



MARION
COUNCIL
ON AGING

Special Events

Emergency Preparedness Monday, June 5th 1:00 p.m.

Members of Marion Fire, Marion EMS and the Board of Health will be discussing emergency preparedness, escape plans and other risks around your home. Bring any questions or concerns you may have.



Summer Concert Series Friday, June 9th 1:00 p.m.

Join Dave Valerio and enjoy some good music, good friends and good times as part of our Summer Concert Series.



Diabetes Education Monday, June 12th 1:00 p.m.

Southcoast Health presents the Community Wellness Program—Diabetes Education—Stop Diabetes! Receive some glucose tablets, handouts pertaining to Diabetes, healthy recipes and enjoy a healthy snack. You will gain a lot of information on diabetes, how to control it, how to avoid it and what foods to eat and what to avoid.

Cooking Demonstration Tuesday, June 13th 12:00 p.m.

Come and join us for a lunchtime cooking demonstration by Barbara Canuel, Registered Dietitian from Community Nurse Home Care. Learn some new tips and tricks on how to save money and time while preparing quick, nutritious and delicious meals. Call 508-748-3570 to reserve your spot.



Five Wishes Advancing Peace of Mind Friday, June 16th 1:00 p.m.

Five Wishes was originally developed to help people plan ahead and cope with serious illness at any age. It has been featured on NBC's Today Show and in Time and Money magazines. It is available in 30 languages. This document helps you to express your wishes and offers a guide to family, friends, caregivers and doctors in times of stress, if serious illness occurs. We will examine this form and talk about how it works with other documents you may already have in place. Come join us as we take charge of living and do it our way. Bring questions and ideas for a lively discussion!

Sciatic Nerve Pain Clinic Friday, June 23rd 1:00 p.m.

Kathy Clark of Moxie Mobility will be present to talk about sciatic nerve pain—what it really is and what we can do to decrease the pain and improve our mobility.



Summer Concert Series Friday, June 30th 1:00 p.m.

Eddie Dillon will be entertaining us with some Irish and Folk Classics. Originally from Boston, Eddie Dillon of Fairhaven, is a well-known entertainer and songwriter who has performed for 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.

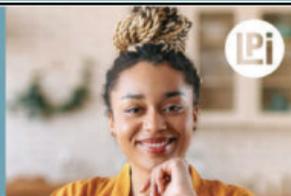


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Monday - Friday
9:00 a.m. - 3:00 p.m.
465 Mill Street
Marion, MA 02738
508-748-3570

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, June 14th 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.

June is Alzheimer's & Brain Awareness Month. Worldwide, more than 55 million people are living with Alzheimer's or another dementia.

Walking Group

Joining a walking group is one of the best ways to start and maintain a healthy walking habit. This type of physical activity will help to prevent and postpone chronic disease, and to build healthy bodies and minds. It also keeps us socially connected. So, join us on **Wednesdays at 11:15 a.m.** to walk on the path at the Center.



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.

Sharps Collection

On the first Wednesday of the month from 9:00 a.m.—11:00 a.m. the Public Health Nurse offers the opportunity to drop off sharps and collect a new container. Next collection date is June 7th.

Save the Date

Marion Social Club Chicken Bake
Sunday, August 20th
Details will follow in upcoming months.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; background-color: #e0e0e0;"> <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>			1 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 1:00 p.m. Cape Verde Story Share	2 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. Friday Flick
5 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Emergency Preparedness 1:00 p.m. Parkinson's Support Group	6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	7 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance Cardio Class, \$5 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café	8 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	9 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 & Art Opening 1:00 p.m. Concert
12 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Diabetes	13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, Reg. req. 10:30 a.m. Hand & Foot 12:00 p.m. Cooking Demonstration	14 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance, \$5 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper	15 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	16 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: Five Wishes
19 	20 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	21 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance Cardio Class, \$5 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	22 9:00 a.m. Tai Chi, free 9:30 a.m. Newport Car Museum 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	23 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: Sciatic Nerve Pain
26 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	27 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.	28 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 10:30 a.m. Dance, \$5 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	29 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	30 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. Concert

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Day Trip

Newport Car Museum

Thursday, June 22nd 9:30 a.m.

The Newport Car Museum opened in 2017 in a former missile manufacturing facility situated on seven acres of land in Portsmouth, R.I. The private collection of some 90+ automobiles focuses on eight decades of modern industrial automotive design and celebrates cars as works of art. From the 1950s to the present, separate galleries of Ford/Shelby Cars, Corvettes, World Cars, Fin Cars and Mopars and American Muscle: "Then & Now" have been carefully curated to appeal not just to grandfathers, fathers and teenage sons but to men and women of all ages. They reflect a time when artists who likely would have been the great sculptors in the Renaissance Age became stylists, designers and industrial engineers for the Big Three American auto manufacturers and leading European companies such as Jaguar, Porsche, Mercedes Benz and BMW, perhaps enjoying more creative freedom than will ever be experienced by their counterparts today. Admission to the museum is \$16.00. We will be stopping for a bite to eat on the way home, for which you will be responsible for the cost of. Call 508-748-3570 beginning June 8th to reserve your spot on this trip.



Summer Concert Series

Enjoy the sounds of Summer under the pavilion on the grounds of the Community Center as we host a series of musical performances.

June 9th— Dave Valerio

June 30th—Eddie Dillon

July 14th—Tony Martin & Pat

August 18th—Lady "D" - Darlene Andrade



Friday Flick

80 For Brady

Friday, June 2nd 1:00 p.m.

The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.



Community Center Gallery

Sarah Brown

May 26th—June 28th

Opening reception—Friday, June 9th 12:00 p.m.— 1:00 p.m.

Please note that Art Show Openings have been moved. Come for lunch, check out the new exhibit and meet the artist. Please call 48 hours in advance if you will be joining us for lunch, 508-748-3570.



Parkinson's Support Group

Meetings are scheduled on the first Monday of the month:

June 5th

August 7th

October 2nd

December 4th

July 3rd

September 4th

November 6th

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: sgriffith@marionma.gov, or the Marion COA at 508-748-3570. On June 5th our guest speaker will be Lisa J. Santos, M.S., CCC-SLP—speech pathologist.

Upcoming Day Trips

Newport Lighthouse Cruise—Thursday, July 13th

Cost: \$127.10 Enjoy a narrated lighthouse cruise with panoramic views of Rose Island, Castle Hill and Goat Island Lighthouse while enjoying a mimosa. After the cruise head over to the iconic beachfront restaurant, Johnny's for a lunch of baked scrod, pasta primavera or chicken piccata. End the day with some free time in downtown Newport.

Lobster Roll Cruise—Monday, August 21st

Cost: \$114.50 Begin the day with a cruise of Sesuit Harbor and Cape Cod Bay. While on board dine on lobster roll, roast beef or vegetarian roll up. Experience some free time in downtown Hyannis. Enjoy an ice cream cone at Katie's Ice Cream Shop.

Foliage Turkey Train Tour—Friday, September 29th

Cost: \$105.50 Start with a scenic drive to New Hampshire to board the Turkey Train at the Hobo Railroad. While on the foliage train ride you will be served a full Hart's turkey dinner. After the train excursion head to Beans & Greens Farm

Stop by the Center to pick up itineraries for each trip that will give you full details.

Checks must be made payable to The Friends of Marion Council on Aging.

June Menu

June 5th— French Dip Sandwich with Broccoli Salad

June 12th— Chicken Quesadillas with Leeks, Mild Chilis & Cheese and Green Salad with Avocado Dressing & Roasted Pepitas

June 19th— Closed in observance of Juneteenth

June 26th— Meatloaf Sandwich on Potato Roll with Cheddar & Crispy Onions and Chips

June 7th— Tomato Bacon Cheese Toast with Street Corn Salad

June 14th— Clam Chowder with 1/2 Grilled Cheese & Tomato Sandwich

June 21st— Vegetable Soup with 1/2 Tuna Sandwich

June 28th— Chicken Caesar Salad with Garlic Bread

June 2nd— Wild Mushroom Chowder with Bacon & Leeks and Artichoke Brushetta

June 9th— Pasta Puttanesca with Chicken

June 16th— Asian Chicken Salad

June 23rd— Vichyssoise with 1/2 Egg Salad Sandwich

June 30th— Spinach & Sausage Quiche with Roasted Potatoes



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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10 Ways to Love Your Brain

-  **Break a sweat** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
-  **Hit the books** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
-  **Butt out** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
-  **Follow your heart** Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
-  **Heads up!** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.
-  **Fuel up right** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.
-  **Catch some Zzz's** Not getting enough sleep due sleep apnea may result in problems with memory and thinking.
-  **Take care of your mental health** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
-  **Buddy up** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.
-  **Stump yourself** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

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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