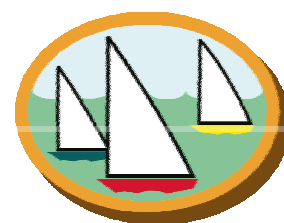


# Marblehead

## *Council on Aging*



May 2024

### ADULT ENRICHMENT PROGRAMS

☺  
Protective Svs  
*Thurs., May 2nd*

☺  
Choose Happy  
*Mon., May 6th*

☺  
Golf Season  
*Mon., May 6th*

☺  
Eustis Cornell  
*Wed., May 8th*

☺  
Bocce Season  
*Wed., May 8th*

☺  
Acupuncture  
*Fri., May 10th*

☺  
Traveling Chef  
*Tues., May 14th*

☺  
KEVTECH  
*Fri., May 17th*

☺  
Bereavement  
Support Group  
*Fri., May 17th*

☺  
Caregiver  
Support Group  
*Fri., May 17th*

☺  
Veterans Break-  
fast, *May 23rd*

☺  
MOVIE  
*Fri., May 24th*

☺  
Flying Solo  
*Tues., May 28th*

☺  
Nutrition  
Check up!  
*Wed., May 29th*



*Please join us for our*

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

*Hosted by the COA and the Masons*

***Thursday, May 23rd at 9:00 am  
here at the COA.***

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

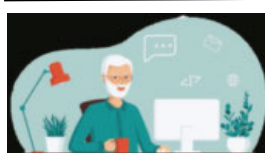
RSVP@ (781) 631-6225  
by ***Friday, May 17th***

**Protective Services?  
What is their role?**



***Thursday, May 2nd  
@ 10:00 am***

Learn these answers and much more as we welcome Vanessa Kahrman from AgeSpan to share the program with us. Do you have questions? Concerns? Bring them along to this informative session. **Register for this event by calling 781-631-6225**



### **KEVTECH**

***Friday May 17th  
10:00a – 11:00a  
\$10.00 pp***

Payment is due upon registration  
Call (781) 631-6225 to sign up

### ***Friends of the Marblehead COA Annual Meeting @ the VFW***



***Wednesday, May 29th  
5:30p—6:30p \$10.00/pp  
Cash bar & hors d'oeuvres***

We hope you can join us for the Friends Annual Meeting. This event is open to all donors/"Friends".

We hope to fill you in with our quick report of our fund-raising accomplishments and you are welcome to join us to vote for the upcoming year's board.

And, although not legally required, We end our annual meeting by Singing all FOUR verses of

### ***Marblehead Forever!***

We look forward to seeing you and

### ***THANK YOU***

for your continued support of the  
Friends of the COA.

RSVP to Linda Harlan email: [lfcehl@gmail.com](mailto:lfcehl@gmail.com)  
or call the COA at 781-631-6225

### ***Interested in Affordable Acupuncture? Community Acupuncture may be for you***

***Friday, May 10th—11:00-12:00p***

Join us for a discussion and demonstration with Dr. Nicole Melian. Community Acupuncture is performed in a quiet, calm, small group setting. This setting allows for care to be affordable.

What Can Acupuncture Treat?

Low back pain, knee pain, neck pain, insomnia, asthma, stomach upset, pre-and post-surgical care, eye pain, headaches, glaucoma, and much more.

Please RSVP by May 7th—@ 631-6225

**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](mailto:councilonaging@marblehead.org)

## NUTRITION, EDUCATION &amp; 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., May 1, Sloppy Joe,** Berry Crisp, Corn, Garden Salad

**Thurs., May 2nd—Potato Crunch Fish,** Rice Pilaf, Brussels Sprouts, Apple Slices

**Fri., May 3rd-Macaroni & Cheese,** Peas & Carrots  
**Wed., May 8th-Chicken Salad,** Spinach Salad, Butternut Soup, Yogurt

**Thurs., May 9th-Asparagus & Cheese Quiche,**  
 Au Gratin Potatoes, Honey Glazed Carrots

**Fri., May 10th-Beef Stew,** Mashed Potatoes, Fresh Fruit

**Wed., May 15th-Chicken Parmesan,** Pasta, Caesar Salad

**Thurs., May 16th—BBQ Pulled Pork,** Sweet Potato Tots, Corn, Mandarins

**Fri., May 17th—Lentil Stew with Vegetables & Potatoes,** Brussels Sprouts, Yogurt

**Wed., May 22nd, Hot Dog,** Baked Beans, Cinnamon Apples

**Thurs., May 23rd-NO GRAB N GO**

**Fri., May 24th—Beef Burgundy,** Egg Noodles, Broccoli, Jell-O

**Wed., May 29th—Chicken Kiev,** Rice Pilaf, Beets, Pineapple

**Thurs., May 30th-Meatloaf,**  
 Mashed Potatoes, Peas Oat Bread, Pudding

**LUNCH BY DOUG**

*This program is generously sponsored by the*

*Friends of the COA 12:00 pm **\$5.00/pp***  
 Call the COA to RSVP the Thursday before

*Tuesday, May 7th—Irish Beef Stew over Mashed Potatoes*

*Tuesday, May 14th—Traveling Chef—See below*

*Tuesday, May 21st — NO LUNCH*

*Tuesday, May 28th — NO LUNCH*

**Surprise Dessert with every meal**

**TRAVELING CHEF:*****Tuesday, May 14th******12:00 pm****Carving Station**Roast Beef & Turkey**Potatoes Au Gratin, Butternut**Squash & Green Beans, Chocolate Mousse*

*(Suggested donation: \$2.00)*

**ARE YOU IN NEED OF A NUTRITION CHECK UP?**

***Wednesday, May 29th***  
***9:00a —11:00 a***

Join **AgeSpan** for a discussion on healthy nutrition for older adults. Proper nutrition helps protect you from many age-related illnesses. Participants will complete a nutrition checkup screening and will be able to discuss their results with a nutrition professional. You will also learn how to identify malnutrition and locate food resources in the area to help keep you healthy and nourished. RSVP by May 22nd (781) 631-6225

## ADULT ENRICHMENT PROGRAMS

**AARP SPEAKER SERIES**

**Wednesday, May 15th**  
**12:30 pm, Jacobi Community Center**

Join us for a participatory discussion. We will review social security basics, social security's role in your retirement income, talk about how determining needs and wants will help to develop your cash flow and evaluate investment strategies for income.

Renee W. Senes, CDFA is a frequent lecturer on planning for retirement and managing finances and the author of two books. She has over 25 years of experience in the financial planning and investment field. We are living longer than ever before - that's the good news. Your money needs to last for an extended lifetime- that's the bad news. It is entirely possible to be retired for as many years as you worked. Add inflation and taxes to the mix and your current estimate of what you need in retirement may not be correct.

Please RSVP by either of the following methods: If you are a member of the COA, you can sign up on our website: [www.marblehead.org/council-on-aging](http://www.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.

## CHOOSE HAPPY Parkinson's Network

**Monday, May 6th @ 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

### YOUR LIFE, YOUR LEGACY...



**Wednesday, May 8th @ 12:30p**

**Eustis & Cornell presents** - join us for a free informational session and learn how to protect your loved ones by planning your life celebration in advance. Refreshments will be served.

Please RSVP by either of the following methods:

If you are a member of the COA, you can sign up on our website: [www.marblehead.org/council-on-aging](http://www.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.

## 2024 GOLF SEASON



*weather permitting!*

The 2024 Marblehead COA Golf League commences

**Monday, May 6th @ 8:40 am**

Wenham Country Club, Rte 1A

Fees \$28/pp & \$12 for a golf cart

**&**

**Thursday, May 9th @ 7:30 am**

Olde Salem Green Municipal Golf Course

Fees \$18 walking \$20 golf card

Willson St

Maureen Horan schedules this program. She would appreciate you letting her know each week if you are coming and then she can plan the groups since they have a set number of tee times.

Thanks and we look forward to seeing everyone at golf. New players can call me to get on the email list of players. Maureen - 781-576-9229

### BOCCE SEASON



Begins: **Wednesday, May 8th**  
 \$20 for the season

**Season Sign up:**

**Monday, May 6th & Tuesday, May 7th**

9:00 11:30 pm—in the Community Center Lobby

Summer Schedule:

Mondays through Thursdays

9:00 am—10:30 am and 10:45 am to 12:15 pm

Friday—Travel Team

### SUMMER CHAIR VOLLEYBALL

*Free*

Wednesday afternoons



*20 players are needed to sign up*

*Sign up May 6th or May 7th*



### Tai Chi/Qigong

**Thursday May 2, 9 & 16th**  
**@ 1:00 pm**

Class Fee **\$10.00/class**



## FITNESS, SOCIAL & RECREATIONAL PROGRAMMING



### Fitness Center

**Monday through Friday**  
7:00 am—2:00 pm

\$3.00/visit or  
\$35 Monthly pass

CLOSED Thursday, May 23rd & Monday, May 27th



**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 May 27th

**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 Thursday, May 23rd or Monday, May 27th



**WEIGHT TRAINING** w/ Vivien

Call for May dates

### CANASTA

**Thursdays 12:00p to 2:00p**  
No Canasta—Thurs., May 23rd



### Mah jong

**Mondays & Wednesdays**

11:00 am to 2:00 pm

No Mahjong  
Monday, May 27th



### Senior Muscle Conditioning w/ Kim

\$4.00/class

**Mondays & Fridays @ 9:00**

**Wednesdays 10:00 am**

No Class Friday, May 17th & Monday, May 27th

### Parkinson's Fitness w/ Kim

-No Charge-

**Mondays 10 am**

No Class Monday, May 27th

&

**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 Thursdays, May 16th & 23rd  
& Monday, May 27th



### OSTEO Class w/ Kim

**Thursdays 10:15 am** \$4.00/class

No Class Thursday, May 16th

\$4.00/class



**Wednesdays @ 12:00 pm**

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



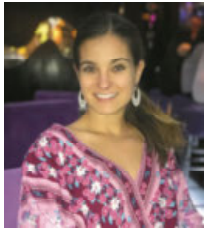
**Balance & Mobility w/  
Mary Manning**

**Mondays & Wednesdays @ 10:30 am**

\$4.00/class

No Class Monday, May 27th

## FITNESS, SOCIAL &amp; RECREATIONAL PROGRAMMING

**STRONG BONES, STRONG BODIES****Tuesdays, at 9:45 am—Cost \$4.00****Classes are May 7th, 14th & 21st**

Then Jessica will be off on maternity leave until the Fall.

Advancing  
Bridge  
Instruction  
\$10.00/lesson



**LESSONS Mondays at 12:30 pm**  
*No Class Monday, May 27th*

**“DROP IN” BRIDGE:****Tuesdays & Fridays: 10:00 am—12:00 pm****CRIBBAGE**

Tuesdays  
Doors close

**@ 9:30 am****“Drop-in Songs & Music”****Wednesdays****11:00 am to 12:00 pm****Chair Pilates Tuesdays @ 8:30 am****Regular Pilates Thursdays @ 10:15 am**

With Eme Mizioch

**\$4.00/Class—No Class Thurs., May 23rd****MAY BOOK CLUB**

The May book will be  
**Still Life**  
by Sarah Winman

Meeting dates and assignments are:

**2:00-3:00 pm**

- **Friday, May 3rd** Read/discuss pg 1-115
- **Monday, May 13th** Read/discuss pg 115-239
- **Friday, June 7th** Finish the book

**DROP IN KNITTING Thursdays @ 9:00am**

Grab your Knitting bag and come on in!

**Knitting cancelled Thursday, May 23rd****QUILTING w/ Janet****Thursdays @ 10:00 am**

\$6.00/class

*No Quilting Thurs., May 23rd***QUILT GUILD May 1st****Doors open at 6:30 pm**

RSVP (781) 631-6225

**SENIOR FOOTWISE**

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

**May is FULL**

*JUNE -Monday, June 3rd—appointments are  
available beginning @ 8:30 am*

**MOVIE DAY****OPPENHEIMER**

**Friday, May 24th**  
**10:00 am**

**RSVP 15 people**  
**maximum and sign up**  
**is required**

**Online registration is not available for this event.**  
**Please call 781-631-6225 to reserve your seat**



# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

## COA TRANSPORTATION:

The COA offers transportation services to 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.

**Trips to Market Basket will change from Fridays to**

**Thursdays beginning Thursday, May 2nd.**

**The week of May 22nd, Market Basket will be on**  
**Wed, May 22nd**

If you are interested in learning more about our transportation program, or to schedule a ride, please call us at (781) 631-6225.

6  
7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
**8:30 SENIOR FOOT- WISE—FULL**  
8:40 GOLF SEASON BEGINS  
9:00 YOGA  
9:00 Muscle Conditioning  
9:00-12:30 Bocce & Chair Volleyball registration  
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  
**7:00 PM TOWN MEETING**

7  
7:00-2:00—Fitness Center  
8:30 Chair Pilates  
Call Weight Training  
**9:00-12:30 Bocce & Chair Volleyball registration**  
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  
**7:00 PM TOWN MEETING**

8  
7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
8:30 YOGA  
Crosby's  
**9:00 BOCCE**  
10:00 Muscle Conditioning  
10:30 Bal & Mobility  
**10:45 BOCCE**  
11:00-2:00—Mah Jong  
11:00 Parkinson's Fitness  
12:00 Zumba GOLD  
**12:30 Your Legacy, Your Life-Eustis & Cornell**  
1:00-2:00 Walk the Gym  
1:00-2:30—CHAIR VOLLEY BALL

9  
7:00-2:00 Fitness Center  
Call Weight Training  
9:00 "DROP IN" Knitting  
Market Basket  
**9:00 BOCCE**  
9:30 YOGA  
10:00 Quilting  
10:15 Pilates  
10:15 Osteo Prevention  
**10:45 BOCCE**  
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

10  
7:00-2:00 pm—Fitness Center  
8:00 STEP IT UP+  
**8:30 Coffee with a COP**  
9:00 Muscle Conditioning  
BOCCE TRAVEL TEAM  
10:00-1:00-Drop in Bridge  
**11:00 ACUPUNCTURE PRESENTATION**  
11:30 Grab n Go  
1:00-2:00 Walk the Gym  
**Red Shirt Friday**



13  
7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
9:00 YOGA  
**9:00 BOCCE**  
9:00 Muscle Conditioning  
10:00 Parkinson's Fitness  
10:30 Bal & Mobility  
**10:45 BOCCE**  
11:00-2:00—MahJong  
11:00 Strength & Stretch  
12:30 Adv Bridge

14  
7:00-2:00—Fitness Center  
8:30 Chair Pilates  
Call Weight Training  
**9:00 BOCCE**  
9:30 Cribbage (Doors close)  
9:45 STRONG BONES STRONG BODIES  
10:00-12:00-Drop in Bridge  
**10:45 BOCCE**  
11:00 Chair Yoga  
12:00 THE TRAVELING

15  
7:00-2:00 Fitness Center  
8:00 STEP IT UP+  
8:30 YOGA  
Crosby's  
**9:00 BOCCE**  
10:00 Muscle Conditioning  
11:00 Drop In Songs  
10:30 Bal & Mobility  
**10:45 BOCCE**  
11:00-2:00—Mah Jong  
11:00 Parkinson's Fitness

16  
7:00-2:00 Fitness Center  
Call Weight Training  
9:00 "DROP IN" Knitting  
Market Basket  
**9:00 BOCCE**  
9:30 YOGA  
10:00 Quilting  
10:15 Pilates  
**NO Osteo Prevention 10:45 BOCCE**

17  
7:00-2:00 pm—Fitness Center  
8:00 STEP IT UP+  
**8:30 Coffee with a COP**  
**NO** Muscle Conditioning  
BOCCE TRAVEL TEAM  
10:00 BEREAVEMENT SUPPORT GROUP  
10:00 KEVTECH  
10:00-1:00-Drop in Bridge  
1:00-2:00 Walk the Gym

<p>12:30 Instruction</p> <p>1:00-2:00 Walk the Gym</p> <p><b>2:00 BOOK CLUB</b></p>	<p>20</p> <p>7:00-2:00 Fitness Center</p> <p>8:00 STEP IT UP+</p> <p>9:00 YOGA</p> <p><b>9:00 BOCCE</b></p> <p>9:00 Muscle Conditioning</p> <p>10:00 Parkinson's Fitness</p> <p>10:30 Bal &amp; Mobility</p> <p><b>10:45 BOCCE</b></p> <p>11:00-2:00—MahJong</p> <p>11:00 Strength &amp; Stretch</p> <p>12:30 Adv Bridge Instruction</p> <p>1:00-2:00 Walk the Gym</p>	<p>21</p> <p>7:00-2:00—Fitness Center</p> <p>8:30 Chair Pilates</p> <p>Call Weight Training</p> <p><b>9:00 BOCCE</b></p> <p>9:30 Cribbage (close)</p> <p>9:45 <b>STRONG BONES</b></p> <p><b>STRONG BODIES</b> (last class until the Fall)</p> <p>10:00-12:00-Drop in Bridge</p> <p><b>10:45 BOCCE</b></p> <p>11:00 Chair Yoga</p> <p><b>NO LUNCH</b></p> <p>1:00-2:00 Walk the Gym</p>	<p>22</p> <p>7:00-2:00 Fitness Center</p> <p>8:00 STEP IT UP+</p> <p>8:30 YOGA</p> <p>Crosby's</p> <p><b>Market Basket</b></p> <p><b>9:00 BOCCE</b></p> <p>10:00 Muscle Conditioning</p> <p>10:30 Bal &amp; Mobility</p> <p><b>10:45 BOCCE</b></p> <p>11:00-2:00—Mah Jong</p> <p>11:00 Parkinson's Fitness</p> <p>11:30-12:30 Grab Go</p> <p>12:00 Zumba GOLD</p> <p>1:00-2:00 Walk the Gym</p> <p>1:00-2:30—CHAIR VOLLEY BALL</p>	<p>23</p> <p><b>9:00 VETERANS BREAKFAST</b></p> <p>All Classes, Grab n Go &amp; Transportation are</p> <p><b>CANCELLED</b></p>	<p>24</p> <p>7:00-2:00 pm—Fitness Center</p> <p>8:00 STEP IT UP+</p> <p><b>8:30 Coffee with a COP</b></p> <p>9:00 Muscle Conditioning</p> <p><b>BOCCE TRAVEL TEAM</b></p> <p>10:00-1:00-Drop in Bridge</p> <p>10:00 MOVIE: <b>OPPENHEIMER</b></p> <p>11:30 Grab n Go</p> <p>1:00-2:00 Walk the Gym</p> <p><b>Market Basket</b></p> <p><b>Red Shirt Friday</b></p>	<p>27</p>  <p><b>THE COA IS CLOSED</b></p>	<p>28</p> <p>7:00-2:00—Fitness Center</p> <p>8:30 Chair Pilates</p> <p>Call Weight Training</p> <p><b>9:00 BOCCE</b></p> <p>9:30 Cribbage (Doors close)</p> <p>10:00-12:00-Drop in Bridge</p> <p><b>10:45 BOCCE</b></p> <p>11:00 Chair Yoga</p> <p><b>NO LUNCH</b></p> <p>1:00-2:00 Walk the Gym</p> <p><b>1:30 Flying Solo Group</b></p>	<p>29</p> <p>7:00-2:00 Fitness Center</p> <p>8:00 STEP IT UP+</p> <p>8:30 YOGA</p> <p>Crosby's</p> <p><b>9:00 BOCCE</b></p> <p><b>9:00-11:00 NUTRITION CHECKUP SEMINAR</b></p> <p>10:00 Muscle Conditioning</p> <p>10:30 Bal &amp; Mobility</p> <p><b>10:45 BOCCE</b></p> <p>11:00-2:00—Mah Jong</p> <p>11:00 Parkinson's Fitness</p> <p>11:30-12:30 Grab Go</p> <p>12:00 Zumba GOLD</p> <p>1:00-2:00 Walk the Gym</p> <p>1:00-2:30—CHAIR VOLLEY BALL</p> <p><b>5:30P Friends of the COA ANNUAL MEETING</b></p>	<p>30</p> <p>7:00-2:00 Fitness Center</p> <p>Call Weight Training</p> <p>9:00 "DROP IN" Knitting</p> <p><b>Market Basket</b></p> <p><b>9:00 BOCCE</b></p> <p>9:30 YOGA</p> <p>10:00 Quilting</p> <p>10:15 Pilates</p> <p>10:15 Osteo Prevention</p> <p><b>10:45 BOCCE</b></p> <p>11:00 Blood Pressure</p> <p>11:00 Strength &amp; Stretch</p> <p>11:00 Chair Yoga</p> <p>12:00 CANASTA</p> <p>1:00-2:00 Walk the Gym</p>	<p>February Birthdays: Left to right: Steve Pierce, Lee Phipps, Harriet Carotenuto, Judy Cuzner</p> <p>Leap Year Baby - Dennis Uram &amp; Elaine Dibbs</p>	<p>March Birthdays: Left to right: Marg Wormwood, Carl Siegel, Pat Billman, Jocelyn Oliver, Pat McCarthy, Judy Rawding, Linda Blood</p>	<p>February Cribbage Winners: Left to right: Joe Censabella, Suzanne Nye, Preston Fawson, Mary Tremblay</p>	<p>March Cribbage Winners: Left to right: Preston Fawson and Carmela Cote (Martha Woodfin-not shown)</p>
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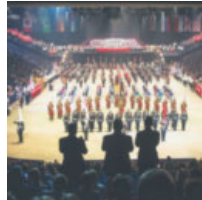
## COA TRIPS



\$1799/pp dbl occ

**June 29 – July 3<sup>rd</sup>**

**NOVA SCOTIA** This trip features the Royal Nova Scotia International tattoo, Bay of Fundy, Halifax, Saint John and Annapolis Valley. Cost:



**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 23<sup>rd</sup> – Danversport:**  
RICKY NELSON TRIBUTE \$89.00 pp lunch included

**Thursday, June 20<sup>th</sup> - Danversport:**  
ROLLING STONES TRIBUTE - \$89.00 pp with lunch

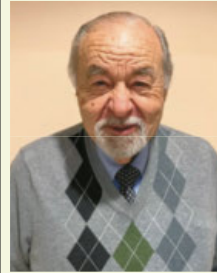
**JULY 23<sup>rd</sup> – Spirit of Boston Harbor Cruise:**  
Buffet Luncheon and more \$149.00 pp

**JULY 16<sup>th</sup> – 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 15<sup>th</sup> - Lake Winnepesaukee & Castle in the Clouds**  
2 ½ hour Lunch Cruise on Lake Winnepesaukee with a Buffet luncheon followed with a visit to CASTLE in the CLOUDS



## COA NEWS



## SOMEONE'S IN THE KITCHEN WITH AMY

Maybe readers will not recognize who Vincent Carotenuto is just from his name, but when I mention that he is most often seen walking down the street holding hands with his very attractive wife, Harriet, that may ring a bell. You don't often see couples in our age group holding hands; for that matter it's rare to see anyone holding hands these days.

Vince plays all the games available that help keep us young and vibrant. During the winter months it's Chair Volleyball. It's so much fun - a great way to get a little exercise and companionship. As soon as weather permits, it will be Bocce. Additionally, Vince has joined a writers group and is working on a family memoir. He also cooks. I've made his contribution and it is delectable - a great winter meal.

### LENTIL SOUP

8 oz. dried brown lentils	6 Tbsp. olive oil
1 med onion, chopped	1 celery stalk
4 oz. ham or Pancetta (Italian unsmoked bacon) , chopped	
1 med carrot, chopped	
1 can whole peeled plum tomatoes	
6 cups chicken stock, vegetable stock or water	
1/4 tsp each sage and thyme , salt & pepper to taste	
Grated Pecorino Romano Cheese	

Clean lentils of stone and debris. Rinse and set aside. In a large saucepan, heat oil- sauté the ham or Pancetta for 2 or 3 minutes. Add onions and sauté until translucent - a couple of minutes or so. Add the celery and carrot; cook for 5 minutes, stirring to avoid sticking or burning. Crush by hand 3 or 4 of the tomatoes and add, saving the rest of the tomatoes and juice for another use. Add the lentils and stir well. Add the stock and herbs, bring to a boil. Lower heat to medium and continue cooking for 30 to one hour until the lentils are tender. Salt and pepper to taste. To make this a complete meal, you can add small meatballs or sliced, cooked sausages. Just before serving, you may wish to add some small pasta that has been cooked al dente and of course you need to have the grated cheese available for guests to top their own bowls to complete this delicious meal. I think some crusty garlic bread would go just lovely with this hearty soup - for mopping. Let me know how you like it

[lockerbieamyone@gmail.com](mailto:lockerbieamyone@gmail.com)

*Happy Mother's Day!*



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### *FRIENDLY TELEPHONE CALLS*



Please note this is the last month. 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



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### *Bereavement Group* *Friday, May 17th* *10:00 am*

with Trish Crean  
AllCare VNA  
**RSVP @ (781) 631-6225**

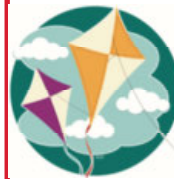


### **CAREGIVER SUPPORT GROUP**

*Caregiver Support Group*  
*Friday, May 17th*  
*1:00 pm*



Hoping to have Kelly McCarthy, author of “Brass Ring Memoirs”, Encouraging stories using practical methodologies to help caregivers reach for their goals in Alzheimer’s and dementia care. RSVP by Monday, May 13th @ (781) 631-6225



**FLYING SOLO w/ Sharon**  
*Tuesday, May 28th*  
*1:30-3:00pm*

This will be our last gathering for the summer. I would like to do something different today that would bring us near to or on the ocean. Stay tuned or email me at [dolibers@marblehead.org](mailto:dolibers@marblehead.org)

Many of you Solo Flyers have summer plans and I thought it would be a good time for you to explore other interests and return in the fall with a fresh perspective, great stories and new ideas

### *MEET—UPS*

**Sunday, May 5<sup>th</sup> @ 3:00 pm** Symphony by the Sea at the Cabot Theatre 3:00pm tickets from \$52.50. Call 978-927-3100 or [info@thecabot.org](mailto:info@thecabot.org)

**Saturday, May 11<sup>th</sup>** ‘Spring Celebration in Marblehead Something for everyone! A festive showcase including Marblehead Arts, Merchants and Museums. All Day Affair!

**Wednesday May 15<sup>th</sup> @ 5:00 pm** Hankering for some ribs? American Barbecue in Rowley. We can carpool or not, 5 Railroad Ave 978-948-2626.

**Tuesday May 21<sup>st</sup> at 5:00 pm**  
The Roof Bar Top - Hotel Salem at 209 Essex Street. If you are interested, let me know! Either email Sharon at [dolibers@marblehead.org](mailto:dolibers@marblehead.org) or 781-631-6225

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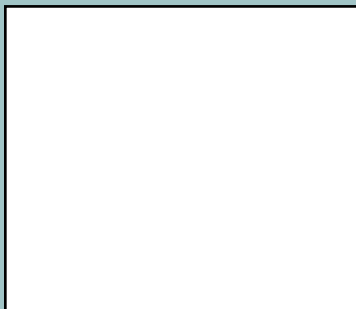
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## Town of Marblehead Council On Aging

## PLEASE HELP SUPPORT THE COA

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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