



MARION
COUNCIL
ON AGING

Special Events

Diabetes

Monday, November 6th 1:00 p.m.
TLC Private Home Care will be discerning the different types of diabetes, Type 1 and Type 2. Suggestions will be offered on how to slow down Type 2. Lifestyle, dietary/nutrition changes, disease process/aging and dexterity & administration of insulin will be discussed as well. Bring your questions and concerns. Handouts, recipes and snack ideas will be handed out.

Ted Talks

Tuesday, November 7th 1:00 p.m.
TED is on a mission to discover and spread ideas that spark imagination, embrace possibility and catalyze impact. The organization is devoted to curiosity, reason, wonder and the pursuit of knowledge — without an agenda. They welcome people from every discipline and culture who seek a deeper understanding of the world and connection with others, and invite everyone to engage with ideas and activate them in your community.
TED began in 1984 as a conference where Technology, Entertainment and Design converged, but today it spans a multitude of worldwide communities and initiatives exploring everything from science and business to education, arts and global issues.

TED is owned by a nonprofit, non-partisan foundation. Their aim is to help create a future worth pursuing for all.
Our first TED Talk will be Brené Brown. Brené is a researcher, storyteller that for the past two decades has been studying courage, vulnerability, shame & empathy. She is the author of six #1 New York Times bestsellers and is one of the top five most-viewed TED Talks in the world.



Frank Sinatra Tribute Show
Monday, November 13th 1:00 p.m.
Patrick Tobin will be delighting the audience with songs from all eras of Sinatra's career as he croons his way through the American songbook. Patrick is a premier, internationally acclaimed tribute artist and singer. He brings with him the same suave, elegance & class as the legend himself.

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



Cooking Demonstration

Tuesday, November 14th 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.



An Afternoon of Magic with Dennis Blanchard

Friday, November 17th 1:00 p.m.
An amateur magician at the age of 8, Dennis has been professionally performing for more than 20 years. When performing his close-up magic he believes it should be entertaining and fun and treats it as the art form that it is. Dennis has a way of invoking a sense of wonder and amazement in an entertaining and mystifying performance.



Father and Son Handyman Services

We love small jobs, are punctual & reasonably priced

**ELECTRICAL • PLUMBING
CARPENTRY • PAINTING**

Call today for a free estimate

Wareham and the surrounding towns

BOB 808-220-6157 PHIL 818-821-9434



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in
our Newsletter!

**CONTACT ME
Karen Fontaine**

kfontaine@lpicommunities.com

(800) 477-4574 x6350

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

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
Danielle Engwert, Outreach
Coordinator
dengwert@marionma.gov
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, November 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.—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.

Fuel Assistance

George E. Curtis Charitable Trust

Coastline is providing assistance to elders in Marion, Mattapoissett 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. To apply call Dannie at 508-748-3570.

Health & Wellness

Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available Wednesdays from 1:00 p.m.- 3:00 p.m. for routine immunizations, blood pressure & blood sugar screenings 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 November 1st.

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.

Walking Group

Cool Fall weather is here giving us a respite from the high heat and humidity of this Summer. It is a perfect time to join us for walking the path at the Community Center. 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		1	2	3
		<p>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</p>	<p>9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>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</p>
6	7	8	9	10
<p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Diabetes 1:00 p.m. Parkinson's Support Group</p>	<p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. TED Talks</p>	<p>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</p>	<p>9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>Closed in Observance of the Veterans Day Holiday</p> 
13	14	15	16	17
<p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert: Sinatra</p>	<p>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.</p>	<p>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</p>	<p>9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>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. Magic Show</p>
20	21	22	23	24
<p>10:00 a.m. Yoga, free 12:00 p.m. Lunch</p>	<p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot</p>		<p>HAPPY Thanksgiving</p> 	
27	28	29	30	
<p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$</p>	<p>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</p>	<p>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</p>	<p>9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	

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

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



Bingo

Monday, November 27th 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 cover-all & \$1.00 50/50 game. Call to reserve your lunch before the game.



Friday Flick

Paint

Friday, November 3rd 1:00 p.m.
Carl Nargle, a local treasure with a soothing whisper of a voice, hosts his own painting show on Vermont public television. His art has attracted the attention of many women over the years, especially those who work at the station. However, when a new painter gets hired to revitalize the channel, Carl's own fears regarding his talents as an artist are brought to the forefront.



Hand & Foot

Tuesdays, 10:30 a.m.
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.

Volunteers Wanted

AARP is looking for new volunteers in the local area to offer free Federal and State tax assistance to taxpayers with low to moderate incomes. As an AARP TaxAide volunteer counselor, you will review client's documentation, interview clients, and prepare Federal and State income returns using computer software in one of the COA facilities during tax season. Free local training is provided resulting in IRS certification. Volunteers get a great deal of satisfaction from helping people get the refunds and credits they may not have known about. If interested please contact: taxaide@aarp.org or 888-227-7669 or Call your local COA office and a Tax Aide Lead Volunteer will get back to you to answer any questions.

Thank you

Thank you to all the generous folks who donated to this year's yard sale, to our shoppers who came and purchased treasures and the countless volunteers who toiled to make it our most successful one yet.



A special shout out to Buh Bye Junk for donating their services to aid in the clean up.

Community Center Gallery

Small Picture Show

November & December

Opening reception will be held during the Festival of Trees, November 25th. An original piece of artwork makes for a great gift.



Open Enrollment

Open enrollment runs until December 7th. This is the time of year to review and change your Medicare coverage for 2024. If you would like help understanding upcoming changes and options, a SHINE counselor can help. Call 508-748-3570.

Parkinson's Support Group

Meetings are scheduled on the first Monday of the month:

November 6th—Guest Speaker:
Thomas Gilligan, DBS Representative/Brain Modulation

December 4th

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 Trip

Thursday, December 14th Departure time 10:30 a.m. Approximate return 5:15 p.m. Newport Playhouse
Take in the show *Miracle on South Division Street*, a heartfelt and hilarious comedy about a family miracle and a deathbed confession. You will not only enjoy this play, but a sumptuous buffet and a fun filled cabaret show.
Sign up by November 27th. Cost of the trip is \$94.00 and includes roundtrip transportation, admission to performances 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.



Veterans Day

Saturday, November 11th 11:00 a.m.
The 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 7th by calling 508-748-3570. Doors open at 11:30 a.m. and lunch will be served at Noon.

November Menu

November 6th – Hot Brown Sandwich (Turkey, Bacon & Tomato with Cheese Sauce) with Garlic Green Beans

November 13th – Ham Sandwich with Herb Cheese, Pepper Jelly & Greens and Vegetable Au Gratin

November 20th – Pasta with Chicken & Spinach and Tomato Bruschetta

November 27th – Chicken Enchiladas with Salsa Verde, Tater Tots and Pico de Gallo

November 1st – 1/2 Corned Beef Reuben with Vegetable Soup

November 8th – Beef, Cheese & Cabbage Quesadillas with Corn & Black Bean Salad

November 15th – Chicken Niçoise Salad with Dinner Roll

November 22nd – Closed for the Thanksgiving Holiday

November 29th – Tortellini Soup with Hot Ham & Herbed Cheese Sandwich with Sweet Pepper Jelly & Greens

November 3rd – Barbecue Chicken, Scalloped Potatoes and Coleslaw

November 10th – Closed in Observance of Veterans Day

November 17th – Meatloaf, Mashed Potatoes and Vegetable

November 24th – Closed for the Thanksgiving Holiday



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.

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



Coastline

Your guide to independent living

- 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



Fine Foods, Catering & More

508-758-9922 • 508-758-9923

309 MENDALL ROAD ACUSHNET, MA 02743

www.OnTheGoTakeout.com

15% OFF with this ad
COUPON GOOD FOR ONE VISIT

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

ADVERTISE HERE

to reach your community



Call 800-477-4574

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD
CREATOR
STUDIO



lpicomunities.com/adcreator

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



Robin G Smith, LIA, BCPA

Licensed Insurance Advisor, Board Certified Patient Advocate

robin.g.smith@att.net

robingsmith.com

Insurance Advice and Advocacy for Seniors

Medicare

Consulting and Enrollment

Multiple Plans and Insurers, No Fee

888-363-3914

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Marion Council on Aging, Marion, MA

06-5128



Festival of Trees

November 25th – December 8th

Benjamin D. Cushing Community Center - Marion

Opening Reception – Saturday, November 25th 1:00 p.m. – 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 10th.

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