Marblehead
Council on Aging

April 2024

ADULT ENRICHMENT PROGRAMS

Choose Happy
Mon, April 1st
☺
Sr. Footwise
Mon, April 1st
☺
Trish Sullivan
Wed., April 10th
☺
Traveling Chef
Thurs., April 11th
☺
MOVIE
Fri., April 12th
☺
Library Presentation
Wed., April 17th
☺
KEVTECH
Fri., April 19th
☺
Bereavement Support Group
Fri., April 19th
☺
Caregiver Support Group
Fri., April 19th
☺
Flying Solo
Tues., April 23rd
☺
Town Admin
Wed., April 24th
☺
Senior Safety
Thurs., April 25th
☺
The Landing
Thurs., April 25th☺

THE LANDING RESTAURANT, DECK & PUB

Thursday April 25th

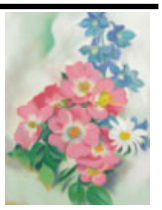
5:30—9:00 pm

The Friends of the Marblehead COA will sponsor its annual auction, their flagship event to raise the funds necessary to support the great COA services and programs not otherwise covered by town or state budgets. This year's auction will have a wide variety of items, services, and events to bid for including a beautiful handmade quilt.

To make a reservation please call The Landing @ 781-639-1266

Memory Café

@ the Marblehead COA
Jacobi Community Ctr



Tuesday, April 2nd
10:30a –12:00p

Memory Cafés are a comfortable gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. We will celebrate National Garden month by looking at some famous paintings with gardens or flowers as a theme, share stories about our own gardening experience, and make a colorful work of art.

Presented by: Siobhan McDonald, ***M.Ed., CDP, CMDCP.***

Sponsored by AGESPAN To Register, contact Lyn Brennan at Agespan @ lbrennan@agespan.org. or by calling 978-946-1368

AgeSpan 50TH Est. 1974

Q&A on Town Meeting Warrant articles

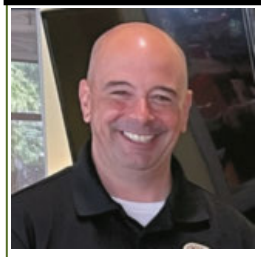
WEDNESDAY, APRIL 24TH—1:00 PM

PRESENTED BY

Thatcher Kezer Town Administrator (left)

Jack Attridge Town Moderator (right)

This year's Annual Town Meeting is Monday May 6th 7:00 pm at the Veterans School. To RSVP please call the COA at (781) 631-6225. If you are already a COA member, you can register online at the COA website.



TIPS FOR SENIOR SAFETY with Chief Dennis King

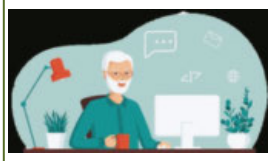
Thursday, April 25th
10:00 am

What steps do you take to ensure your safety?

Marblehead Police Chief Dennis King will be presenting a program and providing insight into personal safety for seniors in these tumultuous times.

Please register by calling 781-631-6225
Refreshments will be served.

KEVTECH



Friday April 19th
10:00a – 11:00a
Taking and Organizing Photos
$10.00 pp
Payment is due upon registration

Friend us on FACEBOOK: Marblehead Council on Aging

Judy & Gene Jacobi Community Center / 10 Humphrey Street / Marblehead MA 01945
Contact us @ (781) 631-6225 Fax: (781) 639-3431 or email: councilonaging@marblehead.org

NUTRITION, EDUCATION & FITNESS PROGRAMMING

LUNCHEON PROGRAMS @ the COA

Lunch by Doug is offered on Tuesdays @ 12:00 pm for $5.00. *This program is prepared at the Council on Aging in our commercial kitchen. The current cost of lunch is offset by the generosity of the Friends of the Council on Aging.*

Grab n 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 pm. Reservations for both programs must be made the Thursday before by calling (781) 631-6225. Questions? Please call Lisa Hooper*

GRAB & GO MEALS

Wednesday, Thursday & Friday

Pick up Time:
11:30 am —12:30 pm

$2.00 Donations to Agespan can be made when picking up lunch

All meals served with Bread.
Menu subject to change without notice.

Wed., April 3rd—Steak Fajita, Black Beans, Spanish Rice, Fresh Fruit

Thurs., April 4th—NO MEAL

Fri., April 5th—Lentil Stew w/ Vegetables & Potatoes, Green Beans

Wed., April 10th—Beef Burgundy, Egg Noodles, Broccoli, Cupcake

Thurs., April 11th—NO LUNCH—JOIN US FOR THE TRAVELING CHEF

Fri., April 12th—Cod, Mediterranean Sauce, Roasted Potatoes, Creamed Spinach, Fresh Fruit

Wed., April 17th—Chicken Parm, Pasta, Zucchini, Fruit

Thurs., April 18th—Bateman Meatloaf, Gravy, Mashed Potatoes, Peas, Fresh Fruit

Fri., April 19th—Pork Roast, Apple Glaze, Roasted Sweet Potatoes, Bread Pudding, Garden Salad

Wed., April 24th—Cold: Turkey, Swiss Cheese, Garden Salad, Three Bean Salad, Fresh Fruit

Thurs., April 25th—Pulled Pork, BBQ Sauce, Sweet Potato Tots, Cauliflower, Applesauce

Fri., April 26th—Tuscan Salmon, Creamy Spinach Sauce w/ Diced Tomatoes, Orzo, Capri Blend Veggies, Cookie

LUNCH BY DOUG

This program is generously sponsored by the

Friends of the COA 12:00 pm $5.00/pp

Tuesday, April 2nd Pasta with Meatballs, side salad & bread

Tuesday, April 9th—NO LUNCH—instead we have the Traveling Chef on Thursday, April 11th

Tuesday, April 16th — NO LUNCH

Tuesday, April 23rd—Homemade Meatloaf, mashed potatoes & green beans

Tuesday, April 30th—Laing Family salad w/ Chicken

Surprise Dessert with every meal

TRAVELING CHEF:

Thursday, April 11th
12:00 pm

TACO BAR

Ground Beef or Chicken Strips
Charro Beans, Shredded Cheese, Lettuce, Tomato
Tres Leche Cake

(Suggested donation: $2.00)

CHAIR VOLLEY BALL & INDOOR CURLING

1:00 pm

Indoor Curling Tuesdays & Thursdays
Chair Volley Ball Mondays, Wednesdays & Fridays

ADULT ENRICHMENT PROGRAMS

CHOOSE HAPPY Parkinson's Network

Monday, April1st @ 11:00 am
w/ 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

foot care with
Cheryl Wall, RN, DSN, CFCN, CWOCN

Monday, April 1st @ 8:30 am

Appointments starting at 8:30 a.m. Call and make your appointment as times fill up quickly. Payment is expected at time of serviced. (781) 631-6225.

Tai Chi/Qigong

Thursdays @ 1:00 pm

Class Fee **$10.00/class**

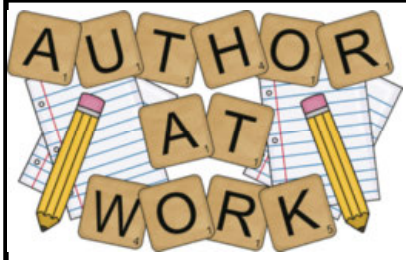
This class is for all ages, the movements can be done with modifications by anyone. Wear loose, comfortable clothing.

April BOOK CLUB

Monday April 8th
& Friday, April 26th
2:00-3:00 pm

Tom Lake by Ann Patchett.

Readers can also watch **Paul Newman's Our Town** on Youtube since it is a motif of the novel. Meryl Streep's reading of Tom Lake is also a nice way to take in the novel.



EVERYONE HAS A STORY
with **Margo Steiner**

Wednesdays
10:00a-12p

Cost $10.00 per class

30 years of Teaching, Treating & Traveling

Join us for a an afternoon with author:

Trish Sullivan, DPT, PhD
as she details her book

"Boston, Bangkok, Bombay and Beyond-the Journeys of a Physical Therapist".

Wednesday, April 10th @ 12:30 pm

Trish and her partner have spent 30 years on an international adventure as physical therapists. The book is filled with information as well as emotion.

You do not want to miss the opportunity to share in this heartwarming, impactful story of these remarkable people who have made a difference in the world. Because we are expecting a large turnout, please call to reserve your seat 781-631-6225

Renovated Abbot Library

"Opening Soon"
with

Abbot Library Director
Kimberly Grad
Wednesday, April 17th @ 1:00 pm

The Speakers Series is delighted to welcome Kimberly Grad, who will provide an update on the Abbot Public Library 2024 Renovation Project.

Long in the planning, the project includes infrastructure improvements to the HVAC systems, lighting, electrical systems and technology, a reorganized layout, a new makerspace, a podcasting studio, and new furnishings.

The renovation project was made possible by a public/ private funding partnership in the effort to provide this 17th Century Town with a 21st Century Library. In addition to receiving an updated infrastructure, newly designed interior and exterior spaces will be more inclusive and adaptive for an array of programing and technological access for all community members.

If you are a member of the COA, you can sign up on our website: marblehead.org/council-on-aging. Click the "member tab". If you are not a member, or you prefer to register by phone please call (781) 631-6225.

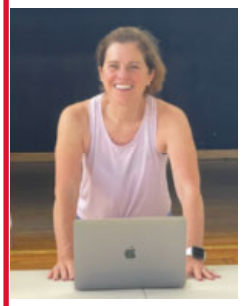
FITNESS, SOCIAL & RECREATIONAL PROGRAMMING

Fitness Center

Monday through Friday
7:00 am—2:00 pm

$3.00/visit or

Monthly passes are available for $35. *Closed April 15th*



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
8:00 am *$4.00/class*

No Class Monday April 15th

CHAIR YOGA w/ Gail Perry-Borden

Tuesdays & Thursdays
@ 11:00 am

$4.00/class

w/ Evie

Mondays @ 9:00 am
Wednesdays @ 8:30 am

Thursdays @ 9:30 am
$4/class

Classes on Fridays are cancelled
No Class Apr 15th, 17th or 18th

WEIGHT TRAINING *w/ Vivien*

Tuesdays & Thursdays
@ 8:45 am ***$4.00/pp***

CANASTA

Thursdays 12:00p to 2:00p

Mah jong

Mondays & Wednesdays

11:00 am to 2:00 pm

No Mahjong
Monday, April 15th

Senior Muscle Conditioning w/ Kim

$4.00/class

Mondays & Fridays @ 9:00

Wednesdays 10:00 am
No Class Monday, April 15th

Parkinson's Fitness w/ Kim

-No Charge-

Mondays 10 am
No Class Monday, April 15th
&
Wednesdays @ 11:00 am

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 w/ Kim

Mondays & Thursdays 11:00 am
$4.00/class
No Class Monday, April 15th

OSTEO Class w/ Kim

Thursdays 10:15 am **$4.00/class**
No Class Thursday, April 18th

$4.00/class

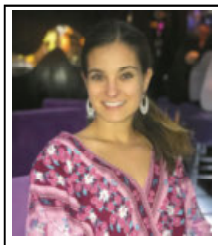
Wednesdays @ 12:00 pm

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

Balance & Mobility w/ Mary Manning

Mondays & Wednesdays @ 10:30 am
$4.00/class
No Class Monday, April 15th

FITNESS, SOCIAL & RECREATIONAL PROGRAMMING



STRONG BONES, STRONG BODIES

Tuesdays, at 9:45 am-Cost $4.00

With Dr. Jessica Carey, Physical Therapist and Strength/Conditioning Specialist. This class offers a blend of education and exercise to maintain and improve bone health, balance, and strength!

Advancing Bridge Instruction
$10.00/lesson

LESSONS Mondays at 12:30 pm
No Class Monday, April 15th

"DROP IN" BRIDGE:

Tuesdays & Fridays: 10:00 am—12:00 pm

CRIBBAGE
Tuesdays
Doors close
@ 9:30 am

Cribbage winners on Page 9

"Drop-in Songs & Music"
Wednesdays

April 3rd & April 17th
11:00 am to 12:00 pm

Chair Pilates Tuesdays @ 8:30 am

Regular Pilates Thursdays @ 10:15 am
$4.00/Class

If you are looking for a little extra cardio kick, this is for you. Raising the heart rate with very low impact, (NO JUMPING), only strength and power moves!

Props may be used as well as hand and ankle weights. Low impact exercises to lengthen & strengthen the body, with a focus on core stabilizing muscles, increasing balance, flexibility and posture. Taught by Eme Mizioch. Back from her 30 year stint in Los Angeles, she's here and excited to bring the LA style of health & fitness to the North Shore and the MHD COA.

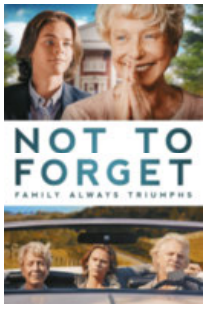
DROP IN KNITTING *Thursdays @ 9:00am*
Grab your Knitting bag and come on in!

QUILTING *w/ Janet*
Thursdays @ 10:00 am
$6.00/class

No Class April 11th or 18th

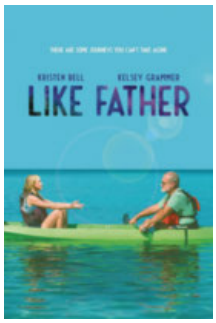
No QUILT GUILD this month

RSVP (781) 631-6225



Not to Forget
Friday, April 12th @1:00 pm

After a life of petty crimes, a self-centered con artist is sentenced to take care of his grandmother, who suffers from Alzheimer's disease. As he discovers the extent of her wealth, he begins to plan his ultimate heist. However, the more time he spends with her, the more he finds himself struggling between his wish for a lavish life and his newly found family values.



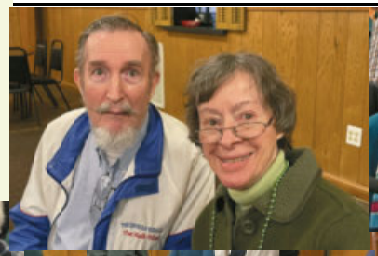
Like Father
Friday, April 26 @ 10:00 pm

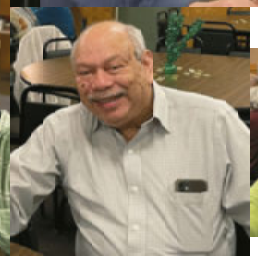
2018 American dramedy film written and directed by Lauren Miller, in her feature-length directorial debut. The film stars Kristen Bell, Kelsey Grammer, and Seth Rogen, and follows a woman who must bond with her estranged father on a cruise after she is left at the altar.

Monday	Tuesday	Wednesday	Thursday	Friday
1 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 SENIOR FOOTWISE 9:00 YOGA 9:00 Muscle Conditioning 10:00 Parkinson's Fitness 10:30 Bal & Mobility 11:00-2:00—MahJong 10:30 Bal & Mobility 11:00 CHOOSE HAPPY 11:00 Strength & Stretch 12:30 Adv Bridge Instruction 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL	2 7:00-2:00—Fitness Center 8:30 Chair Pilates 8:45 Weight Training 9:30 Cribbage (Doors close) 9:45 STRONG BONES\ STRONG BODIES 10:00-12:00-Drop in Bridge *10:30-12:00 Traveling Memory Cafe* 11:00 Chair Yoga LUNCH BY DOUG 1:00-2:00 Walk the Gym 1:00-2:30 INDOOR CURLIN	3 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 YOGA Crosby's 10:00-12:00 Everyone has a Story 10:00 Muscle Conditioning 10:30 Bal & Mobility 11:00-2:00—Mah Jong 11:00 Drop In Songs 11:00 Parkinson's Fitness 12:00 Zumba GOLD 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL	4 7:00-2:00 Fitness Center 8:45 Weight Training 9:00 "DROP IN" Knitting 9:30 YOGA 10:00 Quilting 10:15 Pilates 10:15 Osteo Prevention 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 CANASTA 1:00-2:00 Walk the Gym 1:00 TAI CHI/QIGONG 1:00-2:30 INDOOR CURLI	5 7:00-2:00 pm—Fitness Center 8:00 STEP IT NO YOGA 8:30 Coffee with a COP 9:00 Muscle Conditioning 9:00 POLICE ACADEMY 10:00-1:00-Drop in Bridge 11:30 Grab n Go 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL **Market Basket** **Red Shirt Friday**
8 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 Muscle Conditioning 10:30 Bal & Mobility 10:00 Parkinson's Fitness 11:00-2:00—MahJong 11:00 Strength & Stretch 12:30 Adv Bridge Instruction 1:00-2:00 Walk the Gym 1:00-2:30 —CHAIR VOLLEY BALL 2:00P BOOK CLUB	9 7:00-2:00—Fitness Center 8:30 Chair Pilates 8:45 Weight Training 9:30 Cribbage (Doors close) 9:45 STRONG BONES\ STRONG BODIES 10:00-12:00-Drop in Bridge 11:00 Chair Yoga NO LUNCH 1:00-2:00 Walk the Gym 1:00-2:30 INDOOR CURLING	10 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 YOGA Crosby's 10:00-12:00 Everyone has a Story 10:00 Muscle Conditioning 10:30 Bal & Mobility 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 12:00 Zumba GOLD 12:30 Thirty Years of Teaching, Treating & Traveling 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL NO QUILT GUILD	11 7:00-2:00 Fitness Center 8:45 Weight Training 9:00 "DROP IN" Knitting 9:30 YOGA **NO** Quilting 10:15 Pilates 10:15 Osteo Prevention 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 THE TRAVELING CHEF 12:00 CANASTA 1:00-2:00 Walk the Gym 1:00 TAI CHI/QIGONG 1:00-2:30 INDOOR CURL	12 7:00-2:00 pm—Fitness Center 8:00 STEP IT UP+ NO YOGA 8:30 Coffee with a COP 9:00 Muscle Conditioning 9:00 POLICE ACADEMY GRADUATION 10:00-1:00-Drop in Bridge 11:30 Grab n Go 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEYBALL 1:00 MOVIE-NOT TO FORGET **Market Basket** **Red Shirt Friday**
15 ***PATRIOT'S DAY*** ***COA OFFICE IS CLOSED***	16 7:00-2:00—Fitness Center 8:30 Chair Pilates 8:45 Weight Training 9:30 Cribbage (Doors close) 9:45 STRONG BONES STRONG BODIES COA TRANSPORTATION TO THE MALL 10:00-12:00-Drop in Bridge 11:00 Chair Yoga NO LUNCH 1:00-2:00 Walk the Gym 1:00-2:30 INDOOR CURLING	17 7:00-2:00 Fitness Center 8:00 STEP IT UP+ NO YOGA Crosby's 10:00-12:00 Everyone has a Story 10:00 Muscle Conditioning 11:00 Drop In Songs 10:30 Bal & Mobility 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 12:00 Zumba GOLD 1:00-2:00 Walk the Gym 1:00 Abbot Library Presentation 1:00-2:30—CHAIR VOLLEY BALL	18 7:00-2:00 Fitness Center 8:45 Weight Training 9:00 "DROP IN" Knitting NO YOGA **NO** Quilting 10:15 Pilates **NO** Osteo Prevention 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 11:30-12:30 Grab n Go 12:00 CANASTA 1:00-2:00 Walk the Gym 1:00 TAI CHI/QIGONG 1:00-2:30 INDOOR CURLNIG	19 7:00-2:00 pm—Fitness Center 8:00 STEP IT UP+ NO YOGA 8:30 Coffee with a COP 9:00 Muscle Conditioning 10:00 Bereavement Support Group 10:00 KEVTECH 10:00-1:00-Drop in Bridge 11:30 Grab n Go 1:00 Caregiver Support Group 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL **Market Basket** **Red Shirt Friday**

22 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 Muscle Conditioning 10:00 Parkinson's Fitness 10:30 Bal & Mobility 11:00-2:00—MahJong 11:00 Strength & Stretch 12:30 Adv Bridge Instruction 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL	23 7:00-2:00—Fitness Center 8:30 Chair Pilates 8:45 Weight Training 9:30 Cribbage (Doors close) 9:45 STRONG BONES\ STRONG BODIES 10:00-12:00-Drop in Bridge 11:00 Chair Yoga LUNCH BY DOUG 1:00-2:00 Walk the Gym 1:00-2:30 INDOOR CURLING 1:30 Flying Solo Group	24 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 8:30 YOGA Crosby's 10:00-12:00 Everyone has a Story 10:00 Muscle Conditioning 10:30 Bal & Mobility 11:00-2:00—Mah Jong 11:00 Parkinson's Fitness 11:30-12:30 Grab Go 12:00 Zumba GOLD 1:00-2:00 Walk the Gym 1:00 Q&A ON Town Meeting Warrant Articles	25 7:00-2:00 Fitness Center 8:45 Weight Training 9:00 "DROP IN" Knitting 9:30 YOGA 10:00 Quilting 10:00 SENIOR SAFETY 10:15 Pilates 10:15 Osteo Prevention 11:00 Blood Pressure 11:00 Strength & Stretch 11:00 Chair Yoga 12:00 CANASTA 1:00-2:00 Walk the Gym 1:00 TAI CHI/QIGONG 1:00-2:30 INDOOR CUR *5:30 THE LANDING*	26 7:00-2:00 pm—Fitness Center 8:00 STEP IT UP+ NO YOGA 8:30 Coffee with a COP 9:00 Muscle Conditioning 10:00 MOVIE-LIKE FATHER 10:00-1:00-Drop in Bridge 11:30 Grab n Go 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL 2:00P BOOK CLUB **Market Basket** **Red Shirt Friday**
29 7:00-2:00 Fitness Center 8:00 STEP IT UP+ 9:00 YOGA 9:00 Muscle Conditioning 10:00 Parkinson's Fitness . 10:30 Bal & Mobility 11:00-2:00—MahJong 11:00 Strength & Stretch 12:30 Adv Bridge Instruction 1:00-2:00 Walk the Gym 1:00-2:30—CHAIR VOLLEY BALL	30 7:00-2:00—Fitness Center 8:30 Chair Pilates 8:45 Weight Training 9:30 Cribbage (Doors close) 9:45 STRONG BONES\ STRONG BODIES 10:00-12:00-Drop in Bridge 11:00 Chair Yoga LUNCH BY DOUG 1:00-2:00 Walk the Gym 1:00-2:30 INDOOR CURLING			

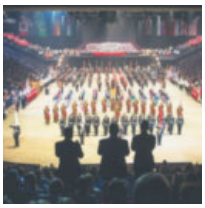
ST PATRICK'S 2024





COA TRIPS

June 29 – July 3rd
NOVA SCOTIA This trip features the Royal Nova Scotia International tattoo, Bay of Fundy, Halifax, Saint John and Annapolis Valley. Cost: $1799/pp dbl occ



SEPT 8-19th - Old World Sicily and Malta $5649.00 pp/dbl occ. Stop in and pick up the brochure or call for details.

SEPTEMBER 23– 29 – Kentucky Bluegrass, Bourbon Trail & Nashville - visit Daniel Boone National Forest, tour Great Smoky Mountain National Park, tour Churchill Downs, a Horse Farm Tour the Louisville Slugger Factory, in addition to touring the Oldest Continuously Operating Distillery in America $3899.00 pp/dbl occ

DECEMBER 5-9th – Spotlight on San Antonio Holiday Tour the Alamo, Fredericksburg, National Museum of the Pacific War, the Historic Pearl District, enjoy a Paseo del Rio Cruise and so much more $2399.00 pp/dbl occ

DAY TRIPS:

Thursday, May 23rd – Danversport:
RICKY NELSON TRIBUTE $89.00 pp lunch included

Thursday, June 20th - Danversport:
ROLLING STONES TRIBUTE - $89.00 pp with lunch

JULY 23rd – Spirit of Boston Harbor Cruise:
Buffet Luncheon and more $149.00 pp

JULY 16th – Ultimate Jimmy Buffet tribute at Foster's Clambake Restaurant this includes full Lobsterbake luncheon (BBQ chicken available as non-lobster alternative) with clam chowder, steamed mussels, steamed clams, corn on the cob, desert $135.00 pp

Thursday, August 15th - Lake Winnipesaukee & Castle in the Clouds
2 ½ hour Lunch Cruise on Lake Winnipesaukee with a Buffet luncheon followed with a visit to CASTLE in the CLOUDS

COA NEWS

GUESS WHO'S IN THE KITCHEN WITH AMY

When visiting any COA you expect to see a lot of white-haired ladies. One of our members goes one better and dolls up her lovely white hair with some color . . . perhaps a little pink one week or maybe a pretty blue another week. It can't be missed and we all know and love her; Josie Crowley. Josie plays bocce, curling and now during winter, chair volleyball. She also takes advantage of several other COA programs - the COA would love to have more members like Josie.

Josie and her husband, John, wore turkey hats at the Mason's Thanksgiving dinner; the Crowley's are no shrinking violets. They help make everything much more fun because they each have a wonderful sense of humor. I suggest you try Josie's recipe - you can never go wrong when dry onion soup is involved.

Sweet and Sour Chicken

4 skinless chicken breasts—Cut into smaller pieces
1 envelope onion soup mix
1 jar Apricot Jelly -Josie didn't give measurements for the jelly
1 jar Russian Dressing
(I'd say both the Jelly and Dressing should be 12 oz jars.)
1 can pineapple chunks

Mix soup, Russian dressing, apricot jelly in a bowl. Stir well. Add pineapple chunks along with some of the juice. Don't make it soupy. Place chicken in a baking pan and pour sauce over the chicken. Cover with lid or foil and bake at 350 degrees for one hour.

I think this would be nice served with any kind of rice and a nice crunchy-green vegetable or salad. I think you will really enjoy this. Any questions please email me at lockerbieamyone@gmail.com. BTW—my March story of Jane Carritte was high-jacked as a joke-I didn't laugh.

January

Cribbage Winners

1st Place—Ken McAskill (middle)
2nd Place—Charlie Arbing (left)
3rd Place-Don Doliber (right

OUTREACH SERVICES

SHINE… "Serving Health Insurance Needs of Everyone

Is your Medicare Plan best for you?

If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage from January 1 through March 31. This time is called the Medicare Advantage Open Enrollment Period. You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month.

Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. Trained SHINE counselors offer free, in-person unbiased, confidential counseling on all aspects of Medicare and related insurance programs. Appointments are available at the COA by calling (781) 631-6225. *** SHINE is a federally funded program to help you navigate Medicare.

FRIENDLY TELEPHONE CALLS

The WeCARE program, offered by a collaborative of North Shore Health Departments, offers friendly phone calls to older adults living in Beverly, Danvers, Marblehead, Nahant, Peabody, Salem, and Swampscott. Under this program, trained Community Health Workers will contact older adults or homebound individuals daily to provide comforting calls and offer a greater sense of personal connection.

Our team of callers are available to speak with seniors Monday through Friday and offer interpreter services if needed. If you, or an older adult in your life is interested in participating in this free program, call this number 978-219-1654 to enroll. If you have any questions, contact Sharon Doliber here at the COA. (781) 631-6225

Need Help buying groceries? SNAP can help!

SNAP can help you buy healthy food.

- It is fast & easy to apply.
- Buy food I stores & online (multiple retailers). SNAP is not considered in a public charge" test. If you are not a U.S. citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member. Call Sharon Doliber @ (781) 631-6225 for more info.

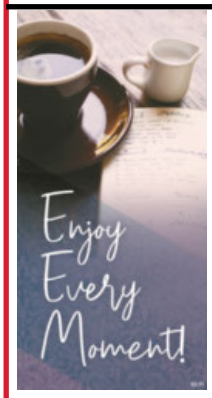
Caregiver Support Group
Friday, April 19th
1:00 pm

Bereavement Group
Friday, April 19th
10:00 am

with Trish Crean All Care VNA
RSVP @ (781) 631-6225

FLYING SOLO *w/ Sharon*

Tuesday, April 23rd
1:30-3:00pm



MEET—UPS

Tuesday, April 9th: 5:00 pm dinner
Soall Bistro: Vietnamese Food. 10 Bessom Street

Wednesday, April 17th 1:00 pm
Lifebridge has opened up a NEW Thrift Store called Bridgeworks Boutique. It is on 58 Pulaski Street in Peabody and we should go check it out!

It's more "Boutiquy" than the Canal Street location and Wednesdays are SENIOR Discount day! Afterwards, we can stop at Treadwells for ice cream!

Saturday, April 20th: 4:00 pm Colonial Craft Fair - Jeremiah lee Mansion Gardens. Marblehead. $15.00 per person.

Check out the Marblehead Museum

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Dee, Mary (Dee's Mom at 91) & Chrissy (Dee's daughter)

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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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PLEASE HELP SUPPORT THE COA

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