



## Special Events

### Fall Prevention

Friday, March 10<sup>th</sup> 1:00 p.m.

Representatives from Oakley Home Access, the Marion Fire Department/EMS and the Marion Board of Health will be on hand to discuss options for eliminating barriers in the home that could cause a fall, and solutions to fix those areas. You can also request a free home assessment. Call 508-748-3570 to reserve your spot.



### A Celebration of Ireland with Eddie Dillon

Monday, March 13<sup>th</sup> 1:00 p.m.

Enjoy an Irish music performance by Eddie Dillon. Originally from Boston, Eddie Dillon of Fairhaven, Massachusetts is a well-known entertainer and songwriter who has performed many years in Irish folk clubs and festivals throughout the Northeast. A multi-instrumentalist, Dillon plays the guitar, mandolin, banjo and bass. At home on any stage, Dillon combines his instrumental virtuosity with a keen wit for an original and entertaining performance.

Dillon's love of comedy always shines and his professional stage delivery marks the presence of a veteran performer. With over thirty-five years of entertaining audiences in every venue, Dillon is the only American to have toured with the Clancy Brothers and was a member of the Clancy family reunion performance at the world's largest Irish festival in Milwaukee. Having played many years with the Irish folk group, Shanaganans, Dillon has cut his teeth on performances in many venues, opening for such diverse acts as Don McLean and Mary Black, and he has shared the stage with most of the well-known Irish acts including Cherish The Ladies, The Saw Doctors, Hal Roach, Solas and the Furey Brothers, Tommy Makem, Aoife Clancy, Alfie O'Shea, the Shanaganans and the Aliens.

Please call 508-748-3570 to make your reservation.



### Musical Performance

Friday, March 17<sup>th</sup> 1:00 p.m.

Enjoy an afternoon of music that will be performed by two of our favorite visitors, John & Rick.

### Wildflowers of Cape Cod

Monday, March 20<sup>th</sup> 1:00 p.m.

Celebrate the first day of Spring with a wildflower program presented by Cape Cod Canal Park Ranger Samantha Gray. She will take a close look at the wildflowers and what and when to expect. She will begin with the earliest flowering plants in this region and will move on throughout the seasons.



### Culture Park Short Plays

Friday, March 24<sup>th</sup> 1:00 p.m.

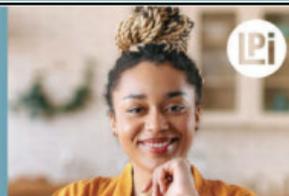
The Culture Park Uncommon Lunch Players will be returning to present a selection of fun, entertaining and relevant short plays, by local and regional playwrights. Call 508748-3570 to reserve your spot.

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## Council on Aging Staff:

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ljackvony@marionma.gov  
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dengwert@marionma.gov  
Pam Greene, Chef  
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, March 8<sup>th</sup> 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. There will be no clinic on March 1<sup>st</sup>.

## 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
<div style="border: 2px solid black; padding: 5px; background-color: #c8e6c9;"> <p><b>Duplicate Bridge</b> 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>		1 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	2 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	3 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
6 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	7 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	8 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	9 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 5:00—7:00 p.m. Canal Side Artists' Opening Reception	10 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. Fall Prevention
13 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Irish Musical Concert	14 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.	15 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	16 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	17 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. Music
20 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Wildflower Lecture	21 9:00 a.m. Strength & Conditioning, free 9:00 a.m. AARP Smart Driver Course 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	22 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	23 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	24 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. Short Plays
27 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	28 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.	29 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	30 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	31 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

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## Community Center Gallery

### Canal Side Artists

February 24<sup>th</sup>—March 29<sup>th</sup>

Opening reception—Thursday,  
March 9<sup>th</sup> 5:00 p.m. – 7:00 p.m.

### Mixed Media Show

March 31<sup>st</sup>—April 26<sup>th</sup>

Opening reception—Thursday,  
April 13<sup>th</sup> 5:00 p.m.—7:00 p.m.

### Bourne—Wareham Artists

April 28<sup>th</sup>—May 24<sup>th</sup>

Opening reception—Thursday,  
May 11<sup>th</sup> 5:00 p.m.—7:00 p.m.

### Sarah Brown

May 26<sup>th</sup>—June 28<sup>th</sup>

Opening reception—Thursday,  
June 8<sup>th</sup> 5:00 p.m.— 7:00 p.m.

### Charlotte Sudduth

June 30<sup>th</sup>—July 26<sup>th</sup>

Opening reception—Thursday  
July 13<sup>th</sup> 5:00 p.m.— 7:00 p.m.

### 3 Friends—Jennifer Cipriano, Jane

Egan & Charles Wood

July 28<sup>th</sup>— August 30<sup>th</sup>

Opening reception—Thursday,  
August 10<sup>th</sup> 5:00 p.m.—7:00 p.m.

### Monday Morning Artists

August 31<sup>st</sup>— September 27<sup>th</sup>

Opening reception—Thursday,  
September 14<sup>th</sup> 5:00 p.m.— 7:00p.m.

### Photography

September 29<sup>th</sup>—October 25<sup>th</sup>

Opening reception—Thursday,  
October 12<sup>th</sup> 5:00 p.m.—7:00 p.m.

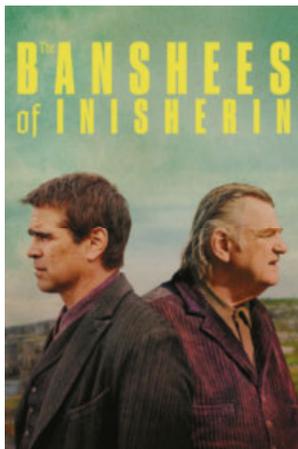


## Friday Flick

Friday, March 3<sup>rd</sup> 1:00 p.m.

### The Banshees of Inisherin

Set on a remote island off the west coast of Ireland, THE BANSHEES OF INISHERIN follows lifelong friends Pádraic and Colm, who find themselves at an impasse when Colm unexpectedly puts an end to their friendship. A stunned Pádraic, aided by his sister Siobhán and troubled young islander Dominic, endeavours to repair the relationship, refusing to take no for an answer. But Pádraic's repeated efforts only strengthen his former friend's resolve and when Colm delivers a desperate ultimatum, events swiftly escalate, with shocking consequences.



## Bridge Lessons

### Beginner Bridge Classes with ACBL

Bronze Life Master Kate Furler

Tuesdays, 1:00 p.m.— 3:00 p.m.

Text: Audrey Grant's Bidding for the 21<sup>st</sup> Century.

This class will run for an eight week series. Cost for instruction is \$125.00 text is available for another \$20.00. Call 508-748-3570 to register. First class will be on Tuesday, March 7<sup>th</sup>.

## Parkinson's Support Group

Meetings are scheduled on the first Monday of the month:

March 6<sup>th</sup> April 3<sup>rd</sup>

May 1<sup>st</sup> June 5<sup>th</sup>

July 3<sup>rd</sup> August 7<sup>th</sup>

September 4<sup>th</sup> October 2<sup>nd</sup>

November 6<sup>th</sup> December 4<sup>th</sup>

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 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.

Lori Desmarais, RN, BSN Public Health Nurse will be attending the March 6<sup>th</sup> meeting to speak about home safety.



## Stay Connected

If you are traveling , are unable to make it to one of your regular classes or want an extra session, we have a variety of them available on the Marion Public Service YouTube Channel.

<https://www.youtube.com/channel/>

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Or simply access from marionma.gov

## Knitting Lessons

Suzanna Curtis will be on hand to offer knitting instruction on Thursdays at 1:00 p.m.



## Massachusetts Equipment Distribution Program

### Monday

March 6<sup>th</sup> 11:30 a.m.—1:00 p.m.

MassEDP offers specialized telephones, both wireline and wireless to residents who have qualifying conditions. You may be able to get these telephones free or at reduced cost. Qualifying conditions are: Deaf, hard of hearing, mobility, vision, speech and cognition.

A representative will be on hand during lunch to share information, answer questions and introduce you to some of the phones for your review.



## March Menu

**March 6<sup>th</sup>** – Sausage with Onions & Peppers on a Roll with Mac n' Cheese

**March 13<sup>th</sup>** – Kale Soup with Cocola Sandwich

**March 20<sup>th</sup>** – Italian Wedding Soup with Tomato Basil Brushetta

**March 27<sup>th</sup>** – Chicken and Leek Enchiladas with Sauce Verde and Pico de Gallo

**March 1<sup>st</sup>** – Pancakes, Sausage and Mini Egg Muffins with Tomato & Cheese

**March 8<sup>th</sup>** – Asian Chicken Salad

**March 15<sup>th</sup>** – Vegetable Wrap with Hummus and Taboulah and Chicken & Rice Soup

**March 22<sup>nd</sup>** – English Muffin Linguica Pizza with Green Salad

**March 29<sup>h</sup>** – Bacon and Tomato Quiche with Parsley Potatoes with Onions and Paprika

**March 3<sup>rd</sup>** – Pasta with Chourico Bolognese Sauce and Cucumber Salad

**March 10<sup>th</sup>** – Spinach and Sausage Lasagna with Garlic Bread

**March 17<sup>th</sup>** – Meatloaf, Mashed Potatoes and Stewed Green Beans

**March 24<sup>th</sup>** – Cobb Salad Wrap with Potato Leek Soup

**March 31<sup>st</sup>** – Shepherd's Pie with Mixed Greens



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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## AARP Smart Driver Course



Tuesday, March 21st 9:00 a.m.—2:00 p.m.

Space is limited. Register by calling 508-748-3570.

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver Course, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you will learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. In addition, you will learn:

- How to minimize the effects of dangerous blind spots.
- How to maintain the proper following distance behind another car.
- The safest ways to change lanes and make turns at busy intersections.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars.
- Ways to monitor your own and others' driving skills and capabilities.
- The effects of medications on driving.
- The importance of eliminating distractions, such as eating, smoking, and using a cell phone.

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass. The class fee is \$20 for AARP members and \$25 for non-members.

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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