



TOWN OF MARBLEHEAD

COUNCIL ON AGING



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Chair, COA Board

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Activities for Fun and Fitness as of December 1, 2023 Dates & Times Subject to Change

The Council on Aging holds numerous classes and activities for both fun and fitness. In addition, workshops, programs, health screenings and lectures are added to the monthly schedule.

- For information on COA activities contact Janice Salisbury-Beal, Program Manager at (781) 631-6225.
- Monthly Newsletters are online at <https://www.marblehead.org/council-aging-department> or at the Jacobi Community Center. **You can sign up to have the monthly newsletter emailed each month. Please call the office.**

Balance & Mobility: This class will teach you effective, safe techniques for stretching all the muscles of your body to relieve joint and muscle pain, improve posture and increase energy. Alternate techniques are provided for those with arthritis and other painful conditions. This class also addresses increasing balance and functional mobility. **Classes are held Mondays and Wednesdays 10:30 am, Cost: \$4.00 per class. Instructor: Mary Manning. Consultant: Trish Sullivan, DPT**

Bocce: *Seasonal May through October.* Held at the COA on our beautiful outdoor court. Participate in group competition or individual games. Schedule will be announced in May. **Cost: \$15.00 per season.**

Advancing Bridge Instruction: Instructor: Sheila B. Keating Mondays 12:30 pm to 2:30 pm. Cost: \$10.00 per class.

Bridge: Pick up Bridge Games: Tuesdays 10:00 am – 12:00 pm; Fridays 10:00 am – 12:00 pm. Free

Canasta: Pick up Canasta games **Thursdays 12:00 pm -2:00pm**

Chair Volleyball: *Seasonal November through April.* This fun game of Volleyball has been adapted to play seated in a chair, using a beach ball instead of the traditional volleyball. Schedule will be announced in the Fall. **Cost: \$20.00/per season or \$25.00 for both Curling and Chair Volleyball**

Chair Yoga: This class provides the fulfillment and benefits of traditional Yoga without the difficulty of getting on the floor. **Instructor Gail Perry-Borden, Tuesdays and Thursdays at 11:00 am -11:45 am. Cost: \$4.00 per class.**

Choose Happy Parkinson's Network – Come together and share stories, ask questions, find encouragement and inspiration. **Facilitator: Gail Perry-Borden . First Monday of every month 11:00 am – 12:00 pm. Free**

Cribbage: Join this fun-loving group of folks for a spirited game of cribbage. **Tuesday mornings. Doors close at 9:30 am.** An understanding of the game is needed in order to participate.

Curling: *Seasonal November through April.* Indoor Floor Curling is a modified version of the Olympic sport of curling-minus the ice! Seasonal: Schedule will be announced in November. **\$15.00/ per season or \$25.00 per season for both Curling and Chair Volleyball**

Fitness Room: The Center has a well-equipped Fitness Room. There are 3 treadmills, 2 seated elliptical bikes, a recumbent bike and more. The Fitness Room is available **Monday – Friday 7:00 am – 2:00 pm**
Cost: \$3.00/visit OR \$35.00 per calendar month for unlimited visits.

Golf League: Seasonal. Please call the office for further information.

Holiday Boutique: Visit our very own seasonal Holiday Boutique for some of your gift shopping! Items include projects done by both our quilters and knitters. Watch our Newsletter for details and times.

In Stitches: This is a knitting and crocheting club for knitters/crocheters of all levels. Whether you are hoping to learn to knit or crochet, or are a seasoned knitter/crocheter, all are welcome to participate in this social group. The group meets every **Thursdays 9:00 am – 11:00 am** **Cost: Free**

Muscle Conditioning: Form is everything in executing safe and effective strength training. Join Kim for weekly breakdowns of proper form and technique to strength train. Dumbbells, resistance bands and balls will be utilized to properly train every part of the body. You will become adept at key movements and modifications. Each week will focus on a different part of the body, as well as learning to isolate muscle groups. **Instructor: ACE-certified Personal Trainer Kim Crowley. Mondays & Fridays 9:00-9:45 am, Wednesdays 10:00– 10:45 am**
Cost: \$4.00 per class

Library: Our lending Library is available during Senior Center hours. A vast selection of hardcover and paperback books as well as jigsaw puzzles are available for you to borrow. **Cost: Free**

Lunch with Doug: Join us in a fun social setting and enjoy homemade lunches by Doug every Tuesday at 12:00 noon. **Reservations are required AT LEAST 72 hours in advance. Cost: \$5.00 per person**

Lunch – Grab & Go: Grab & Go Lunches are available for pickup on most **Wednesdays, Thursdays & Fridays between 11:30 a.m. – 12:30 p.m.** Reservations are required at least the week before. **Suggested donation: \$2.00/pp**

Mahjong: Players must sign in at front desk. **Mondays & Wednesdays 11:00am - 2:00 pm.** An understanding of the game is required in order to participate.

Marblehead Speaker Series: This social group meets quarterly. A guest speaker will provide information on variety of topics. Please call the center for dates and times.

Osteo Prevention Class: *North Shore Physical Therapy staff* lead this class designed to strengthen bones and improve balance to aid in preventing osteoporosis and eliminate falls. **Mondays & Thursdays at 10:00 - 10:45 am. Cost: \$4.00 per class.**

Outreach: An Outreach professional is available Monday through Friday to speak with or visit seniors in need of information about COA activities or other services. Referrals are accepted. Please call the Center to contact our Outreach professional.

Drop In Painting: The class welcomes a variety of painting mediums; acrylic, oil, watercolor. **Fridays 10:00 am – 12:00pm.**

Parkinson's Fitness: This class is focused on increasing strength, mobility and balance for those affected by Parkinson's and other neurological diseases. **Taught by ACE-certified Personal Trainer Kim Crowley. Mondays 10:00a.m. – 11:00 p.m. Wednesdays 11:00 am – 12:00 pm - Cost: FREE - Sponsored by Parkinson's Fitness**

Quilting Day: Special Saturday class offered with a specific theme/pattern and Instructor. Check with the COA for date and cost.

Quilting with Janet: Machine quilting classes in addition to individual project instruction. **Instructor: Janet Barnet, Thursdays at 10:00 am. Cost: \$6.00 per class.**

Quilt Guild: Seacoast Quilt Guild meets monthly on the first **Wednesday evening from 7:00 pm - 9:00 pm.**

(Doors open at 6:30 pm) Catch up with other quilters, learn new techniques and enjoy guest speakers. All quilters welcome. **Annual Fee: \$20.00. The Guild does not meet in July.**

Senior Citizen Property Tax Work-off Program: This municipal program provides property tax credit in exchange for volunteer work performed by eligible senior citizens. Applications are available in January. Please contact the COA for more information.

MHD Citizens Police Academy: This 9 week program is in partnership with the Marblehead Police Department and TRIAD. Its goal is to provide a better understanding of policing in the community. Prospective attendees must complete an application and submit to a CORI. **Check out the monthly Newsletter or call the office for class offering times.**

S.H.I.N.E.: (Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone). Certified volunteer SHINE counselors assist Marblehead seniors their Medicare options. Call the Center for an appointment.

Strength & Stretch: This class includes weight training, basic yoga stretches and relaxation.

Instructor: Kim Crowley, ACE-certified Personal Trainer Mondays & Thursdays at 11:00 am Cost: \$4.00 per class.

Step It Up: Fun and self-paced class to “add steps” to your daily routine. Whether your goal is to get moving or reach 10,000 steps a day, this class provides it with fun and friendship. **Instructor: Karen Jancsy, Mondays, Wednesdays and Fridays 8:00 am. Cost: \$4.00**

Transportation: Transportation is offered Monday through Friday from 8:30 am - 3:00 pm for medical appointments. Requests must be made at least two business days in advance. Weekly trips to Crosby's and Market Basket, as well as daily errands and Friday trips to the Library are offered. Please contact the COA for our schedule, requests and cost.

TRIAD: This is a partnership between the Essex County Sherriff's Department, the Marblehead Police Department, and Marblehead senior residents and Agencies serving seniors to provide safety related programs for seniors. Any senior is welcome to join.

Trips: Check our Newsletter for upcoming trips, both day and overnight, and/or pick up flyers in the COA Lobby.

Walk the Gym: The Center's gymnasium is available for individuals to walk most every day, Monday through Friday, from **1:00 pm - 2:00 pm. Cost: Free.** Participants are required to sign in at the front desk.

Weight Training: These classes utilize light hand and leg weights, stretch bands and exercutubes in strength training workouts. The emphasis is on proper form and technique. **Tuesdays and Thursdays at 8:45 am. Instructor: Vivien Consalvo Cost: \$4.00 per class.**

Wellness Clinic: The MHD Town Public Health Nurse, Tracy Giarla and nursing staff from AllCare VNA are available for questions regarding health issues, blood pressure checks and for those who need continued monitoring. **Thursdays, 11:00 am – 12:00 pm. Cost: Free.**

Yoga: Yoga is an exercise of the mind and body which reduces stress and tension while improving your health. **Instructor: Evie Fessenden. Mondays, 9:00 am, Wednesdays, 8:30 am, Thursdays 9:30 am & Fridays @ 8:30 am Cost: \$4.00 per class. (NO Friday classes during July and August)**

Zumba Gold: Zumba Fitness classes are an exciting way to exercise, dance and have fun. Move to the beats of the merengue, salsa, cumbia, tango and other Latin songs and learn easy-to-follow dance patterns that will reenergize your exercise routine. - **Instructor: ACE-certified Personal Trainer Kim Crowley. Wednesdays 12:00 pm. Cost: \$4.00 per class.**