



Special Events

Plymouth County Mosquito Control Project
Monday, August 7th 1:00 p.m.
Come and learn about the life cycle of a mosquito, services provided by Plymouth County, proven protection methods, mosquito and tick biology. Information will be plentiful and myths will be busted.



Cooking Demonstration
Tuesday, August 8th 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.



Plymouth County Sheriff's K-9 Unit
Friday, August 11th 1:00 p.m.
Meet some of the 4 legged members of the K-9 Unit and their handlers. Listen to some stories of their experiences. Watch what they can do: locate suspects, controlled substances, firearms and evidence near a crime scene. Also, there will be a comfort dog you will get to meet.



Singo Bingo
Monday, August 14th 1:00 p.m.
Rock & Roll Singo Bingo. Bingo with a beat—replace the numbers with your favorite songs. Test your musical knowledge, win some prizes and have some fun! Call 508-748-3570 to reserve your space.



Five Wishes
Tuesday, August 15th 1:00 p.m.
Five Wishes was originally developed to help people plan ahead and cope with serious illness at any age. This document helps you to express your wishes and offers a guide to family, friends, caregivers and doctors in times of stress, if serious illness occurs. We will examine this form and talk about how it works with other documents you may already have in place. This is a follow up to the discussion that we began in June. Bring the booklet distributed earlier along with your thoughts and questions you have had since reviewing it. New participants are welcome to join—additional booklets will be available.

Summer Concert Series Concludes
Friday, August 18th 1:00 p.m.
Enjoy the sounds of Summer under the pavilion on the grounds of the Community Center as we host "Lady D"- Darlene Andrade and her musical stylings.

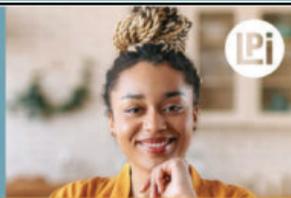


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COA Office Hours:

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, August 9th 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.

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

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 August 2nd.

Chicken Bake

Tickets on sale now for Marion seniors and a guest. Tickets are \$1.00 each and can be purchased at the COA front desk. The last day to purchase tickets will be August 4th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	2 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	3 9:00 a.m. Tai Chi, free 1:00 p.m. Knit, Crochet Group	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 1:00 p.m. Friday Flick
7 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture: Plymouth County Mosquito Control Project	8 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	9 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	10 9:00 a.m. Tai Chi, free 1:00 p.m. Knit, Crochet Group	11 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. K-9 Visist
14 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Singo Bingo	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Five Wishes	16 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café	17 1:00 p.m. Knit, Crochet Group	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. Concert
21 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Maritime Dimensions of the Underground Railroad	22 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	23 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	24 9:00 a.m. Tai Chi, free 1:00 p.m. Knit, Crochet Group	25 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: Smart Shopping
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 10:30 a.m. Hand & Foot	30 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	31 9:00 a.m. Tai Chi, free 10:15 a.m. Trip to: Jersey Boys 1:00 p.m. Knit, Crochet Group	Duplicate Bridge will be taking the month of August off. Watch upcoming newsletters for when they will resume.

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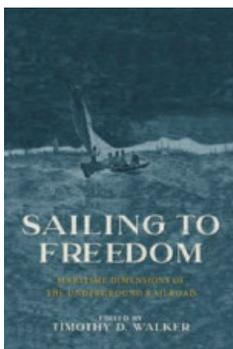


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Special Events Continued

Sailing to Freedom: Maritime Dimensions of the Underground Railroad by Timothy D. Walker
Monday, August 21st 1:00 p.m.

In 1858, Mary Millburn successfully made her escape from Norfolk, Virginia to Philadelphia aboard an express steamship. Millburn's maritime route to freedom was far from uncommon. By the mid-nineteenth century, an increasing number of enslaved people had fled northward along the Atlantic seaboard. While scholarship on the Underground Railroad has focused almost exclusively on overland escape routes from the antebellum South, this groundbreaking volume expands our understanding of how freedom was achieved by sea and what the journey looked like for many African Americans. With innovative scholarship and thorough research, *Sailing to Freedom* highlights little-known stories and describes the less-understood maritime side of the Underground Railroad, including the impact of African Americans' paid and unpaid waterfront labor. The essays captured in this book, reconsider and contextualize how escapes were managed along the East Coast, moving from the Carolinas, Virginia and Maryland to safe harbor in northern cities such as Philadelphia, New York, New Bedford and Boston.



Smart Shopping: For Your Health and For Your Wallet

Friday, August 25th 1:00 p.m.
Come and join Stephanie Boulay, Registered Dietitian, as she provides you with tips on how to navigate the market while grocery items are increasing in costs. She will also educate on how to read food labels and how to check unit pricing. Stephanie will also be bringing giveaways for all to enjoy!

Theatre By the Sea Presents... Jersey Boys

Thursday, August 31st 10:15 a.m.
Your day will include a full course lunch and then the show that has won a Tony for Best Musical with hits like Sherry, Big Girls Don't Cry, Walk Like a Man and Can't Take My Eyes Off You, to name a few. Cost of this day of food & fun is \$85.00. You will have a choice of Chicken, Fish or Pasta for your meal. Call 508-748-3570 to make your reservations beginning July 10th.



Friday Flick

Book Club

Friday, August 4th 1:00 p.m.
Four longtime friends and book club members--Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen--have their lives upended when they aim to spice up their mundane routines by reading the provocative best-seller *Fifty Shades of Grey*. With newfound confidence, they each begin to come alive as exciting romances are ignited and old

flames are rekindled. Through it all, the ladies inspire one other to make this next stage of their lives the best and steamiest thus far.

Community Center Gallery

3 Friends—Jennifer Cipriano, Jane Egan & Charles Wood
July 28th—August 30th

Opening reception—Friday, August 11th 12:00 p.m.— 1:00 p.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:

August 7th - Potluck Picnic Under the Pavilion

No Meeting in September

October 2nd

November 6th

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.



Upcoming Day Trips

Lobster Roll Cruise—Monday, August 21st

Cost: \$114.50 Begin the day with a 90 minute cruise of Sesuit Harbor and Cape Cod Bay. While on board dine on lobster roll, roast beef or vegetarian roll up. Experience some free time in downtown Hyannis. Enjoy an ice cream cone at Katie's Ice Cream Shop.

Foliage Turkey Train Tour—Friday, September 29th

Cost: \$105.50 Start with a scenic drive to New Hampshire to board the Turkey Train at the Hobo Railroad. While on the two hour scenic foliage train ride you will be served a full Hart's turkey dinner with all the fixin's. After the train excursion head to Beans & Greens Farm.

Stop by the Center to pick up itineraries for each trip that will give you full details.

Checks must be made payable to The Friends of Marion Council on Aging.

August Menu

August 7th – Roasted Vegetable Sandwich with Mozzarella and Giardiniera Salad

August 14^h – Roast Beef Baguette with Greens & Horseradish Mustard Sauce with Panzanella Salad

August 21st – Turkey Banh Mi Sandwich with Asian Noodle Salad

August 28th – 1/2 Corned Beef Reuben with Vegetable Soup

August 2nd – 1/2 Grilled Ham & Provolone with Sweet Peppers and Zucchini Ribbon Salad

August 9th – 1/2 Grilled Cheese with Mango Chutney, Pasta Salad & Chips

August 16th – Chicken & Cheese Quesadillas with Guacamole Salsa, Onions & Peppers, Refried Beans and Pico De Gallo

August 23rd – Cobb Salad Wrap with Corn & Black Bean Salad

August 30th – Chopped Salad with Chicken, Blue Cheese & Bacon

August 4th – Beer Braised Sausage with Onions and Sauerkraut on Pretzel Roll with Mac & Cheese

August 11th – Pasta with Green Beans, Potato & Pesto with Green Salad

August 18th – 1/2 Meatloaf Sandwich with Macaroni Salad

August 25th – Manhattan Clam Chowder with 1/2 BLT Avocado Sandwich



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.

Annual Yard Sale

It is that time of year again. We will begin collecting items August 1st. 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 to arrange.



Cape Verde Story Share

Thank you to everyone that came out and shared their stories. Here is the link <https://vimeo.com/842623983> for the recording that Old Rochester Community Television has compiled of the three sessions that took place.



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06-5128

A Peak Ahead

September 15th—An Afternoon with Elvis



September 18th—Family Feud



September 26th—Falls Prevention Fair

October 7th—Yard Sale



October 24th— Salem Witches & Pirates Trip



October 28th—Pumpkin Palooza



November 25th—Festival of Trees

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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