

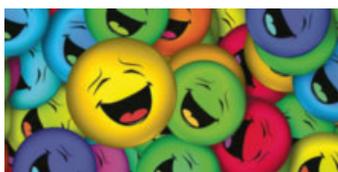


## Special Events

**MAC Readers Theatre Group**  
Friday, May 5<sup>th</sup> 1:00 p.m.  
Members of this talented troupe will be presenting a series of poems, skits, short stories and excerpts. Members of the audience will have the chance to join in on the fun and will be given a chance to read a short story or poem with an "open mic" segment at the conclusion of the program.



**Laughter Yoga**  
Sunday, May 7<sup>th</sup> 3:00 p.m.  
Join Doug Savage to celebrate World Laughter Day by participating in an afternoon of laughter yoga. Laughter yoga is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter. It is usually done in groups, with eye contact and much playfulness between participants. Intentional laughter often turns into real and contagious laughter.



**Stroke Awareness**  
Monday, May 8<sup>th</sup> 1:00 p.m.  
Join members of the Marion Fire Department and the Marion Board of Health as they present an educational stroke awareness program. Topics to be covered include: Stroke awareness signs, stroke symptoms, stroke prevention and plenty of time for questions & answers.



**Flower Arranging**  
Tuesday, May 9<sup>th</sup> 1:00 p.m.  
Members of Marion Garden Group will be leading a demonstration on creating a Spring floral arrangement. There will be a \$5.00 materials fee payable when you sign up. Space is limited. Please bring your scissors or shears with you for this event.



**Create Space**  
Wednesday, May 10<sup>th</sup> 1:30 p.m.  
Collage card makers, Dannie Engwert and Suzanna Curtis, invite you to make a card. Send a little special bit of you off in a card that you designed. Do you need a birthday card, a Mother's day card, a card that says I am thinking of you? Whatever it is, we can make it! We will have cards, envelopes and some assorted supplies to make a card that suits your need. Take time to share, smile and create.



**Buttonwood Brass**  
Thursday, May 11<sup>th</sup> 1:00 p.m.  
Come and enjoy the beautiful sounds from Buttonwood Brass as they perform some hits from the Roaring Twenties and the Jazz Age. Call to reserve your space, 508-748-3570.

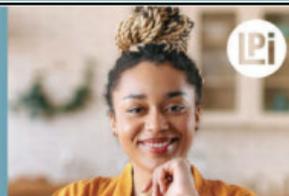


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### COA Office Hours:

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, May 10<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.—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 lunch reservations 48 hours in advance. Register to attend by calling Linda at 508-748-3570.



## Community Reading

The Marion Art Center (the MAC), in partnership with Tri-Town Against Racism and the Marion Council on Aging, is recruiting participants from the South Coast region to participate in a group recitation of Frederick Douglass' speech "What to the Slave is the Fourth of July?" The performance will take place at 1:00 p.m. on Saturday, July 1<sup>st</sup> at the Cushing Community Center. Interested readers should contact Jack Boesen at jackboesen@gmail.com or 617-259-8983—call or text.

## 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 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 May 3<sup>rd</sup>.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	2 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	3 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	4 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	5 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. MAC Readers Theatre
8 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Stroke Awareness	9 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. Flower Arranging	10 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 Caf�e 1:30 p.m. Create Space 5:00 p.m. LGBTQ+ Supper	11 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 1:00 p.m. Buttonwood Brass 5:00 p.m. Art Opening Reception	12 
15 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Sun Effects	16 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	17 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	18 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 1:00 p.m. Cape Verde Story Share	19 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: Joseph Jefferson
22 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Harpist	23 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: Elder Law	24 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	25 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 1:00 p.m. Cape Verde Story Share	26 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
29 	30 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	<p><b>Duplicate Bridge</b>—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>		

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## Special Events Continued

**Manicures at Old Colony Regional Vocational Technical High School**  
Friday, May 12<sup>th</sup> 9:30 a.m.

Just in time for Mother's Day, take the trip to Old Colony for a complimentary manicure (tips are welcome). After your manicure from the Cosmetology students you will have the opportunity to buy lunch at the Cougar's Den Restaurant that has been prepared by the Culinary students. Call 508-748-3570 beginning on May 1<sup>st</sup> to reserve your spot.

**Heavenly Medical Aesthetics**  
Monday, May 15<sup>th</sup> 1:00 p.m.

Representatives from Heavenly Medical Aesthetics will be discussing the importance of sun protection, how the sun affects the skin, skin lesions/concerns that should be watched and reported, how to prevent and correct sun exposed skin. They will be giving us some samples to try and coupons.

**Joseph Jefferson**

Friday, May 19<sup>th</sup> 1:00 p.m.

Frank Mcnamee will educate us with a lecture on this famous actor of the late 19th century who had an estate on Buzzards Bay called the Crows Nest. Jefferson was a frequent visitor to Marion and the Old Stone Studio, next to the Fire Station. He used to rub elbows with President Grover Cleveland, Charles Watson Glider and Augustus Saint Gauden. Frank will also be sharing the large collection of artifacts he has from the Crows Nest.



**Irish Harpist Aine Minogue**  
Monday, May 22<sup>nd</sup> 1:00 p.m.

Aine is a harpist, singer, arranger and composer who has released thirteen solo albums. Come spend an hour with Aine and enjoy her Celtic, World, Folk and New Age Music.



*This event is being paid for by The Friends of the Marion Council on Aging & The Marion Art Center—in conjunction with the Massachusetts Cultural Council.*

**Elder Law Program**

Tuesday, May 23<sup>rd</sup> 1:00 p.m.

Estate Planning & Elder Law Attorney Lindsey Cavallaro will be presenting Massachusetts Bar Association's 2023 Elder Law Program. During the presentation various topics from the latest edition of the Elder Law Education guide will be explored. Come and get answers to questions you may have. Call 508-748-3570 to reserve your seat.



## Community Center Gallery

**Bourne—Wareham Artists**

April 28<sup>th</sup>—May 24<sup>th</sup>

Opening reception—Thursday,  
May 11<sup>th</sup> 5:00 p.m.—7:00 p.m.

**Sarah Brown**

May 26<sup>th</sup>—June 28<sup>th</sup>

Opening reception—Thursday,  
June 8<sup>th</sup> 5:00 p.m.—7:00 p.m.

**Charlotte Sudduth**

June 30<sup>th</sup>—July 26<sup>th</sup>

Opening reception—Thursday  
July 13<sup>th</sup> 5:00 p.m.—7:00 p.m.



## Parkinson's Support Group

Meetings are scheduled on the first Monday of the month:

May 1<sup>st</sup>

July 3<sup>rd</sup>

September 4<sup>th</sup>

November 6<sup>th</sup>

June 5<sup>th</sup>

August 7<sup>th</sup>

October 2<sup>nd</sup>

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: Sue Griffith, [sgriffith@marionma.gov](mailto:sgriffith@marionma.gov), or the Marion COA at 508-748-3570. On May 1<sup>st</sup> our guest speaker will be Kathleen Clark, Owner of Moxie Mobility Training, LLC—Senior Fitness Instructor, PTA, CFPS, CLT, CBIS, ED.M.

## Save The Date



**FREE COMMUNITY SHRED EVENT!**  
Securely dispose of your unwanted papers and keep your identity safe and out of the trash!

**Date:** Saturday, May 6th  
**Time:** 8:30 am – 11:30 am  
**Where:** Benjamin D. Cushing Community Center Parking Lot  
465 Mill Street, Marion, MA 02738

**Donation:** This is a **FREE** event. We do ask that you bring a non-perishable donation for the Benjamin D. Cushing Community Center Food Pantry

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## Community Veg Marion



The raised gardens at the Cushing Community Center have been lovingly refurbished and the grow season is upon us. Barbie Burr and crew have taken this opportunity to raise vegetables and herbs that will be available for use in the kitchen and distribution at the Center. If you would like to help or donate items email Barbie at [communityveg@marionma.org](mailto:communityveg@marionma.org)

## May Menu

**May 1<sup>st</sup>** – Roast Beef Sandwich with Cheddar, Lettuce & Horseradish Sauce, Chips and a Pickle

**May 8<sup>th</sup>** – Wild Mushroom Chowder with Bacon and Leeks & Artichoke Brushetta

**May 15<sup>th</sup>** – Green Salad with Chicken, Cranberries, Bacon, Cheese & Apples

**May 22<sup>nd</sup>** – Taco Salad with Avocado Crema

**May 29<sup>th</sup>** – Closed in Observance of Memorial Day

**May 3<sup>rd</sup>** – Antipasto Salad with Dinner Roll

**May 10<sup>th</sup>** – Vegetable Soup with 1/2 Turkey, Stuffing & Cranberry Mayo Sandwich

**May 17<sup>th</sup>** – Chili Dog with Potato Salad & Chips

**May 24<sup>th</sup>** – Mediterranean Quesadillas with Spinach, Feta and Mozzarella & Chickpea Salad

**May 31<sup>st</sup>** – Corn Chowder with Bacon & Stuffed Zucchini

**May 5<sup>th</sup>** – Hummus & Avocado Sandwich with Kale & Brussel Sprout Salad

**May 12<sup>th</sup>** – Town Elections. No Lunch Will Be Served.

**May 19<sup>th</sup>** – 1/2 Curried Chicken Salad Sandwich and Pasta Salad

**May 26<sup>th</sup>** – Pasta with Sausage, Spinach, Lemon and Garlic with Chopped 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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1 pm May 18 Cushing  
 May 25 Community Center  
 June 1 465 Mill Street  
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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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