

Special Events

Silent Movies with Richard Hughes
Monday, November 14th 1:00 p.m.
Take a trip into the past when Nickelodeon theatres showed black & white flickers to the accompaniment of live piano. Richard Hughes will recreate the atmosphere and talk about the Golden Age of silent movies plus introduce each film before playing an original musical score. The silent movie shorts scheduled for the afternoon will highlight why Charlie Chaplin and Buster Keaton were considered the best pantomime and slap stick artists to appear in silent movies. Enjoy "The Immigrant" and "The Goat" along with demonstrations of animation devices and sound effects with audience participation. This event is being sponsored in conjunction with the Sippican Historical Society.



Lunchtime Cooking Demonstration
Tuesday, November 15th 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.



Backyard Mammals
Friday, November 18th 1:00 p.m.
Joy Marzolf from The Joys of Nature will be sharing the wide range of mammals that are found around New England, from the shy fisher to the comical chipmunk, rabbits, foxes, deer, coyotes and even black bear might visit your neighborhood. Learn about mammal behavior, tracks and signs to help figure out who is hanging out in your neighborhood.



Festival of Trees
November 26th—December 8th
Opening Reception Saturday, November 26th 1:00—3:00 p.m.
Organizations, businesses, community groups or interested individuals are invited to sponsor and decorate a tree for this year's festival. Three foot table top, pre-lit trees will be made available to participants. Raffle tickets will be sold, and on December 8th at 12:00 p.m. the winners will be drawn. At the Festival reception there will be an artisan sale, music, refreshments and basket raffles. Sponsored by the Friends of the Marion Council on Aging to benefit Programs at the Council on Aging. For more information, to sponsor a tree or donate a basket please contact Karen Gregory at 508-748-3570. Deadline to register for sponsorship of a tree is November 14th.



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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.

Art Exhibits

Crafts & Wall Art Show
On display October 27th—December 27th
Opening Reception at the Festival of
Trees on November 26th 1:00-3:00 p.m.



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.

Sharps Collection
On the second Wednesday of the month from 9:00 a.m.—11:00 a.m. an opportunity to drop off sharps and collect a new container is offered. Next collection date is November 9th.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | 1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation | 2 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 | 3 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 4 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 |
| 7 10:00 a.m. Yoga, free 12:00 p.m. Lunch | 8  | 9 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 | 10 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 11  |
| 14 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture | 15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Cooking Demonstration, \$5 | 16 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 | 17 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 18 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 |
| 21 10:00 a.m. Yoga, free 12:00 p.m. Lunch | 22 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation | 23 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free We will be closing at Noon | 24  | 25 Closed in observance of the Thanksgiving Holiday |
| 28 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$ | 29 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation | 30 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 | <div style="border: 2px solid black; padding: 10px;"> <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

Bingo

Monday, November 28th 1:00 p.m.
Try your luck in this game of chance. Cost to play is \$5.00 for a standard pack of play, \$1.00 coverall & \$1.00 50/50 game. Call to reserve your lunch before the game.



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.

Watercolor Art Class

Watercolor Classes with Canalside Artist Kate Furler

Fridays, 9:00 a.m.—11:00 a.m.

This class focuses on watercolor techniques. Cost per each class is \$14.00 payable to the instructor. Call 508-748-3570 to register and to receive the list of class supplies you will need.

Tabor Lasagna Program

Tabor is baking home cooked lasagnas for you! The community service group at Tabor Academy is providing home cooked cheese lasagnas to people in need in our local community. Lasagnas are 9X13, large enough to feed a family of 6, or smaller with leftovers. If you would like to order a lasagna, please contact: Karen Gregory at the Marion Council on Aging at 508-748-3570.

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!

Veterans Day

Friday, November 11th 11:00 a.m.
Annual Marion Veterans Day Ceremony to be held at Old Landing Veterans Park, Front Street.

We invite all Veterans, Active Duty Service Members, Spouses and their guest for a luncheon following the Ceremony. Please RSVP by Tuesday, November 8th by calling 508-748-3570. Doors open at 11:30 a.m. and lunch will be served at Noon.



Open Enrollment

Open enrollment runs until December 7th. This is the time of year to review and change your Medicare coverage for 2023. If you would like help understanding upcoming changes and options, a SHINE counselor can help. Call 508-748-3570.



A Christmas For Carol

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?

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



November Menu

November 7th – Reuben Sandwich
with Marinated Vegetable Salad

November 14th – Chicken Chow
Mein Sandwich with Garlic Green
Beans

November 21st – Moussaka (Greek
Style Lasagna)

November 28th – Kale Soup with 1/2
Portuguese Cacoila Roll and Cole-
slaw

November 2nd – New England Clam
Chowder with Antipasto Salad

November 9th – Zuppa Toscana
with Caesar Salad and Garlic Bread

November 16th – Roast Pork Loin
with Roasted Potatoes and
Creamed Spinach

November 23rd – Closing at
Noon – No Lunch Served

November 30th – Cabbage &
Sausage Soup with Caesar Salad
and Cheese Rolls

November 4th – Meatloaf,
Mashed Potato and Vegetable

November 11th – Closed in
Observance of Veterans Day

November 18th – Roast Beef
Sandwich with Cheddar Cheese,
Horseradish Sauce, Arugula and
Fried Onions with Potato Chips

November 25th – Closed in
Observance of the Thanksgiving
Holiday

December 2nd – Shepherd's Pie
with Gravy



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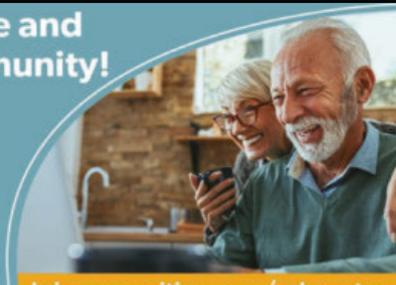
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Yard Sale Update



Thank you to everyone who donated items, bought some treasures or volunteered. You made the day a smashing success. The total raised for the Friends of the Marion Council on Aging was just over \$4,000.00. This will go a long way in contributing to the programming that you experience at the Council on Aging.



A special thank you to Lauren & Jim Perry, of Buh Bye Junk, for aiding in the clean up at the end of the event.



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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