

Special Events

Art For Your Mind

Mary Cassatt, A New Woman
Monday, January 9th 1:00 p.m.

Experience the creativity of one of America's most prominent 19th—Century artists. Learn how Cassatt's accomplishments encouraged an open-mindedness about what art could be—and what a woman could do.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are 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.



Lunchtime Cooking Demonstration
Tuesday, January 10th 12:00 p.m.

Join Linda Medeiros and learn how to prepare a quick and nutritious lunch and learn some tips and tricks on how to save money and time while preparing delicious meals. Bring your appetite! Call 508-748-3570 to make your reservation. A suggested donation of \$5.00 is requested.

Real ID Workshop by The Registry of Motor Vehicles

Tuesday, January 17th 1:00 p.m.

A representative will cover these topics:

- What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards;
- How to renew a Massachusetts Driver's License of Massachusetts Identification (ID) Card; and
- What are the new federal and state requirements for renewing a Driver's License or ID card

Bring you documents with you for a free review, to make sure they are all in order.



Singo Bingo

Friday, January 20th 1:00 p.m.

Bingo with a beat. Replace the numbers with your favorite songs. Test your musical knowledge, win some prizes and have some fun!



The Importance of Bees

Monday, January 23rd 1:00 p.m.

Join Mark Wintringham, passionate nature enthusiast, to learn more about bees, pollinator plants, garden tips and more. Spring will be here before we know it, now is the time to gather information. Sample some local honey, too!



Chocolate Tasting

Friday, January 27th 1:00 p.m.

Did you know that chocolate releases endorphins that make you happy? Come and sample an array of gourmet chocolate delights from around the globe to stimulate your pallet. There will be everything from milk and dark chocolate to sugar free. Learn about the ingredients, processing and where cocoa pods are grown.



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Paul Garib, Van Driver
Norman Johnson, Van Driver

COA Office Hours:

Monday - Friday
9:00 a.m. - 3:00 p.m.
465 Mill Street
Marion, MA 02738
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, January 11th 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 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.

Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities and transportation will also be cancelled. If you are not sure, please call the office, 508-748-3570. Voicemail will be monitored.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 2 Office closed in observance of New Year Holiday 1:00 p.m. Parkinson's Support Group will still be meeting | 3 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot | 4 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe 1:00 p.m.—3:00 p.m. Nursing Clinic | 5 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group | 6 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. Movie |
| 9 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture | 10 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, Reg. req. 12:00 p.m. Cooking Demonstration, \$5 | 11 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe 1:00 p.m.—3:00 p.m. Nursing Clinic 5:00 p.m. LGBTQ+ Supper | 12 9:00 a.m. Tai Chi, free 10:30 a.m. Meditation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group | 13 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 |
| 16 Closed in Observance of Martin Luther King Jr. Day  | 17 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Lecture | 18 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe 1:00 p.m.—3:00 p.m. Nursing Clinic | 19 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group | 20 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 |
| 23 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture | 24 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. | 25 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe 1:00 p.m.—3:00 p.m. Nursing Clinic | 26 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group | 27 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 |
| 30 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$ | 31 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot | <div style="border: 2px solid black; padding: 10px; background-color: #e0f2f1;"> <p>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.</p> </div> | | |

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Coastline

George E. Curtis Charitable Trust Coastline is providing assistance to elders in Marion, Mattapoisett and Rochester who need help paying their heat or electric bills. The funds pay for gas, electric, propane or other heating needs to help reduce the financial burden for elders who have difficulty with these purchases.

Tai Chi Grant

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Thanks to a grant from Coastline and the Massachusetts EOE and the Federal Administration for Community Living, these classes will now be free of charge. Donations will be accepted to sustain programming beyond the grant cycle.

Please call to register for this class, if it is your first time, 508-748-3570.

Zeiterion Tickets

Coastline is happy to once again be working in concert with the Zeiterion to bring arts and entertainment back to the community, after the pandemic hiatus. The Z is providing discounted tickets as a community benefit. Tickets for the 2022–2023 season at the Z are now on sale. Please stop by the front desk for a listing of shows. Some shows may sell out quickly, so do not delay in ordering!

Volunteer at the MAC

The Marion Art Center offers art exhibits, theater productions, music concerts, and lectures, as well as creative workshops and classes. The MAC also sponsors community events such as Arts in the Park and the Marion Halloween Parade. They focus on engaging, accessible arts programming and the power of fun. The MAC continues to grow, and is looking for more volunteers to help keep the arts alive in the community. As a volunteer, you can participate in exhibit openings, theatre productions, concerts, guest relations and programs. Whether you are welcoming visitors at the front desk or taking tickets at a play, you will be a key part of what makes the MAC work. You can sign up to volunteer at the MAC by calling 508-748-1266, at marionartcenter.org/volunteer, or stop by during office hours, Tuesday—Friday 10 a.m.—5 p.m. All are welcome!

New Programs

Tuesdays—January 10th & 24th at 10:30 a.m.

Basket Weaving with Patty Batson. \$15 per class covers the cost of materials and instruction. Call 508-748-3570 to register.

Thursdays at 1:00 p.m.

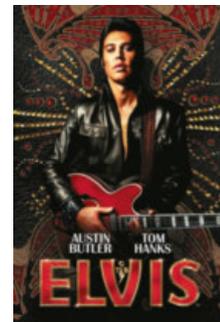
Knit, crochet and create together! We are getting together to socialize and craft some items for Operation Gratitude that sends Care Packages to troops. Also, if you have a project you are working on or are looking to share patterns, then come join us.

Friday Flick

Friday, January 6th 1:00 p.m.

Elvis

Elvis is an epic, big-screen spectacle that explores the life and music of Elvis Presley, starring Austin Butler and Tom Hanks. Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America.



Hand & Foot

Tuesdays at 10:30 a.m.

Join us to play this fun and easy rummy style card game. The object is to score points by melding similar ranking cards. Never played before? No worries, instruction will be provided.



Foxwoods

Foxwoods Casino

Friday, February 17th 8:30 a.m.

No one offers more gaming choices than Foxwoods Resort Casino. Foxwoods boasts more than 7,400 slot machines, 388 table games and the world's largest bingo hall. There are many dining options available and you can also enjoy the 300,000 square foot indoor Tanger Outlet Mall. 80 discount stores and casino fun make for a great day! Cost of the trip is \$37.00 per person and includes motor coach transportation and driver gratuity. The trip will return to the COA at approximately 5:30 p.m. Call 508-748-3570 to make you reservations. Full payment due upon reservation, sorry no refunds.



January Menu

January 9th – Minestrone Soup with
1/2 Italian Grilled Cheese

January 16th – Closed in Observance
of Martin Luther King Jr. Day

January 23rd – Vegetable Soup with
1/2 Turkey, Bacon & Avocado
Sandwich

January 30th – 1/2 Roast Beef
Sandwich with Cheddar, Horseradish
Sauce and Fried Onions with Kale &
Brussels Sprouts Salad

January 4th – Bean, Tortellini &
Sausage Soup with Garlic Bread

January 11th – Beef Chili with
Cheese Quesadilla

January 18th – Tomato Basil Soup
with Grilled Cheese

January 25th – Chicken Tortilla
Soup with Spinach & Cheese
Quesadilla

January 6th – Coq Au Vin and
Carrots with Buttered Egg
Noodles

January 13th – American Chop
Suey with Green Salad

January 20th – Chicken Broccoli
Divan

January 27th – Beef Stroganoff
with Green Salad



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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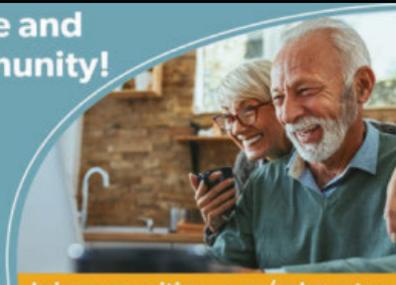
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Annie Maxim House, Inc. Opening—

Applications being accepted until February 28th, 2023

Please be informed of a vacancy at the Annie Maxim House, Inc. (AMH). AMH is a private, not-for-profit, congregate housing facility for low-income elders. AMH, located in Rochester, is available to adults 62 years of age and over residing in the town of Rochester, Middleboro, Wareham, Marion, Mattapoisett, Lakeville, Acushnet or Freetown for the past two years or longer. Applicants should be able to perform personal care and tasks of daily living independently. AMH is situated in a beautiful, rural setting. It offers an ideal housing option for elders who enjoy socializing with others. Residents congregated for a daily meal and enjoy spending time in common areas or on the lovely grounds surrounding the house. Residents are afforded a one-bedroom apartment, a daily meal and access to in-house services, including transportation or help with housekeeping, if needed. AMH has been in place since 1983. Since then, AMH has been helping elders realize enhanced autonomy via the support of staff and existing family. Residents also benefit from the companionship and mutual aid shared among residents.

Please visit their website at www.anniemaximhouse.com for more information. Print and complete the statement of interest form found on the website. Submit the statement of interest form: via fax at 508-763-3797; email at anniemaximhouse@verizon.net; mail to Annie Maxim House, Inc., 706 North Avenue, Rochester, MA 02770. Call 508-763-2494 for further information.

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.

Postage for this newsletter is paid for through a grant from The Executive Office of Elder Affairs.

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