



MARION
COUNCIL
ON AGING

Special Events

Boxwood Tree Class

Tuesday, December 6th 1:00 p.m.
Take part in this class and learn the technique of working with boxwoods to make this lovely holiday centerpiece. Call 508-748-3570 to register. There is a \$20.00 materials cost that is due at sign up. Gerry & Sandy Trull, with backgrounds in the floral industry, have graciously volunteered to lead this demonstration.



Wintertime Craft

Thursday, December 8th 1:00 p.m.
Join Lidia as she walks you through the process of making this snowman centerpiece. Cost of the class is \$26.00, due at sign up. Call 508-748-3570 to reserve your spot.



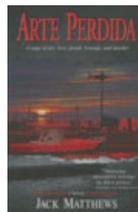
Southcoast Hand Bell Ringers

Friday, December 9th 1:00 p.m.
We invite you to enjoy the harmonious, graceful and flowing music of the hand bell choir as they help us to usher in the Holiday Season.



Author Jack Matthews

Monday, December 12th 1:00 p.m.
Join Jack as he talks about his historically rich work of fiction *Arte Perdida*. *Arte Perdida* is a saga of art, love, greed, revenge and murder. Jack grew up in Mattapoisett, which is the setting for much of the novel. Come learn about the inspiration behind this book that you just will not be able to put down.



Lunchtime Cooking Demonstration

Tuesday, December 13th 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.

Christmas Concert

Monday, December 19th 1:00 p.m.
We welcome John and Rick as they perform some quintessential music of the season that will lift everyone's heart and spirit.

Trip to Old Colony Regional

Vocational Technical High School
Tuesday, December 20th 9:30 a.m.
Start the day by receiving complimentary manicures from the Cosmetology students (tips are welcome and appreciated). After your manicure you will head to the restaurant/bakery and have a nice lunch prepared by the culinary students. You will be responsible for the cost of your lunch and gratuity. Sign ups for this trip begin on December 5th. Call 508-748-3570

New Year's Celebration

Wednesday, December 28th
12:00 p.m.
Celebrate the New Year with your friends at the Council on Aging. You will be treated to passed Hors d'oeuvres followed by an afternoon of music with Dave Valerio. A suggested donation of \$5.00 is requested to attend this event. Call 508-748-3570 to make a reservation.



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

THIS SPACE IS AVAILABLE



guaranteedRate[®]

Check your newsletter
calendar for my
sponsored programs!

Cary Humphrey, Area Manager

cary.humphrey@rate.com

www.guaranteedrate.com/caryhumphrey

O: (508) 589-6254 | C: (774) 222-3988

345 Front Street Suite 1, Marion, MA 02738

NMLS ID: 19420

Rest assured that they'll receive the best of care at Sippican Healthcare Center.

- Exceptional **short-term** rehabilitative care.
- Highest quality **long-term and respite** care.
- **Specialized** programs tailor-made by physicians.
- Personalized **therapy systems** - PT, OT and Speech.
- **Comprehensive care** for patients suffering with COPD and respiratory distress.
- **Newly renovated** facility features redesigned resident rooms, bathrooms and common areas.
- 123 bed, family owned & operated skilled nursing facility
- Joint Commission Accredited & Medicare Certified
- Accepts most HMO's, Medicare and Commercial Insurance

15 Mill Street, Marion, MA

(508) 748-3830

www.whittierhealth.com



A MEMBER OF THE WHITTIER HEALTH NETWORK: DEDICATED TO YOUR WELL-BEING

Member, Southcoast Physicians Network Inc. - Post Acute Care Program

Council on Aging Staff:

Karen Gregory, Director
kgregory@marionma.gov
Mike Poznysz, Transportation
Coordinator
mpoznysz@marionma.gov
Linda Jackvony, Program
Coordinator
ljackvony@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, December 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
12:00 p.m.—2:00 p.m.

An engaging gathering for individuals with memory loss and their care partner. Start the afternoon enjoying lunch and conversation with some new and old friends and then take in some music, play a friendly game or a different form of entertainment. 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 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div style="border: 2px solid black; padding: 5px; background-color: #f08080;"> <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 | 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 |
| 5 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinsons Support Group | 6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Boxwood Tree Class, \$20 | 7 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Memory Café Potluck 1:00 p.m.—3:00 p.m. Nursing Clinic | 8 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Winter Craft, \$26 | 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 1:00 p.m. Handbell Choir |
| 12 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Author presentation | 13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Cooking Demonstration, \$5 | 14 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic 5:00 p.m. LGBTQ+ Supper | 15 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 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 |
| 19 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Christmas Concert | 20 9:00 a.m. Strength & Conditioning, free 9:30 a.m. Trip to Old Colony 10:30 a.m. Meditation | 21 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic | 22 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 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 |
| 26 <i>Closed in observance of the Christmas Holiday</i>  | 27 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation | 28 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. New Year's Celebration 1:00 p.m.—3:00 p.m. Nursing Clinic | 29 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 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 |

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




ADT Authorized Provider **SafeStreets** **833-287-3502**

WE'RE HIRING
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

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!

Join
Us!

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER
Strength in optimism. Hope in progress.

APDA MA Marion Parkinson's Support Group

STARTING DECEMBER 2022

This support group is facilitated by Sue Griffith, RN, and is open to people with Parkinson's and their Care Partners. All are welcome.



1st Monday of the month

2022 Dates: Dec. 5

2023 Dates: Jan. 2, Feb. 6, Mar. 6

1 - 2 PM

**Marion Council on Aging
465 Mill Street
Marion, MA 02738**

This group is designed for people with Parkinson's and their care partners.
Registration is required. Contact Sue to join.

Dates & Times: Beginning Dec. 5, 2022, 1st Monday of the Month; 1 - 2 PM
Location: Marion Council on Aging, 465 Mill Street, Marion, MA 02738
Registration & Questions: Sue Griffith, sgriffith@marionma.gov, or the Marion COA at 508-748-3570

APDA I & R Center: apdama@apdaparkinson.org or 800-651-8466

Excursions

A Christmas For Carol

Thursday, December 15th

Come see the World Premiere of this hilarious Christmas Comedic Farce at the Newport Playhouse. During the holiday season, Carol tends to take Christmas too far at work with decorations, presents, and overbearing traditions that not everyone celebrates in the office. Her co-workers love Carol, but this time of year she gets on everyone's last nerve, so they formulate a plan for the company party that night. With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of Christmas? Depart from COA at 9:45 a.m. and return at approximately 5:30 p.m.

Cost of this excursion is \$64.95, which includes a luncheon and the show. Sign ups for this trip will begin on December 1st.



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, no refunds.



December Menu

December 5th – Split Pea Soup with Ham & Potato, Green Salad and Roll

December 12th – Beef Barley Soup with Cheese & Spinach Quesadilla

December 19th – Spaghetti with Meat Sauce and Stewed Green Beans

December 26th – Closed in Observance of the Christmas Holiday

December 7th – Dining Room Closed for Memory Café Potluck Luncheon

December 14th – Grilled Chicken Sausage, Onions & Peppers on a roll with Panzanella Salad

December 21st – New England Clam Chowder with Yellow Squash Casserole

December 28th – Passed Hors d'oeuvres and Pastries

December 2nd – Shepherd's Pie with Gravy

December 9th – Meatball Sub, Coleslaw and Chips

December 16th – Spinach & Sausage Quiche with Scalloped Potatoes

December 23rd – Vegetable Soup with Sausage, Broccoli & Cheese Stuffed Potatoes

December 30th – Sausage Minestrone Soup with Garlic Bread



SAUNDERS DWYER

Home For Funerals

"Our Family Serving Your Family"

508-758-2292

www.saundersdwyer.com



Chapman Cole & Gleason

FUNERAL HOMES ESTABLISHED 1862

2599 Cranberry Highway (Route 28), Wareham, MA 02571
(508) 295-0060 • www.ccgfuneralhome.com



- HOME CARE & PCA SERVICES
- HOME DELIVERED MEALS
- COMPUTER/PHONE CLASSES
- BENEFITS ENROLLMENT
- MORE THAN 30 PROGRAMS

508-999-6400 • coastlinenb.org

Dedicated to Keeping the Heart in Home Care!

PERSONAL CARE, COMPANIONSHIP, HOUSEKEEPING, ALZHEIMER'S CARE,
DEMENTIA CARE, HOSPICE SUPPORT, MEDICATION REMINDERS,
TRANSPORTATION, HEALTHY MEAL PLAN & PREPARATION

24 Hour On Call Support

508-748-1331

www.TenderHeartsCare.com



Five Foods, Catering & More

508-758-9922 • 508-758-9923
50 Marion Rd. (Rt. 6), Mattapoisett
www.OnTheGoTakeout.com

15% OFF with this ad
COUPON GOOD FOR ONE VISIT



FlowerMedical

info@flowercardmed.com

1-804-638-9333

www.flowercardmed.com

Marion's oldest and most reliable real estate company



CONVERSE COMPANY
REAL ESTATE

CONVERSE COMPANY REAL ESTATE

166 Front Street, Marion, MA 02738

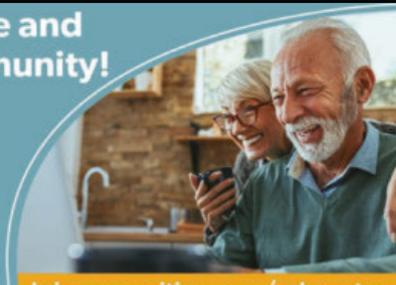
508.748.0200

www.conversecompanyrealestate.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD
CREATOR
STUDIO



lpicomunities.com/adcreator

Do you have sleep issues, migraines, UC, anxiety, PTSD, PMDD, cancer, or chronic pain?

Qualifying chronic condition(s) is at Provider Discretion!

Benefits to Medical MJ patients

- No SALES tax on MJ - Legally grow 4x more
- Buy at dispensaries at 18 years old not 21
- Get great discounts & guaranteed selections
- Medical/Legal right to cannabis use
- VIP access at all dispensaries in Massachusetts
- More selections and Much Stronger products

Kristen Russell, NP, RNFA
MMJ Certifying Provider



Marion Antiques

APPRAISALS - FRANK McNAMEE
ON-SITE ESTATE SALES & AUCTIONS
ANTIQUES & ESTATES PURCHASED

335 Wareham Rd. (Route 6) Marion

748-3606

www.marionantiques.com

www.marionantiqueauctions.com



Insurance Advice and Advocacy for Seniors

Robin G Smith, LIA, BCPA

Licensed Insurance Advisor, Board Certified Patient Advocate

robin.g.smith@att.net

robingsmith.com

Medicare

Consulting and Enrollment

Multiple Plans and Insurers, No Fee

888-363-3914

SUPPORT OUR ADVERTISERS!





As 2022 comes to a close, we would like to warmly thank everyone who has come out to participate, volunteer and enjoy our programs and activities. Here are a few memories collected over the past year. We look forward to what 2023 will bring!

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.

PRRST STD
 US POSTAGE PAID
 ROCHESTER, MA
 PERMIT NO. 115

Marion Council on Aging
 465 Mill Street
 Marion, Ma. 02738