



Marblehead

Council on Aging

July 2026



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

SNAP SHOT

☺
COA CLOSED
Friday, July 3

☺
Choose Happy
Monday, July 6

☺
Flying Solo
Thurs., July 9

☺
Pop-Up Café
Thurs., July 9

☺
COA Movie #1
Friday, July 10

☺
Book Club
Friday, July 10

☺
Rep. Armini
Mon., July 13

☺
Traveling Chef
Tues., July 14

☺
Boston Ferry
Wed., July 15

☺
Caregiver Support Group
Thurs, July 16

☺
Vets Coffee Hr
Friday, July 17

☺
KEVTECH
Friday, July 17

☺
Bereavement Support Group
Friday, July 17

☺
Book Club
Friday, July 24

☺
Collette Presentation
Wed., July 29

☺
Gardner Museum
Wed., July 29

☺
COA Movie #2
Friday, July 31



On **Thursday, July 2nd** the Council on Aging will NOT be offering transportation. The Market Basket trip will be offered instead, on Wednesday, July 1st.

The COA is CLOSED
FRIDAY, JULY 3rd

On behalf of the COA staff, we want to wish all of you and your families a safe, and happy July 4th Holiday.
- Lisa Hooper



A BIG thank you to the COA Gardeners who are assisting us with beautifying the outside of the building including Bibbo's Park!



BOCCE
TRAVEL
TEAM

FRIDAY MORNING Veterans Coffee Hour

Friday, July 17 / 9:00am

All Veterans are welcome! Please join us for the latest information regarding Veterans benefits, Medical and Transportation related updates

RSVP is requested. Call Janice at 781-631-6225



collette

Travel Presentation

Wednesday, July 29 at 1:00pm

Join us for an exciting slide show presentation on the upcoming 2027 travel opportunities to include the **Northern Lights of Finland in March 2027** and **The Colorado Rockies in September 2027**

Please sign up online or call the COA 781-631-6225 to register.



Thank you to 360 Detailing for making the COA Transportation Fleet Shine!!

USA



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, July 1: Grilled chicken thigh, roasted potatoes, California blend vegetables, wheat roll, chocolate brownie cookie

Thurs, July 2: BBQ Pulled pork, butternut squash, beets & green beans, dinner roll, pear cup

Fri, July 3: **CLOSED. No Meal**

Wed, July 8: Torta di Polenta (pork sausage & beef), polenta w/cheese, kale & peppers, Hawaiian roll, raisin

Thurs, July 9: Seafood Cajun with whole grain pasta, broccoli, wheat bread, oatmeal cookie

Fri, July 10: Chicken Saltimbocca (chicken thigh & ham), mashed potatoes, carrots, wheat roll, applesauce

Wed, July 15: Honey glazed salmon, roasted sweet potatoes, California blend vegetables, dinner roll, banana

Thurs, July 16: Sloppy joe on wheat hamburger bun, potato wedges, carrots, chocolate pudding

Fri, July 17: Cheesy chicken & seasoned rice casserole, mixed vegetables, wheat roll, mandarin fruit cup

Wed, July 22: whole grain cheese ravioli w/beef bolognese & parmesan, kale & red peppers, wheat roll, vanilla pudding

Thurs, July 23: Tuscan chicken thigh, rice pilaf, California blend vegetables, wheat roll, peach cup

Fri, July 24: Shrimp & cheesy grits, broccoli, cornbread loaf, banana

Wed, July 29: Pot roast w/brown gravy, roasted sweet potatoes, Brussels sprouts, cornbread loaf, pear

Thurs, July 30: Chicken alfredo, whole grain pasta, broccoli, wheat roll, chocolate chip cookie

Fri, July 31: Beef hot dog, baked beans, German slaw, Mandarin fruit cup



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, July 7: No Lunch

TUESDAY, July 14: Traveling Chef

(See Menu Below)

TUESDAY, July 21

Grilled Sausages with peppers & onions, Creamy Cole-slaw, Doug's Baked Beans and Marie's Magical Twinkie Pie

TUESDAY, July 28

Grilled BBQ Chicken, Almost Perfect Potato Salad, Three Bean Salad and Rainbow Sherbert

Doug & Mike's Road Show POP-UP CAFE

Thursday, July 9

12:00 - 2:00 / \$7.00pp

Tuna Melt on Marble Rye with
Tomato and Swiss Cheese

OR

Garden Salad with Tuna Salad

Dessert: Refreshing Watermelon

RSVP (781) 631-6225



Traveling Chef

Tuesday, July 14

Hot Dogs and Hamburgers

Potato Salad

Pasta Salad

Watermelon

Suggested Donation \$2.00

RSVP (781) 631-6225

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



MAREN

**GOOD LUCK
at
COLGATE**

*Thank you for
everything,
you will be missed.*



KEVTECH

Friday, July 17

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

Introduction to Editing Photos –



This class explores the features available in the iPhone for editing photos. We discuss different ways to organize our photos, then select a photo to practice editing with. We learn about filters, adjusting colors and lighting, and cropping/resizing our photos.

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

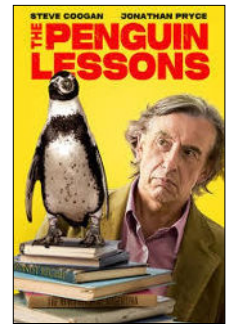
JULY Movie: The Penguin Lesson

Friday, July 10 / 12:30p

Starring Steve Coogan and Jonathan Pryce

This Inspired by a true story involving a disillusioned English teacher in Argentina whose life is dramatically altered when he rescues an “oil-slicked” penguin. This poignant story is both humorous and quietly uplifting.

Please call to reserve your spot!
781-631-6225



CHOOSE HAPPY Parkinson's Network

Monday, July 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

SENIOR FOOTWISE

Cheryl Wall, RN,
Certified Foot and Wound Care Nurse

Monday, July 6

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



JENNY ARMINI
STATE REPRESENTATIVE



Office Hours at the COA

Monday, July 13
10:00 to 11:30



SUMMER SESSION CHAIR VOLLEYBALL

Wednesday afternoons **at 1:00**
\$10.00 / pp for the



FITNESS & RECREATIONAL PROGRAMMING

Yoga Class with Evie

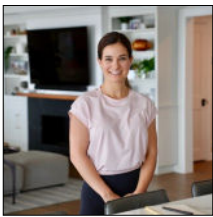


Mondays 9:00 / Wednesdays 8:30 / Thursdays 9:30

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

Starting on Thursday, July 9

Welcome Back Kate!
We missed you!

Swing on down to the COA!
Come try it out! So much fun!

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. ****NO class Wed., July 1*****



Strength & Stretch with Kim

Mondays & Thursdays 11:00
\$4.00/class

****Note: NO class Thurs., July 2****

A lower intensity, Latin and world music inspired dance fitness class for all abilities.

Wednesdays at 12:00 \$4.00/class

*****Note: NO class Wed., July 15*****



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



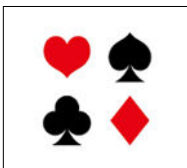
Fitness Center
7:30-2 Monday - Friday
 \$3 visit/\$35 monthly
 Come see and use
 the new equipment!

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
NO class Thurs., July 2

Congratulations May Cribbage Winners!!

First Place:
 Doris Rose
Second Place:
 Joe Censabella
Third Place:
 Preston Fawson



Happy June 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
NO class Thurs., July 30

QUILT GUILD
No Guild in July

Guild Activities: Library quilt shows,
 presentations by other quilters, Quilt Shop
 Hop, Show and Tell, Charity Quilt.



<https://sies.google.com/view/seacoastquiltguild>



“Drop-in Songs & Music”

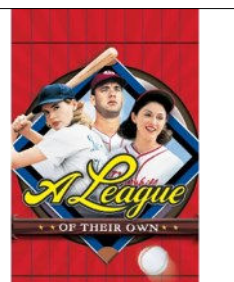
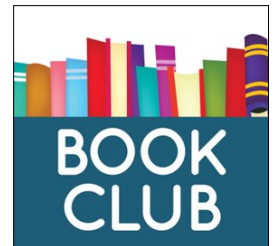
Wednesday, July 1
Wednesday, July 15
11:00 to 12:00

We'll share our past favorites: folk,
 hymns, classical, popular, etc.

Bring your voice, instrument and or just sit and listen!

The Indispensables
By Patrick O'Donnell
Friday, July 10 2:35

How to Read a Book
By Monica Wood
Friday, July 24 / 2:35



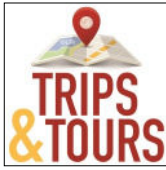
A League of their Own
Friday, July 31/ 12:30

Starring:
Tom Hanks
Madonna
Geena Davis

Monday	Tuesday	Wednesday	Thursday	Friday		
   Thank you Maren and Marie!!	6 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 Footwise 9:00 YOGA 9:00 Muscle Condition- ing 9:00 Golf—Wenham 9:00-10:30—Bocce 10:00 Parkinson's Fit- ness 10:30 Bal & Mobility 11:00 CHOOSE HAP- PY 10:45-12:15 Bocce 11:00 Mah jong 11:00 Strength & Stretch	7 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 NO LUNCH 1:00-2:00 Walk the Gym	8 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	9 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 POP-UP LUNCH 12:00 LINE DANCING RETURNS 12:00 CANASTA 1:00-2:00 Walk the Gym 1:00 FLYING SOLO	10 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 12:30 MOVIE: THE PENGUIN LESSON 1:00-2:00 Walk the Gym 2:30 BOOKCLUB Red Shirt Friday	11 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 Muscle Conditioning 9:00 Coffee with a COP 9:00 VETERANS COFFEE 10:00-12:00 Drop in Bridge 10:00 Bereavement Group 10:00 KEVTECH 11:30-12:30 Grab n Go 1:00-2:00 Walk the Gym Red Shirt Friday

12:00 Canasta 1:00 Caregiver Support Group 1:00 Walk the Gym	1:00-2:00 Walk the Gym 1:00 Chair Volleyball	1:00-2:00 Walk the Gym 1:00 Chair Volleyball	1:00-2:00 Walk the Gym 1:00 Chair Volleyball	1:00-2:00 Walk the Gym 1:00 Chair Volleyball	1:00-2:00 Walk the Gym 1:00 Chair Volleyball
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COA TRIPS & OTHER COOL STUFF**2027 OVERNIGHT TRIPS****BREAK FOR MOOSE!****OCTOBER 8-10, 2026**

Enjoy the Sunday River Fall Festival, breathtaking foliage views from a Chondala ride to the top of Moose Lake and Moose Safari (riding tour with guide).

Cost: \$899.00 pp double occupancy
See Janice for more information



**NORTHERN LIGHTS
OF FINLAND
MARCH 17-24, 2027**

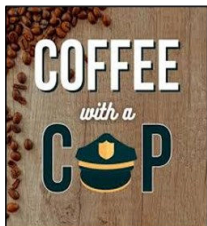
Brochures are available now,
please see Janice

**THE
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featuring National Parks
and Historic Trains**



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

Stay tuned for more information!



**Fridays in the
COA Lobby at 9:00am**

What a great opportunity to meet and ask questions to the town's finest in blue!

**COA TRIPS (continued)****It's that time of year again...****Annual Ferry Trip to Boston****Wednesday, July 15****Departs Salem Blaney Street Dock at 10:15am****Returns at 5:30pm**

The Tall Ships are in town and will be berthed at various locations along the waterfront.

They are part of the Sail Boston Festival. Tours of the vessels are FREE! Grab lunch with us at Legal Sea

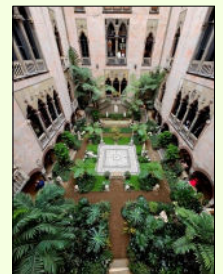
Foods (12p) or go exploring on your own. Price of Ferry TBD

**Or another option...****Hop on-off Trolley**

Trolley leaves from the wharf area and makes various stops to historic places in Boston. The tour is approximately 2 hours, depending on where you want to stop and

explore! Bring your walking shoes! Price TBD
More info available in the office

**Isabella Stuart Gardner
Museum**

Wednesday, July 29****Departing COA at 9:45am****Guided Tour 11:30am****Additional details to follow**

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

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Flying Solo

****Thursday, July 9/ 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.

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, July 15

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

Bereavement Group

Friday, July 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: (781) 631-6225 / dolibers@marbleheadma.gov

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/>



Caregiver Support Group

Thursday, July 16
1:00 - 2:30

We will be meeting in the library.

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

Pam's Recycling Tips

Did you know that batteries do not go in your recycle bin? Don't fret! The good news is that you can bring them to your local Staples Store. Check their website for locations and guidelines on recycling your "household" batteries.



For more recycling tips and information please visit:
www.recyclesmartma.org

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Marblehead Council on Aging, Marblehead, MA 06-5127

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 Aging and Independence, 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 Elizabeth & Harold Shattuck Memorial Fund, grants and private donations. Additional thanks to advertisers for their continued support.

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