbs and a hint of lime.

**Please contact Sharon if you have any questions!**  
**You MUST RSVP by Tuesday, May 5th at 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, May 13**

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.



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.

**Appointments are available at the COA**  
**Call to schedule (781) 631-6225.**



**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!**

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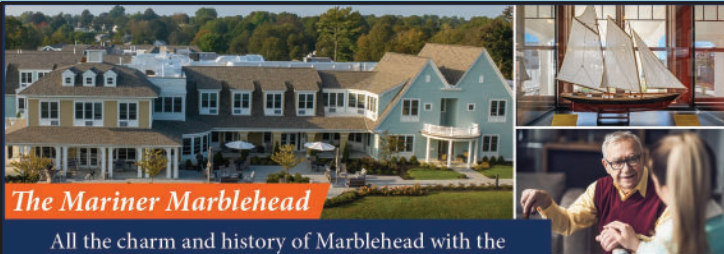
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## Town of Marblehead Council On Aging

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

Marblehead COA is grateful for funding from the Town of Marblehead, the Commonwealth of Massachusetts through the Executive Office of Elder Affairs, the Older American's Act as granted by AgeSpan, Inc. In addition, COA programs are supported by funds from the Friends of the Marblehead Council on Aging, the Marblehead Female Humane Society, the Shattuck Memorial Fund and private donations. Additional thanks to advertisers for their continued support.

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Without financial support from the Friends of the COA, the Council on Aging would not be able to offer all of the wonderful programs and events to our senior community.

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