

Special Events

Cooking Demonstration

Tuesday, October 10th 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.



Halloween Card Making Workshop

Friday, October 13th 1:00 p.m.

Dannie Engwert is a professional card maker who has distributed her work in Japan, at Harrod's in England and all over the United States. She has been making cards for the last 20 years. Dannie will share her talents and offer a workshop where she will demonstrate two of her techniques. Demonstration, pattern and materials will all be provided. All are welcome to attend. Call 508-748-3570 to reserve your space.



Fire Prevention & Disaster Preparedness

Monday, October 16th 1:00 p.m.

Members of Marion Fire, Marion EMS and the Board of Health will be discussing fire prevention along with disaster/emergency preparedness, escape plans, home safety, evacuation procedures and emergency preparedness kit supplies to help you and your pets stay safe. Bring your concerns and questions.



Cannabis 101

Friday, October 20th 1:00 p.m.

Holly and Michele are "Nurses with a Mission". They will be on hand to provide education and history of cannabis in the United States and demystify the root of the current stigma. They will address cannabis and healthcare as well as the background of cannabis criminalization.



Five Wishes

Monday, October 23rd 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. Five Wishes is a version of advanced directives that is completed by everyone individually. This will be the third meeting by reviewing what to do after the completion of Five Wishes. All are invited, even if you have not attended the previous gathering.

Pumpkinpalooza

Saturday, October 28th 1:00 p.m.

Join us for an afternoon of fun! Show off your artistic talent and help create a lighted pumpkin display at the Community Center for all to enjoy on Halloween weekend. We will provide pumpkins and carving tools or you can bring your own carved pumpkin to add to the display. There will be music, refreshments, games, face painting, petting zoo & balloon animals. Pre-registration is required for a pumpkin, call 508-748-3570.

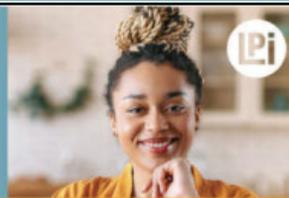


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Paul Garib, Van Driver
Billy Garcia, Van Driver

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, October 11th 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 1:00 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 October 4th.

Flu Clinic

October 4th 2:00 p.m.—3:30 p.m.
Call the Board of Health at 508-748-3530 to receive the link to register and reserve your appointment time.

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.

Hiking with Sippican Lands Trust

Monday, October 23rd, 2:00 p.m.

Osprey Marsh is a 19.8-acre parcel of upland woods, wetlands and marshland offering spectacular water views of Planting Island Cove. A volunteer from the Trust will lead a walk on The Osprey Marsh Accessible Boardwalk, an 1'800' wooden boardwalk and stone dust pathway with a prominent viewing platform at the end of the trail. This design allows all levels of ability to participate, whether you use a walker or wheelchair. Call 508-748-3570 to register for the walk. Property is located at 354 Point Road.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group</p>	<p>3</p> <p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot</p>	<p>4</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>5</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>6</p> <p>Closed to prepare for the</p> 
<p>9</p>  <p>Columbus Day</p>	<p>10</p> <p>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. 12:00 p.m. Cooking Demonstration, reg. req. 1:00 p.m. Bridge Class</p>	<p>11</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>12</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>13</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 & Art Opening 1:00 p.m. Card Making Workshop</p>
<p>16</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Fire Prevention & Disaster Preparedness</p>	<p>17</p> <p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Bridge Class</p>	<p>18</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>19</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>20</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. Lecture: Cannabis 101</p>
<p>23</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Five Wishes 2:00 p.m. Sippican Lands Trust Hike</p>	<p>24</p> <p>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. Bridge Class</p>	<p>25</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>26</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>27</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>
<p>30</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$</p>	<p>31</p> <p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Bridge Class</p>		<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>	

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Bingo

Monday, October 30th 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

Leap Year

Friday, October 27th 1:00 p.m.
When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans, however, and Anna winds up on the other side of the Emerald Isle with handsome, but surly, Declan – an Irishman who may just lead Anna down the road to true love.



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. Previous tax experience is helpful, but not necessary as many volunteers come from a number of different career backgrounds. 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.

Bridge Lessons

Play of the Hand:
A Class on Strategy
Tuesdays, 1:00 p.m.—3:00 p.m.
ACBL Bronze Life Master will be leading an 8 week series focusing on strategy. The cost of the series is \$125.00. Call 508-748-3570 to register for the class. Text: Audrey Grant's Play of the Hand Book, available at class for an additional \$20.00. First class will be held on October 10th.

Community Center Gallery

Photography

September 29th—October 25th

Opening reception—Friday,
October 13th 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:

October 2nd—Guest Speaker:
Michele Page Sinotte, MS CCC-SLP
Clinical Instructor, Robins Speech
Language and Hearing Course
Facilitator

November 6th—Guest Speaker:
Thomas Gilligan, DBS Representa-
tive/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 Trips

Tuesday, October 24th 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. Sign up by October 6th. Cost of the trip is \$91.00 and includes roundtrip transportation, admissions and driver gratuity.



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.

October Menu

October 2nd – Tuscan Chicken Stew over Mashed Potatoes with Dinner Roll

October 9th – Enjoy the Holiday

October 16th – Pasta with Sausage Tomato Sauce with Garden Salad

October 23rd – Caldo Verde Soup with 1/2 Tuna Sandwich

October 30th – Chicken & Rice Soup with Spinach & Cheese Quesadillas

October 4th – Vegetable Beef Soup with 1/2 Grilled Cheese Sandwich

October 11th – Roast Chicken Piccata, Broccoli and Pasta

October 18th – Roast Vegetable Sandwich with Tater Tots

October 25th – Chicken Chow Mein Sandwich with Braised Greens

October 6th – Closed

October 13th – Kale Soup with Garlic Bread

October 20th – Salisbury Steak with Mashed Potatoes & Green Beans

October 27th – Roast Chicken Marsala with Buttered Egg Noodles



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.

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Friends of Marion Council on Aging Annual Yard Sale

Saturday
October 7th

9:00 a.m.—1:00 p.m.

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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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