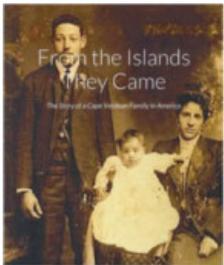


## Special Events

### Author Lecture with Dawn Blake Souza

Friday, September 8<sup>th</sup> 1:00 p.m.

Dawn will share her stories that she has written— “From the Islands They Came: The Story of a Cape Verdean Family in America”, which chronicles the history of her family that follows them from Cape Verde to New Bedford. “With Little More Than Dreams” traces the histories of four immigrant families in America, a German-Mexican family, an Azorean Portuguese family, an Austrian-Polish family, and a Cape Verdean family and shares their intriguing stories in a close personal way. Dawn is also very passionate about helping others to share their own stories and will give ideas and tips that can help us on that journey.



### Artificial Intelligence

A Presentation for the Curious  
Monday, September 11<sup>th</sup> 1:00 p.m.  
Virtual Reality. Chatbots. Deep Fakes. Do you ever feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity?

Take a breath and enjoy an in-person, real presentation on new and emerging technologies. You might not want to use these things, but you should know what they are. Come find out in a fun and supportive manner. And bring your questions!



### Cooking Demonstration

Tuesday, September 12<sup>th</sup> 12:00 p.m.

Join us for a lunchtime cooking demonstration with Barbara Canuel, Registered Dietitian from Community Nurse Home Care. Learn some new tips and tricks while preparing quick, nutritious and delicious meals. Call 508-748-3570 to reserve your spot.



### Elvis

Friday, September 15<sup>th</sup> 1:00 p.m.

Enjoy Robert Black as Elvis! Robert Black is an Award Winning Elvis Presley Tribute Artist performing nationwide. His authentic portrayal and exciting interpretation of Elvis Presley, has made him one of the most sought after, and popular tribute performers. Robert’s crowd pleasing style and mannerisms, mixed with his unique blend of vocal talent, charisma and elaborate costuming make him a favorite world wide.

*Thank you to the Friends of Marion Council on Aging for sponsoring this program.*



### Family Feud

Monday, September 18<sup>th</sup> 1:00 p.m.

Join Kevin Richman as he provides top shelf entertainment by bringing to us the T.V. like game show Family Feud. It will be 90 minutes of fun, laughter and prizes as you compete to name the most popular answers to survey questions.

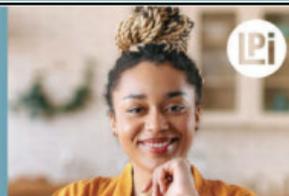


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Pam Greene, Chef  
Paul Garib, Van Driver  
Billy Garcia, Van Driver

### 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, September 13<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.—2:00 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.

## 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, while keeping us socially connected. So, join us on Wednesdays at 11:15 a.m. to walk on the path at the Center.



## Health & Wellness

### Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available Wednesdays from 1:00p.m.- 3:00p.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 nursing clinic hours held on September 27<sup>th</sup>.

### 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 September 6<sup>th</sup>.

### Flu Clinic

The Board of Health will be conducting a drive thru flu clinic at the Community Center on Thursday, September 28<sup>th</sup>. Call the Board of Health at 508-748-3530 to receive the link to register and reserve your appointment time.

## Marion Community Fund

Applications become available for qualified Marion residents in September to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of South-eastern Massachusetts. The deadline is early October. Stop by the Council on Aging office to pick up an application.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Hand &amp; Foot</b> —Join us to play this fun and easy rummy style card game. The object is to score points by melding similar ranking cards. Never played before? No worries, instruction will be provided. Tuesdays at 10:30 a.m.		1 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
				
4 	5 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	6 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café	7 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	8 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. Author Lecture
11 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Artificial Intelligence	12 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, reg. req.	13 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper	14 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	15 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: Elvis
18 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Family Feud	19 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Flower Arranging, reg. req. \$5	20 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	21 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	22 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
25 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	26 9:00 a.m.—12:00 p.m. Falls Prevention Fair	27 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	28 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	29 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: Cholesterol

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## Special Events Continued

### Flower Arranging

Tuesday, September 19<sup>th</sup> 1:00 p.m.  
Members of the Marion Garden Group will be on hand to help us put together a beautiful fall flower arrangement. There is a \$5 materials fee due at the time of sign up. Space is limited. Please bring your own scissors.



### Bingo

Monday, September 25<sup>th</sup>

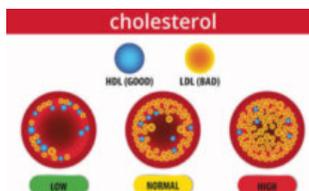
Try your luck in this game of chance. Cost to play is \$5.00 for a standard pack of play, \$1.00 cover-all & \$1.00 50/50 game. Call to reserve your lunch before the game.



### Cholesterol Numbers

Friday, September 29<sup>th</sup> 1:00 p.m.

Representatives from South Coast Health will be on hand to provide information regarding your cholesterol numbers—how to control them, what to take out of your diet, good & bad cholesterol, what is the difference. Bring your questions and get some tips and recipes to help get a handle on your cholesterol numbers.



## Opportunity

### Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. One must be over the age of 60 and own and occupy, as a principal residence, the property for which Marion taxes are paid. Only one qualifying resident of the property may participate. Hourly compensation is based on the current state minimum wage and may not exceed \$750.00. Registration for this program will be held on Tuesday, October 3<sup>rd</sup> at 1:00 p.m. at the Community Center. Bring a photo i.d., a copy of your current tax bill, and a copy of trust (if applicable). For further information please call 508-748-3570.

## Friday Flick

### Book Club: The Next Chapter

Friday, September 1<sup>st</sup> 1:00 p.m.

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



## Community Center Gallery

### Monday Morning Artists

September 1<sup>st</sup>—September 27<sup>th</sup>

Opening reception—Friday, September 8<sup>th</sup> 12:00p.m.—1:00p.m.

Come for lunch, check out the new exhibit and meet the artists.

*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:

No Meeting in September

October 2<sup>nd</sup>—Guest Speaker:

Michele Page Sinotte, MS CCC-SLP  
Clinical Instructor, Robins Speech Language and Hearing Course Facilitator

November 6<sup>th</sup>—Guest Speaker:

Thomas Gilligan, DBS Representative/Brain Modulation

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/or their Care Partners. All are welcome. Contact Sue to join. Registration & Questions: sgriffith@marionma.gov, or the Marion COA at 508-748-3570.



## Day Trips

**Friday, September 29<sup>th</sup>** Departure time 9:00 a.m. Approximate return 7:15 p.m.

It is Turkey Time!!! All Aboard...Join Bloom Tours for the perfect Foliage Day Trip. Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! Following the lunch train excursion we board the motorcoach and head to Beans & Greens Farm, in Gilford, NH. A perfect ending to your September day. Cost of the trip is \$105.50 and includes roundtrip transportation, train ride, lunch and driver's gratuity.

**Tuesday, October 24<sup>th</sup>** Departure time 8:00 a.m. Approximate return 7:00 p.m.

Halloween in Salem. Experience Halloween where it all started. On this tour we will visit the Salem Witch Museum and the New England Pirate Museum. You will also be given ample time to take part in Salem's Famous Haunted Happenings, the must see October event. Shop the local stores and taste the local flavors that historic Pickering Wharf has to offer. Cost of the trip is \$91.00 and includes roundtrip transportation, admissions and driver gratuity.

*Call 508-748-3570 to reserve your spot on these excursions. Checks should be made out to the Friends of Marion Council on Aging.*

## September Menu

**September 4<sup>th</sup>** – Enjoy the Labor Day Holiday

**September 11<sup>th</sup>** – Clam Chowder with Kale & Linguica and Tomato Basil Brushetta

**September 18<sup>th</sup>** – Baked Chicken with Tomato, Leek & Rosemary and Mashed Potatoes

**September 25<sup>th</sup>** – Chicken Salad Sandwich with Grapes & Tarragon and Cabbage & Kale Salad

**September 6<sup>th</sup>** – 1/2 Turkey Club Sandwich with Potato Leek Soup and Chips

**September 13<sup>th</sup>** – Chicken Noodle Soup with 1/2 Grilled Cheese Sandwich

**September 20<sup>th</sup>** – Spaghetti with Meat Sauce and Garlic Bread

**September 27<sup>th</sup>** – Cabbage & Sausage Soup with 1/2 Tuna Sandwich and Chips

**September 1<sup>st</sup>** – Sausage Minestrone Soup with Cheese Quesadillas

**September 8<sup>th</sup>** – Shepard's Pie with Gravy

**September 15<sup>th</sup>** – Beef Stroganoff over Egg Noodles with Green Beans

**September 22<sup>nd</sup>** – Zuppa Toscana with Caesar Salad

**September 29<sup>th</sup>** – Baked Chicken Marsala, Roast Potatoes and Creamed Spinach



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.

*Menu is subject to change.*

## Annual Yard Sale

It is that time of year again. We will be accepting your clean, good working donations on Tuesdays from 9:30 a.m.—2:30 p.m. If you need to arrange for a different drop off, please call 508-748-3570.



## Pumpkinpalooza

**October 28<sup>th</sup>**  
Pumpkin Carving—Music—Petting Zoo—Face Painting—Food Trucks—Balloon Animals  
Fun—Fun—Fun



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# Falls Prevention Fair—September 26<sup>th</sup> 9:00 a.m.—12:00 p.m.

Falls remain the leading cause of injury death for Older Americans. The focus of this fair is to address the public health issue of fall-related injuries and deaths in Older Adults. Falls threaten safety and independence. Due to fear of falling people may often self-limit activities and social engagements, which can result in further physical decline, depression, social isolation and feelings of helplessness. Evidence—based interventions that target individual risk factors for falling have been show to reduce falls. At this Fair we will have many different factors that can affect your balance represented.

- Occupational Therapists
- Home Modifications
- Physical Therapists—Balance Screenings
- Pharmacist to review medications and how they can affect your risk for falls
- Matter of Balance
- Bone Health
- Vision *AARP Home Fit Program, Alert Sentry Medical Alarm, Bristol Hospice,*
- Hearing *CoastlineCommunity Nurse, Mass Equipment Distribution, Marion Fire/*
- Lifeline *EMS/Board of Health, Moxie Mobility, Oakley Home Access, Professional*
- Footwear *Physical Therapy and South Coast Health*

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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