



Marblehead

Council on Aging

August 2026



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

SNAP SHOT



Rep. Armini
Return in Sept



Choose Happy
Monday, Aug. 3



Quilt Guild
Wed., Aug. 5



Book Club
Friday, Aug. 7



**Chair
Massage/Reiki**
Wed., Aug. 12



Flying Solo
Thurs., Aug. 13



Vets Coffee Hr
Friday, Aug. 14



KEVTECH
Friday, Aug. 14



**Seth Moulton's
Team**
Mon., Aug. 17



MALL TRIP
Wed., Aug. 19



**Caregiver
Support
Group**
Thurs., Aug. 20



COA Movie #1
Friday, Aug. 21



**Bereavement
Support
Group**
Friday, Aug. 21



Book Club
Friday, Aug. 28



The Importance of Staying Hydrated ***By Kim Crowley*** ***ACE Certified Personal Trainer***

Staying hydrated is incredibly important for maintaining your health. Proper hydration makes a major difference in your energy level and performance, it lubricates joints, regulates body temperature, aids the digestive system, may prevent headaches, helps your body process medication, and will get you up and moving a little more frequently. Hydration helps your body's cells function properly. It improves mood and cognition, reduces the risk of high blood pressure and high blood glucose, and possibly helps reduce body weight and overeating.

Dehydration leads to increased production of urea (a crystalline compound in urine), suggesting that water deprivation is accompanied by body tissue breakdown, and risk of chronic conditions such as type 2 diabetes and kidney disease.

What to drink? Some beverages are better than others. Water is your best choice. If you exercise vigorously, you may want to hydrate with a sports drink that contains electrolytes, sodium and potassium. Muscle cramping can occur if you are low on electrolytes. Alcohol, juices, caffeinated beverages and soda are not the best hydration choices. These can promote dehydration and add excess chemicals, sugar and **calories**.

How Much Should You Drink? A good goal for most people is to drink eight 8-oz. glasses of water daily. This number fluctuates based on age, weight, activity level and other factors. People in the senior populations over the age of 65, have a decreased total body water, thirst tends to be less pronounced and kidneys become less effective at concentrating urine. For these reasons, determining hydration status becomes more difficult in seniors than in younger age groups.

Some diseases such as Parkinson's bring on excessive sweating, especially in the upper body. For this reason, replacing lost fluid is important.

Don't wait until you are thirsty to replenish. Many people think of thirst as their alarm bell for when to drink, however thirst is a delayed sensation that occurs after a person has already lost 1 to 2 liters. Poor hydration and empty food choices might make you feel like you're dragging by the end of the day.

Some tips for staying hydrated:



Keep a refillable water bottle with you.

Add flavor to your water with crushed watermelon, citrus fruit slices, cucumber slices, berries or peaches.

Try naturally flavored, unsweetened seltzers in place of soft drinks.

Add more water dense fruits to your diet.

Have healthy food options for breakfast, lunch and a snack as well.



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, Aug 5: Swedish meatballs, roasted potatoes, broccoli, cornbread, banana

Thurs., Aug 6: Braised beef & vegetables, rice pilaf, spinach w/peppers, vanilla pudding

Fri., Aug 7: Potato pollock, California blend vegetables, sweet potato wedges, fruit cup

Wed, Aug. 12: Cheeseburger on wheat bun, sweet potato tater tots, green beans & red peppers, pound cake w/ blueberries

Thurs., Aug 13: Chicken Anna Maria (thigh), mashed potatoes, mixed vegetables, dinner roll, mandarin fruit cup

Fri., Aug. 14: Sausage w/Abruzzi sauce, bowtie pasta, Tuscan vegetable blend, oatmeal cookie

Wed, Aug. 19: Pork w/ mustard wine sauce, butternut squash, green peas, banana

Thurs., Aug 20: Chicken & vegetable stir fry, white rice, beets & greens, cornbread loaf, chocolate chip cookie

Fri., Aug. 21: Salmon w/dill sauce, roasted potatoes, mixed root vegetables, mandarin fruit cup

Wed, Aug. 26: Herb crusted white fish w/lemon wedge, orzo, carrots, lemon square

Thurs., Aug 27: Turkey, egg, cheese & diced ham casserole, roasted potatoes, broccoli, snack loaf, banana

Fri., Aug. 28: Lemon ricotta parmesan chicken, cheese ravioli, mixed root vegetables, wheat bread, applesauce

LUNCH BY DOUG (and friends)

This program is generously sponsored by the Friends of Marblehead COA

12:00 / \$5.00 per person

RSVP & payment due by Friday before each week

TUESDAY, August 4 - SPECIAL LUNCH BY DOUG & STAFF

**TUESDAY, August 11 - Summer Cookout!
Burgers, Hot Dogs (with all the fixin's)
Potato Salad**

**TUESDAY, August 18 - BLT Sandwiches,
Waffle Fries**

**TUESDAY, August 25 -
End of Summer BBQ!!**



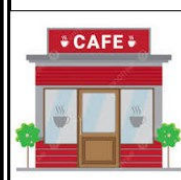
Surprise dessert with every lunch

***2026 Farmer's Market Coupons***

This year, the coupon books are

ONE per household

Please call Sharon to check eligibility and for more information (781) 631-6225



***The Traveling Chef
&
Doug & Mike's Road
Show***

Will Return September



EDUCATION, HEALTH, AND RECREATION

BOCCE

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



KEVTECH

Friday, August 14
10:00-11:30 / \$20pp

iPhone Essentials: Control Center & Files

This class covers essential features included in the iPhone and iPad. We learn to use tools such as a flashlight, timer, calculator and alarm. We also explore the Files app, where we can scan documents and organize files.

Please register on our website or call the COA
at 617-631-6225



CHOOSE HAPPY Parkinson's Network

Monday, August 3 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, August 3

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



COA Golfers!

Wenham Country Club

Route 1A, Wenham

Mondays, 9:00am tee time

Olde Salem Greens Municipal Golf Course

75 Willson Street, Salem

Thursdays, 7:56am tee time

Please contact Marie Doughman

Reredoughman@gmail.com or

Phone (513) 253-2371



It's Movie Time!!
DRAGONFLY
starring Kevin Costner
Friday, August, 21
at 12:30pm



This film blends drama,
mystery, romance and the supernatural as Emergency
Room doctor, Kevin Costner, deals with the sudden
death of his wife. This movie will keep you on the edge
of your seat! Please register by calling the COA
at 781-631-6225



SUMMER SESSION CHAIR VOLLEYBALL

Wednesday afternoons *at 1:00*



Monday, August 17
11:00am - 12:00pm

Congressman Moulton's Team will
be hosting office hours at the
Marblehead COA. The hours are informal and open to
everyone. During this time, staff will be available to
meet with constituents on a first-come, first-served
basis. No appointment is necessary. You can drop in,
share concerns, seek assistance for issues you are
having with a federal agency, or learn more about re-
sources available to you.

JENNY ARMINI
STATE REPRESENTATIVE

Office Hours for
Representative
Armini

Will return in September



Fridays in the COA Lobby at 9:00

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

FITNESS & RECREATIONAL PROGRAMMING

Yoga Class with Evie

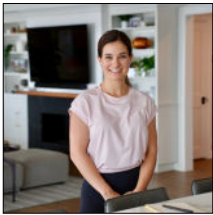


Mondays 9:00 / Wednesdays 8:30 / Thursdays 9:30

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

Thursdays 12:00 / \$6.00 class

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

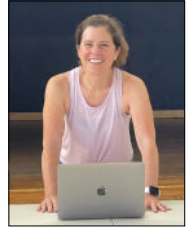


BLOOD PRESSURE CLINIC

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

ZUMBA 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
7:30-2:00 Monday - Friday
\$3 per visit/\$35 monthly
Come down and use
the new equipment! People are loving it!



**FRIDAY MORNING
 Veterans Coffee Hour**
Friday, August 14 / 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**



COA Knitting Group
Thursdays at 9:00

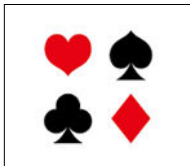
All knitters and crocheters of any ability are welcome!
Needles, yarn & patterns are available or bring your own!



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

CRIBBAGE

Tuesdays
Doors close at 9:30



CANASTA
Thursdays 12:00 to 2:00



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

SEACOAST QUILT GUILD

August 5 / Doors open at 6pm

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

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



Congratulations June Cribbage Winners!!

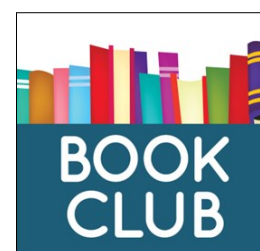


1st Bob Lavoie
2nd Preston Fawson
3rd Joe Censabella

“Drop-in Songs & Music”

Wednesday, Aug 5
Wednesday, Aug 19
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!



How to Read a Book
By Monica Wood
Friday, August 7 / 2:35

How to Read a Book
By Monica Wood
Friday, August 28 / 2:35



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 11:00 CHOOSE HAPPY 10:45-12:15 Bocce 11:00 Mahjong 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 SURPRISE LUNCH 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 Mahjong 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 6p Quilt Guild	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 12:00 Line Dancing 12:00 Canasta 1:00 Walk the Gym	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 1:00-2:00 Walk the Gym 2:30 BOOKCLUB Red Shirt Friday
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1:00 Caregiver Support Group

1:00 Walk the Gym

24
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
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11:00 Mahjong
11:00 Strength & Stretch
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1:00-2:30 Bocce

25
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
10:00-1:00 Drop in Bridge
10:15-11:45 Bocce
11:00 Chair Yoga
12:00 LUNCH
1:00-2:00 Walk the Gym

26
7:00-2:00 Fitness Center
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8:30 YOGA
Crosby's
9:00-10:30 Bocce
10:00 Muscle Conditioning
10:45-12:15 Bocce
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10:30 Bal & Mobility
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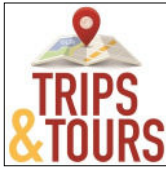
27
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9:00-10:30 Bocce
9:30 YOGA
10:00 Quilting
10:45-12:15 Bocce
11:00 Blood Pressure
11:00 Strength & Stretch
11:00 Chair Yoga
11:30-12:30 Grab n Go
12:00 LINE DANCING
12:00 CANASTA
1:00 Walk the Gym

28
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
1:00-2:00 Walk the Gym
2:30 BOOKCLUB
Red Shirt Friday

31
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9:00-10:30 Bocce
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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



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



CHRISTMAS MARKETS
OF MONTREAL AND QUEBEC

DECEMBER 2027

Stay tuned for more information!

Pam's Recycling Tips

Lids and Caps!

Should be placed back on the bottle, jar or jug before going in your recycling bin—just tight enough to stay on during transport, and loose enough to separate during the recycling process.

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

DAY TRIPS & OTHER COOL STUFF

2026 DAY TRIPS

Remembering the 50's
at
Danversport Yacht Club
Solid Gold's 'Remember
the '50s' & '60s' Revue

Thursday, September 17, 2026

Music lovers who just can't get enough of the doo-wop era can enjoy a trip back in time to the '50s and '60s where you can relive the past with Solid Gold Saturday Night – Remember the Fifties, featuring a Salute to The Drifters, The Platters - as well as special guests The Corvettes Doo Wop Revue. *A plated lunch is included.*

\$99.00 per person.

Please see Janice for more information at 781-631-6225

Simon Pearce Glass Blowing,
Vermont Factory Store &
King Arthur Baking
Company

Wednesday, October 7, 2026



Embark on a scenic journey through the picturesque landscapes of New Hampshire and Vermont. This tour offers a unique opportunity to explore charming towns, indulge in delicious food, and witness skilled artisans at work.

\$189.00 per person,

Includes the following:

transportation, lunch, touring, tax & gratuity (including Best of Times Tour Mgr.) Not included: driver gratuity

Please see Janice for more information at 781-631-6225

Congratulations!!

Britony's photographs were accepted into the 2026 Marblehead Festival of Arts. Her color photo even won an award! Way to go!



OUTREACH SERVICES AND MORE COOL STUFF!



Flying Solo

****Thursday, August 13/ 1:00 - 3:00**



Aside from planning other outings, I would like to know: What is your favorite part about living alone? What would be the most frustrating thing about living alone? (for me, it's shoveling)

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, August 19

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



Bereavement Group

**Friday, Aug 21
10:00-11:30**

Please join us in the COA Library with Trish Crean from All Care VNA. This is 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.

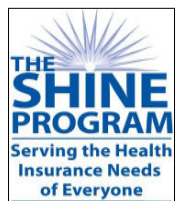
Caregiver Support Group

**Thursday, Aug 20
1:00 - 3:00**



Crystal Polizzotti from the Family Caregiver Support program at AgeSpan will be here to provide updates to programs and explain services. We will have plenty of time to talk afterwards.

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



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**



Massage Therapy and Reiki LLC **Wednesday, August 12 / 9:30**

Mandy Coutts, a licensed massage & Reiki practitioner, will be offering chair massage and Reiki treatments every second Wednesday each month.

Appointments start at 9:30am and her last appointment will be at 12:50pm. Appointments are scheduled for 15 minutes.

We do not make the appointments. **Please contact Mandy directly** Phone: 978-601-2117
Email: couttsmandy@gmail.com

LYNN AND SALEM FERRIES ARE RUNNING!

Go for an adventure to Boston!



Lynn Ferry departs from Blossom St. Pier
See the schedule and ticket information at:

<https://www.mbtta.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

Funeral Directors: Joseph Markey & Glenn Henderson

142 Elm Street, Marblehead

781-631-0076

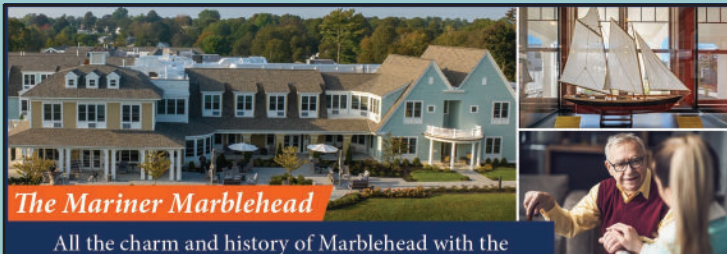
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Our MISSION: To empower older adults to age well, engage in the community, and enrich their lives.

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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