



MARION
COUNCIL
ON AGING

Special Events

Easter Tea

Monday, April 3rd 12:00 p.m.

Put on your Easter Bonnet and join us for a festive Spring Easter Tea. Your meal will include scones, sandwiches, salad, desserts assorted jams & jellies, clotted cream and assorted teas. Space is limited, call 508-748-3570 to reserve your seat. Cost of the program is \$10.00, due at the time of sign up.

Thank you to the Friends of the Marion Council on Aging for their support in defraying a portion of the cost of this special event.



Art For Your Mind Presents...

Masters of the Dutch Golden Age
Monday, April 10th 1:00 p.m.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presented by Jill Sanford, it is intended for people of all backgrounds—artists and non-artists alike. In just one hour you'll discover ways to get more out of looking at art.

On this day we will take a close look at images by famous painters such as Rembrandt and Vermeer. Learn about these and other 17th-Century Dutch masters who reached levels of excellence that still inspire.



Newport Playhouse

Blithe Spirit

Thursday, April 13th 10:00 a.m.

Blithe Spirit is the smash comedy hit of the London and Broadway stages. A fussy, cantankerous novelist, re-married but haunted (literally) by the ghost of his late first wife, the clever and insistent Elvira who is called up by a visiting "happy medium", one Madame Arcati. As the worldly and unworldly personalities clash, Charles' current wife, Ruth, is accidentally killed, "passes over," joins Elvira, and the two "blithe spirits" haunt the hapless Charles into perpetuity. The day will start off with a delicious buffet, then enjoy

the play followed by a cabaret show! Cost for this fun filled day is \$67.00. Space is limited, sign ups begin on March 30th. Payment due at time of sign up.

Singo Bingo

Friday, April 14th 1:00 p.m.

Bingo with a beat. We replace the numbers with your favorite songs. Test your musical knowledge, win some prizes and have some fun! Call 508-748-3570 to let us know you will be joining us.

Marion Art Center

Tuesday, April 18th 1:00 p.m.

Come and enjoy Evelyn Way Kendall's beautiful art and sculpture collection. Evelyn was a summertime resident of Marion for years and she had various interests, including her shell collection. Enjoy these beautiful pieces during this private event. Enjoy the works, each others company and some light refreshments. Meet us at the MAC or join us at the COA at 12:45 p.m. and we will travel there together. Call 508-748-3570 to make your reservation.

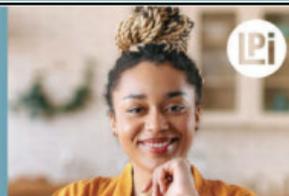


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COA Office Hours:

Monday - Friday
9:00 a.m. - 3:00 p.m.
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508-748-3570

This agency and its programs are funded— in whole or in part— by a grant from Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs.

The Marion Council on Aging makes legal, financial, medical, recreational and other services available. The persons who provide the services are not employees or otherwise acting as agents of the Town of Marion. Those who use the services do so with the understanding and agreement the Town of Marion are not responsible or liable for any advice or other information received by anyone while using the services. The Town of Marion does not endorse or recommend the persons who provide the services.

LGBTQ+ Supper Club

The LGBTQ+ Senior Supper Club will meet Wednesday, April 12th from 5:00 p.m.—7:00 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.



Memory Cafe

Waterfront Memory Cafe Wednesdays

1:00 p.m.—3:00 p.m.

An engaging gathering for individuals with memory loss and their care partner. Enjoy an afternoon of conversation with some new and old friends and take in some music, play a game or a different form of entertainment. If you would like to join us for lunch beforehand, please make lunch reservations 48 hours in advance. Register to attend by calling Linda at 508-748-3570.



Office Hours

Monday, Wednesday & Friday from 11:30 a.m.—1:00 p.m., during lunch service, the office will be closed. If you call during these hours and leave a message, it will be returned when the office re-opens.



Health & Wellness

Dental Cleanings

Mobile Dental Hygiene Services
Teresa Simison, RDH, MSDH
Andrea Read, RDH, MSDH

This service provides consumers with a dental hygienist that travels to the Marion COA with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment call 508-827-6725.

Podiatry

Dr. Alan Lechan, D.P.M. will be providing podiatry care monthly at the Council on Aging. Call 508-748-3570 to schedule your appointment.

Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available on Wednesdays from 1:00 p.m.-3:00 p.m. for routine immunizations, blood pressure & blood sugar readings as well as home visits. You may contact Lori at 508-748-3507.

Save the Date

Shred Day 2023

May 6th 8:00 a.m.—1:00 p.m.

Our second annual event to help you securely destroy sensitive documents and paper of all sorts. Secure, certified document shredding to be provided by E.O.M.S. Drive up and drop-off. Free and open to all. Sponsored by Mortgage Network and The Bernadette Kelly Group. This event is free, but we are asking that you bring a non-perishable donation for the Marion food pantry.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 a.m. Yoga, free 12:00 p.m. Easter Tea, Reservations required 1:00 p.m. Parkinson's Support Group	4 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	5 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance Cardio Class, \$5 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	6 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	7 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: Smart Shopping 1:00 p.m. Movie
10 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Art For Your Mind	11 9:00 a.m. Strength & Conditioning, free 9:00 a.m. Meet & Greet 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, Reg. req.	12 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance Cardio Class, \$5 12:00 p.m. Lunch 1:00 p.m. Memory Cafe 5:00 p.m. LGBTQ+ Supper	13 9:00 a.m. Tai Chi, free 10:00 a.m. Trip to: Newport Playhouse 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 5:00 p.m. Art Opening Reception	14 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Singo Bingo
17  Closed in Observance of Patriots Day Holiday	18 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Marion Art Center Evelyn Way Kendall Showing	19 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance Cardio Class, \$5 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	20 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	21 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Performance: Mind Mysteries
24 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	25 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, Reg. req.	26 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance Cardio Class, \$5 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	27 9:00 a.m. Tai Chi, free 9:15 a.m. Trip to: Blithe- world Mansion & Garden 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	28 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: Stop Diabetes

Duplicate Bridge—Duplicate Bridge for the intermediate player is held every Thursday at 1:00 p.m., cost is \$2.00.
For more information or to sign up call M.J. Wheeler at 508-748-6688.

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Community Center Gallery

Mixed Media Show

March 31st—April 26th

Opening reception—Thursday,
April 13th 5:00 p.m.—7:00 p.m.

Bourne—Wareham Artists

April 28th—May 24th

Opening reception—Thursday,
May 11th 5:00 p.m.—7:00 p.m.

Sarah Brown

May 26th—June 28th

Opening reception—Thursday,
June 8th 5:00 p.m.—7:00 p.m.

Charlotte Sudduth

June 30th—July 26th

Opening reception—Thursday
July 13th 5:00 p.m.—7:00 p.m.

3 Friends—Jennifer Cipriano, Jane
Egan & Charles Wood
July 28th— August 30th

Opening reception—Thursday,
August 10th 5:00 p.m.—7:00 p.m.

Monday Morning Artists

August 31st— September 27th

Opening reception—Thursday,
September 14th 5:00 p.m.—7:00p.m.

Photography

September 29th—October 25th

Opening reception—Thursday,
October 12th 5:00 p.m.—7:00 p.m.



Special Events Continued

Mike Miozza's Mind Mysteries

Friday, April 21st 1:00 p.m.

Come and watch Mike as he uses numbers, pictures, cards and other mysterious mind bending methods to reveal what lies in the shadows of our minds. Some audience participation is required.



Trip to Blithewold Mansion, Gardens & Arboretum

Thursday, April 27th 9:15 a.m.

Tour the 45 room mansion filled with family heirlooms. This 33 acre estate with grand views of Narragansett Bay is framed by a series of lovely gardens with rare and unusual plants, specimen trees and over 50,000 daffodils that will be in bloom. The cost for this self guided tour is \$11.00. Space is limited, call 508-748-3570 to make your reservation. **We will begin taking reservations on April 13th.** After the mansion we will stop for a superb dining experience at The Beach House, complete with a water view. You will be responsible for the cost of your meal.



Southcoast Health Community Wellness Program Presents...

Diabetes Education— Stop Diabetes

Friday, April 28th 1:00 p.m.

Learn diabetes self-management education, practical skills, get some recipes, enjoy a healthy snack and if you are a diabetic receive some glucose tablets. You will gain lots of knowledge on diabetes, how to control it, how to avoid it, what foods to eat and not eat. Bring your questions! Call 508-748-3570 to reserve your spot.

Friday Flick

Triangle of Sadness

Friday, April 7th 1:00 p.m.

In Ruben Östlund's wickedly funny Palme d'Or winner, social hierarchy is turned upside down, revealing the tawdry relationship between power and beauty. Celebrity model couple, Carl and Yaya, are invited on a luxury cruise for the uber-rich, helmed by an unhinged boat captain. What first appeared instagrammable ends catastrophically, leaving the survivors stranded on a desert island and fighting for survival.



In Remembrance

In recent months we have been deeply saddened by the loss of two outstanding women that were true champions of the Council on Aging. They played an integral role in bringing the COA to the point we are today. For all you did, thank you Sue Schwager and Joanne Mahoney.



Meet & Greet New Town Administrator

Tuesday, April 11th 9:00 a.m.

Join us for a breakfast as we welcome Geoffrey Gorman, new Town Administrator. Learn more about Geoff and his vision and goals for Marion as he takes on this new important role.

Please call 508-748-3570 if you plan on joining us.



April Menu

April 3rd—Easter Tea (see front page of newsletter)

April 10th – Chickpea of the Sea Sandwich, Orzo Salad & Chips

April 17th – Closed in Observance of Patriots Day

April 24th – Udon Noodles with Zucchini and Black Bean Garlic Sauce

April 5th – Chicken Linguica Noodle Soup with 1/2 BLT Sandwich & Chips

April 12th – Vegetable Soup & 1/2 Corned Beef Sandwich

April 19th – Chicken Chili Verde with Rice

April 26th – Chicken Noodle Soup with 1/2 Tuna Melt Sandwich

April 7th – Chicken Milanese with Tomato, Mozzarella & Basil Salad

April 14th –Greek Chicken Salad with Tzatziki Dressing & Pita Bread

April 21st – Scalloped Potatoes with Ham and Swiss Chard & Mixed Greens

April 28th – American Chop Suey

In April we celebrate and recognize Earth Day. To support this movement there will be two offerings of Meatless Mondays on April 10th & 24th. These meals will be plant based. It is estimated that each day you consume a plant based diet the impact that you are conserving is: 1,100 gallons of water, 40 pounds of grain, 30 sq. feet of forest & 20 lbs. of CO₂. If you have any questions about these meals do not hesitate to reach out.



If you would like to join us for a meal, please make your reservation 48 hours in advance by calling 508-748-3570.

There is a suggested donation of \$5.00 per meal.

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Parkinson's Support Group

Meetings are scheduled on the first Monday of the month:

April 3 rd	May 1 st	June 5 th
July 3 rd	August 7 th	September 4 th
October 2 nd	November 6 th	December 4 th



Meetings begin at 1:00 p.m.

This support group is facilitated by Sue Griffith, RN, and is open to people with Parkinson's and/or their Care Partners. All are welcome. Contact Sue to join. Registration & Questions: Sue Griffith, sgriffith@marionma.gov, or the Marion COA at 508-748-3570. On April 3rd our guest speaker will be Registered Dietitian, Barbara Canuel of Community Nurse Home Care. Barbara has a focus on nutrition care planning for adult home care patients, hospice and advanced illness management patients.

The Marion Council on Aging assures that no person shall, on the basis of race, color, national origin or income be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving Federal financial assistance, as required by Title VI of the Civil Rights Act of 1964, as amended, and the Civil Rights Restoration Act of 1987 (P.L. 100.259), and federal Executive Order 12898 (Federal Actions to Address Environmental Justice in Minority Populations and Low Income Populations). Further the Marion Council on Aging will make every effort to ensure nondiscrimination in all of its programs and activities, whether they are federally funded or not, and that services and benefits are fairly distributed to all people.

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