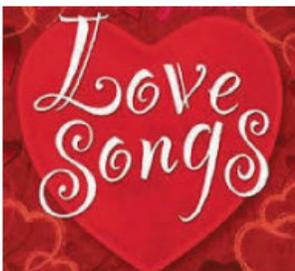


Special Events

Flower Arranging with Marion Garden Group
Friday, February 10th 1:00 p.m.
Members of the Marion Garden Group will be visiting to help us create a beautiful Valentine's Arrangement. There will be a \$5.00 materials charge for this class due at sign up. Space for this class is limited, call 508-748-3570 to reserve your spot.



Love Songs
Monday, February 13th 1:00 p.m.
Richard Hughes will be leading a sing-a-long of all the great love songs from Frank Sinatra to Tony Bennett to Nat King Cole. Join us and sing along and maybe even dance.



Chocolate Treats
Tuesday, February 14th 1:00 p.m.
The Culinary Director from Autumn Glen will share helpful hints and tips for making chocolate covered strawberries and pretzels to celebrate Valentine's Day. Space is limited, please call 508-748-3570 to make a reservation.

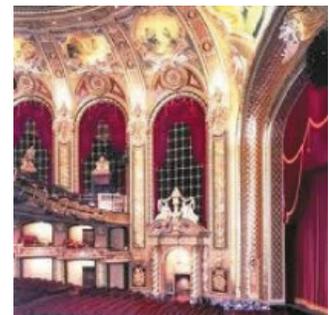


Join My Journey
Friday, February 17th 1:00 p.m.
"Join My Journey" is an interactive presentation that helps families and caregivers understand more about dementia. The more we Understand, the more we can help our loved ones have a higher quality of life in this challenging journey. The disease has many stages and there are common things that a person with dementia experiences that make it difficult for them to find their way. Such things as trouble understanding what is being asked of them, trouble finding the words to answer back and not always understanding what we want them to do. Many experience loss

of hearing, decreased vision; colors can be hard to see and depth perception can create issues. Many times their behaviors are due to a need not being met, and they don't have the words to express what it is. We will talk about the challenges and ask volunteers to take a few minutes to walk in their shoes. This presentation will be made by Edie Lawrence, Director of Memory Care for Autumn Glen.

Tour the Boch Center—Wang Theatre
Thursday, February 23rd

8:30 a.m. departure from COA
View memorabilia and pictures of Boston's contributions to the music industry. While on this 90 minute tour you will go backstage to enjoy the Bob Dylan photography exhibit and Ernie Boch Jr.'s guitar collection. Afterwards you will head over to The Rock Bottom Restaurant & Brewery for a bit to eat. Cost of the tour is \$15.00, due at sign up. You are responsible for the cost of your meal. Sign ups will begin on February 9th.

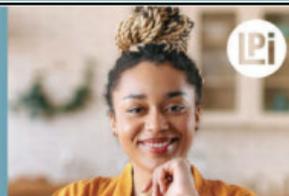


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Coordinator
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Pam Greene, Chef
Paul Garib, Van Driver
Norman Johnson, Van Driver

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, February 8th 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 for February 6th 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
		1 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	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. Hand & Foot	8 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 5:00 p.m. LGBTQ+ Supper	9 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	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. Flower Arranging, \$5, Reg. req.
13 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Music	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. 1:00 p.m. Lecture	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. Lecture
20 Closed in observance of Presidents' Day 	21 9:00 a.m. Strength & Conditioning, free 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 8:30 a.m. Trip 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. Craft with Lidia
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. 1:00 p.m. CPR Class	<div style="border: 2px solid black; padding: 10px; background-color: #d9ead3;"> <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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Special Events Continued

Craft with Lidia

Friday, February 24th 1:00 p.m.

You will be given all the materials and instruction necessary to make a cloth flower bouquet in a vase, your choice of color. The cost for this two hour class is \$22.00, which includes everything. Come out with your friends and have some fun while making this cheery spring decoration. Reservations are needed to attend. Call 508-748-3570.



Community CPR Class

Tuesday, February 28th 1:00 p.m. – 3:00 p.m.

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies when the heart stops beating, such as a heart attack or near drowning. CPR can keep oxygen-rich blood flowing to the brain and other organs until emergency medical treatment can restore a typical heart rhythm. Immediate CPR can double or triple the chances of survival after cardiac arrest. Marion Firefighter and EMT, Robert Joyce, will be leading a Community CPR class. From this class you will learn CPR and the use of an AED device. This is a non-certification class. To register to attend call 508-748-3570.

Community Center Gallery

Children's Show

January 6th—February 22nd

Canal Side Artists

February 24th—March 29th

Opening reception—Thursday, March 9th 5:00 p.m.— 7:00 p.m.

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 21st 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 7th.

Friday Flick

Friday, February 3rd 1:00 p.m.

Mrs. Harris Goes To Paris

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook - but the very future of the House of Dior.



New Programs

Tuesdays—February 14th & 28th 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.

New Class

Dance Cardio Class

Wednesdays at 10:30 a.m.

Beginning on February 15th

Exercise instructor, Shawn Sweet, will have you moving and grooving to tunes of the 60's, 70's & 80's. Start with a light to moderate workout and progressing for this 45 minute class. Cost of the class is \$5, payable to instructor at time of the class.



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.



February Menu

February 6th – Baked Chicken
Marsala, Roasted Potatoes and
Green Beans with Tomatoes

February 13th – Chicken Quesadilla
with Spinach & Cheese

February 20th – Closed in
Observance of Presidents' Day

February 27th – Cabbage & Kielbasa
Soup with Cheese Quesadilla

February 1st – Beef & Barley Soup,
Garden Salad and Cheese Roll

February 8th – Zuppa Toscana,
Caesar Salad and Garlic Bread

February 15th – 1/2 Corned Beef
Sandwich with Mustard on Rye
and Vegetable Soup

February 22nd – Grilled Cheese
with Bacon, Coleslaw & Potato
Chips

February 3rd – 1/2 Reuben
Sandwich on Rye, Potato Leek
Soup and Potato Chips

February 10th – Eggplant
Parmesan with Herb Pasta and
Bacon

February 17th – Chicken Stew
with Buttermilk Biscuit

February 24th – Swedish
Meatballs over Egg Noodles &
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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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 congregate 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.

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