



Marblehead



Council on Aging



June 2026



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

SNAP SHOT

Choose Happy
Monday, June 1 ☺

Pizza Party
Fri., June 5 ☺

Book Club
Friday, June 5 ☺

Turning to Peace Talk
Monday, June 8 ☺

Traveling Chef
Tues, June 9 ☺

Mall Trip
Wed, June 10 ☺

Flying Solo
Thurs, June 11 ☺

Cool Crafts
Friday, June 12 ☺

KEVTECH
Friday, June 12 ☺

Movie Trivia
Friday, June 12 ☺

Rep. Armini
Mon, June 15 ☺

Caregiver Support Group
Wed, June 17 ☺

Pop-Up Café
Thurs, June 18 ☺

Essex Cruise
Thurs, June 18 ☺

COA CLOSED
Friday, June 19 ☺

Bob Upton
Wed, June 24 ☺

Joe DiPoli
Thurs, June 25 ☺

Bereavement Support Group
Friday, June 26 ☺



HEAT PUMP PIZZA PARTY with HeatSmart

Friday, June 5 / 11:30

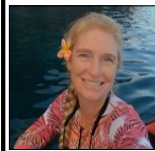
Curious about **how to lower your energy bills and carbon footprint** with heat pumps? Learn about the benefits of heat pumps as a sustainable alternative for home heating and cooling. Learn how heat pumps work and the alternatives available to help pay for them.

RSVP by calling 781-631-6225 to be sure there is enough pizza for you!!



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.



Turning to Peace

MONDAY, June 8 / 12:30

Please join Jennifer Wakefield, a Maui resident and founder of Whale Wise Productions, as she presents an immersive healing film about humpback whales. Filmed in the beautiful waters of Hawaii and the South Pacific, it provides calming, cinematic footage of the humpback whales, the natural sounds of whale song and soothing healing frequencies designed to promote relaxation, peace and emotional wellbeing. The goal is designed to inspire wonder and create inner calm. *Turning to Peace* invites audiences on a gentle journey beneath the sea to experience the grace, wisdom and tranquility of the whales. Jennifer has more than 20 years of experience studying, photographing and swimming alongside whales in several countries. She allows audiences an inspiring and heartfelt experience designed to nurture peace, wonder and comfort. Light refreshments will be served. **Please register on our website or call the COA at (781) 631-6225**

Bob Upton presents “Revere Beach: Then & Now” Slide Show

Wednesday, June 24 / 1:00

Designated as a national Historical Landmark, Revere Beach is now recognized as “America’s First Public Beach”. Relive the collective memories of Revere Beach in its heyday! **Please register on our website or call the COA at (781) 631-6225**



Joe DiPoli presents

“THE INDISPENSIBLES”

Thursday, June 25 / 12:30

A talk on those Marblehead Patriots who made American Independence possible.

**Please RSVP 781-631-6225
OR register online**



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, June 3: BBQ Chicken, Roasted Potatoes, Broccoli, Whole Grain Cornbread, Banana

Thurs, June 4: Braised Beef & Vegetables, Polenta, Spinach with Peppers, Dinner Roll, Vanilla Pudding

Fri., June 5: Potato Pollack, Sweet Potato Wedges, California Blend Vegetables, Hawaiian Roll, Fruit Cup

Wed, June 10: Hamburger on a Wheat Bun, Roasted Potatoes, Green Beans & Red Peppers, Apple

Thurs, June 11: Chicken Anna Marie, Mashed Potatoes, Carrots, Hawaiian Roll, Fig Newton

Fri, June 12: Pork with Mustard Wine Sauce, Butternut Squash, Green Peas, Wheat Roll, Pear

Wed, June 17: Homemade Crispy Chicken, Black Eyed Peas, Collards & Corn, Cornbread Loaf, Pound Cake with Berries

Thurs, June 18: Sausage with Abruzzi Sauce, Bowtie Pasta, California Blend Vegetables, Wheat Roll, Cinnamon Apples

Fri, June 19: HOLIDAY—NO MEALS

Wed, June 24: Herb Crusted White Fish, Rice Pilaf, Mixed Root Vegetables, Wheat Roll, Banana

Thurs, June 25: Beef Hot Dog on a Whole Wheat Bun, Baked Beans, Carrots, Orange

Fri, June 26: Creamy Turkey & Spinach Casserole with Orzo, Broccoli, Cornbread Loaf, Vanilla Pudding

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, June 2: Laing Family Salad

Tuesday, June 9: The Traveling Chef (see below)

Tuesday, June 16—NO LUNCH

Thursday, June 18: Pop-Up Café (see below)

Tuesday, June 23: Chicken Kabob over Rice Pilaf with Sumptuous Summer Vegetables

Tuesday, June 30—NO LUNCH

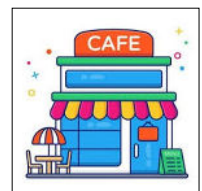
Traveling Chef
Tuesday, June 9



*Garlic Bread, Caesar Salad
Eggplant Parm/Chicken Parm
Tiramisu*

*Suggested Donation \$2.00
RSVP (781) 631-6225*

Doug & Mike's Road Show
POP-UP CAFE

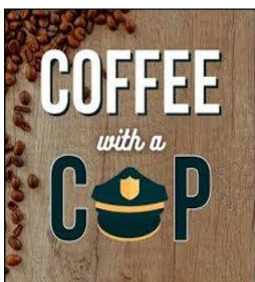


Thursday, June 18
12:00 - 2:00 / \$7.00pp

Mikes Meatball Sub with Melted Provolone and Sauce, Toasted or Not Toasted (your choice)

OR

Zesty Ziti with Meatballs, Sauce and Garlic Bread
RSVP (781) 631-6225



Fridays
9:00
in the
COA Lobby

EDUCATION, HEALTH, AND RECREATION



2026 BOCCE SEASON



Mondays

9:00 -10:30 & 10:45 - 12:15 & 1:00- 2:30

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



June Movie: JAWS

Join us for some fun Jaws trivia and then stay for the movie

Friday, June 12

Jaws Trivia at 12:30

Jaws Movie at 1:00

Come for a game of Trivia about the original JAWS Movie, which was released 51 years ago on June 20th. Wear your best Hawaiian or shark themed shirt. Best shirt gets a prize. We will be serving 70's themed movie food. We can fit up to 15 people comfortably in our 'movie room'.

Please call to reserve your spot 781-631-6225



KEVTECH



Friday, June 12

10:00-11:30 / \$20pp

Exploring Outdoor Photography: Portrait, Pano & Live Photos

Following an introduction where we discuss photography concepts, we walk to a preselected location to learn about different photography techniques, such as portrait mode, panoramic photos and more. We get hands-on practice with the cameras different features, then return to the classroom for a slideshow of favorite photos. **Please register on our website or call the COA at (781) 631-6225.**



COA Golfers!

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 or

Phone (513) 253-2371



Office Hours at the COA

Monday, June 15

10:00 to 11:30

CHOOSE HAPPY Parkinson's Network

Monday, June 1 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



SUMMER SESSION CHAIR VOLLEYBALL



Wednesday afternoons
at 1:00

\$10.00 / pp for the season

See or email Pat Bibbo for more details
pbibbo@aol.com

SENIOR FOOTWISE

Cheryl Wall, RN,
 Certified Foot and Wound Care Nurse

Monday, June 1

Schedule your appointment today!

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

Please call Cheryl Wall directly to schedule your appointment at (508) 492-5880



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!

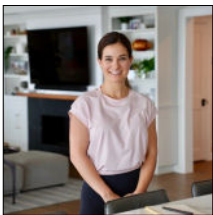
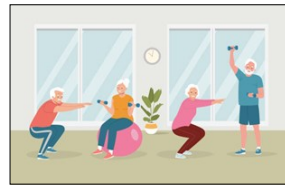
FITNESS & RECREATIONAL PROGRAMMING

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.

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



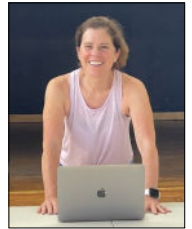
Total Body Work Out with Light Weights
Tuesdays & Thursdays 8:30
\$4.00/class
Instructor: Vivien

COUNTRY LINE DANCING
Giddy up on down to the COA!
Come try it out!
Thursdays 12:00 / \$6.00 class



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



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

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



RISE AND SHINE YOGA
With Stacie Nardizzi
Tuesdays 8:30 (NEW Time!)

This class is focused on gentle movement 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

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



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

Tuesdays
 Doors close at 9:30



CANASTA
 Thursdays 12:00 to 2:00

Congratulations April Cribbage Winners!!



First Place: Amy Smith
Tied for Second Place: Ginny Curtis & Al Malo
Tied for Third: Joe Censabella, Preston Fawson,
 Steve Dugas & Joanne Lamanna



Happy May Birthdays!



COA Knitting Group
 Thursdays at 9:00

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



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

QUILT GUILD
 Will meet at the Mariner
 Sunday, June 7 at 2pm
 Call your club president for more details



Guild Activities: Library quilt shows, presentations by other quilt-
 ers, Quilt Shop Hop, Show and Tell, Charity Quilt.
<https://sies.google.com/view/seacoastquiltguild>

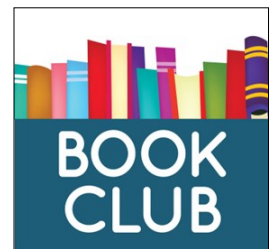
“Drop-in Songs & Music”
 Wednesday, June 3
 Wednesday, June 17
 11:00 to 12:00



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

The Indispensables
 by Patrick O'Donnell

Friday, June 5 / 2:35
 Friday, June 26 / 2:35



Cool Crafts
Paint-A-Pot!
 Friday, June 12
 11:00 - 1:00
 (\$5pp for supplies)
 pots & paint, and
 other cool stuff
 will be provided!

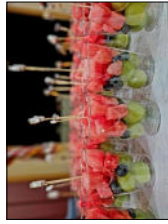


Bring a friend and your creativity!

Monday**Tuesday****Wednesday****Thursday****Friday**

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

7:00-2:00 Fitness Center
 8:30 Rise & Shine Yoga
8:30-10:00 Bocce
 8:30 Weight Training
 9:30 Cribbage (Doors close)
 10:00 STRONG BONES
10:15-11:45 Bocce
 10:00-1:00 Drop in Bridge
 11:00 Chair Yoga
12:00 LUNCH w/Doug
 1:00-2:00 Walk the Gym



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
 10:30 Balance & Mobility
10:45-12:15 Bocce
 11:00-2:00 Mah Jong
11:00 DROP IN SONGS
 11:00 Parkinson's Fitness
 11:30-12:30 Grab n Go
 12:00 Zumba
 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
9:00-10:30—Bocce
 9:00 "DROP IN" Knitting
Market Basket
 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
 1:00-2:00 Walk the Gym
6:00p Police Academy

7:00-2:00 Fitness Center
 8:00 STEP IT UP+
 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 Heat Pump Pizza Party
 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
9:00 Golf—Wenham
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
12:30 Turning to Peace
 1:00-2:00 Walk the Gym
1:00-2:30 Bocce

7:00-2:00 Fitness Center
 8:30 Rise & Shine Yoga
8:30-10:00 Bocce
 8:30 Weight Training
 9:30 Cribbage (Doors close)
 10:00 STRONG BONES
10:15-11:45 Bocce
 10:00-1:00 Drop in Bridge
 11:00 Chair Yoga
12:00 TRAVELING CHEF
 1:00-2:00 Walk the Gym



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
 10:30 Balance & Mobility
10:45-12:15 Bocce
 11:00-2:00 Mah Jong
 11:00 Parkinson's Fitness
 11:30-12:30 Grab n Go
 12:00 Zumba
 1:00-2:00 Walk the Gym
1:00 Chair Volleyball

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 12:00 LINE DANCING
 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+
 9:00 Muscle Conditioning
9:00 Coffee with a COP
 10:00-12:00 Drop in Bridge
10:00 KEVTECH
11:00-1:00 Cool Crafts
 11:30-12:30 Grab n Go
12:30 MOVIE: JAWS
 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
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
 1:00-2:00 Walk the Gym
1:00-2:30 Bocce

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

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
 10:30 Balance & Mobility
10:45-12:15 Bocce
 11:00-2:00 Mah Jong
11:00 DROP IN SONGS
 11:00 Parkinson's Fitness
 11:30-12:30 Grab n Go
 12:00 Zumba
 1:00-2:00 Walk the Gym
1:00 Chair Volleyball
1:00 Caregiver Support

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
11:30 Essex River Cruise
12:00 POP-UP LUNCH
 12:00 Line Dancing

THE COA IS CLOSED TODAY



COA TRIPS & OTHER COOL STUFF



2027 OVERNIGHT TRIPS



SNEAK PEEK....
NORTHERN LIGHTS
OF FINLAND
MARCH 17-24, 2027
Brochures are available now,
please see Janice



THE
COLORADO ROCKIES
 featuring National Parks and
 Historic Trains
SEPTEMBER 25, 2027

CHRISTMAS MARKETS
OF MONTREAL AND QUEBEC
DECEMBER 2027
Stay tuned for more information!

PLEASE register online or call (781) 631-6225.



Join us for a narrated
Sightseeing Cruise in Essex, MA
Thursday, June 18
Departing the COA at 11:30
Cruise is 1:00 - 2:30
Tickets are limited!

For more information please contact Sharon at
dolibers@marbleheadma.gov or
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. Happy spring to us all!*

*Dear Readers, this month's column was given to me on the fly and unfortunately, I can't recall who gave me the paper with these interesting recipes. I think you'll like them.
 The heading is: Lynn Gas & Electric Co. Home Service Dept.
 Tested Recipes*

BUFFET MENUS

For a small number (8-16 guests)
 Meat Loaf and Chocolate Layer Cake

STUFFED MEAT LOAF

- 1 lb ground ham
- 1 lb ground pork
- 1 lb ground veal
- 1 beaten egg
- 1 cup milk
- 1/2 tsp mustard
- 1 cup cracker crumbs
- 4 cooked eggs (hardboiled)
- Salt and pepper to taste



Hard cook the eggs and remove the shells. Mix all other ingredients together. Partly fill a bread pan with half of this mixture on the bottom and lay the eggs end-to-end on top of the mixture in the bread pan. Put the rest of the mixture on top of the eggs, making sure you cover them. Bake at 400 degrees for 45 minutes. Salt and pepper to taste, may be eaten hot or cold. When sliced, a hardboiled egg will be in the center of each serving.

CHOCOLATE MARBLE CAKE



- 1/2 cup butter
- 1 1/2 cups sugar
- 4 egg yolks
- 1 cup milk
- 1 tsp vanilla
- 3 cups cake flour
- 1/2 tsp salt
- 3 tsp baking powder
- 2 egg whites

Mix in given order. Use 2/3 of the mixture in two 9" pans. To the last one third, add 1 oz. of melted chocolate. Bake this for third layer using 375F for 20-25 min. Cook melted 2 oz chocolate, 2 tsp butter and put on top of cake letting it run down sides.

FROSTING for CAKE

- 1/3 cup water
 - 1 1/2 cup sugar
 - 1 tsp vanilla
 - 2 egg whites
 - 1 tbsps lite corn syrup or 1/2 tsp cream of tartar
- In a double boiler, beat eggs, water sugar and cream of tartar for about 7 minutes. Remove from stove flavor and stir well and spread on cake.

OUTREACH SERVICES AND MORE COOL STUFF!



Flying Solo

***Thursday, June 11 / 1:00 - 2:30**
PLEASE NOTE THE DAY CHANGE

We are changing the meeting day from Fridays to THURSDAYS, at least for the summer. Fridays are busy with trips, grandkids etc.

Next meeting will be THURSDAY, JUNE 11TH at 1:00pm. If it's nice, let's meet at Devereaux. For more information call or email Sharon: (781) 631-6225 / dolibers@marbleheadma.gov

Bereavement Group

***Friday, June 26 / 10:00 - 11:30**
PLEASE NOTE THE DAY CHANGE
(The COA is closed Fri., June 19)



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
 Or call: (781) 631-6225



Caregiver Support Group

***Wednesday, June 17**
1:00 - 2:30
PLEASE NOTE THE DAY CHANGE

Hi folks - due to programming and space limitations, we need to CHANGE the date for **JUNE only**. We will be meeting in the library. For more information email Sharon dolibers@marbleheadma.gov or call (781) 631-6225

Pam's Recycling Tips
Marblehead Household Hazardous Waste Collection Day @ the Marblehead Transfer Station
Saturday, June 13 / 9:00 - 12:00



Properly dispose of any leftover paint, insecticides, weed killer, furniture polish, over cleaner just to name a few. For more specific information, contact the Marblehead Board of Health 781-631-0212 or go to the town website

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, June 10
 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.



LYNN AND SALEM FERRIES ARE RUNNING!

Go for an adventure to Boston!

Lynn Ferry departs from Blossom St. Pier (off the Lynn way and docks at Boston Harbor Long Wharf)

See the schedule and ticket information at: <https://www.mbta.com/schedules/Boat-Lynn/timetable>

Salem Ferry departs from Blaney Street in Salem, also docks at Long Wharf.

See the schedule and ticket information at: <https://www.cityexperiences.com/boston/city-cruises/boston-harbor/salem-ferry/>

EUSTIS & CORNELL

Of Marblehead

Pre-Arranged Funerals & Cremations

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