



MARION  
COUNCIL  
ON AGING

## Special Events

Art For Your Mind Presents...

**Edward Hopper's New England**  
Monday, July 10<sup>th</sup> 1:00 p.m.

Admire the work of one of America's most prominent artists of the 20th century. With a focus on his images of New England's coastal regions—experience the way Hopper's unique, solemn style continues to captivate and intrigue viewers today. In just one hour Jill Sanford will help you discover ways to get more out of looking at art.



**Gesture Drawing Series**  
Tuesdays, July 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>  
1:00 p.m.

Come and draw with Sheila Mitchell. With average poses of four minutes, you will be taught that learning to draw is learning to see and teach proportion and measuring, with the emphasis on less is more and line quality. Classes are limited to 12 students. All you need to bring is a sketch pad and a soft pencil. Classes will be 90 minutes. A \$5.00 donation for the model is requested. Call 508-748-3570 to reserve your spot.

**Summer Concert Series Continues**  
with Tony Martin & Pat  
Friday, July 14<sup>th</sup> 1:00 p.m.

Join these two good friends as they collaborate to make some sweet music for you to enjoy.



**Cooking Demonstration**  
Tuesday, July 18<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.



**Create, Celebrate & Remember**  
Mary Ross

Tuesday, July 18<sup>th</sup> 1:00 p.m.  
Mary Ross passed away on May 13, 2023. We were very fortunate to have her in our lives. She was an acclaimed artist who inspired and taught many with her generous spirit. At the Community Center she began a rotating art gallery that has added a touch of beauty to the Center and has

given a venue for various artists to display and sell their work. We encourage everyone on this day, which would have been Mary's 96<sup>th</sup> birthday, to join us to create a Mary inspired collage or stop in to simply celebrate & remember Mary.



**Heritage Museum & Gardens**  
Thursday, July 20<sup>th</sup> 9:45 a.m.

While at the Museum, take in the automobile gallery, the special exhibitions gallery, the American Art and carousel gallery and of course the gardens. Admission to the Museum is \$17.00. We will stop for lunch after at the Daniel Webster Inn, you will be responsible for the cost of your meal. Sign ups begin on July 6<sup>th</sup>.

**Heat-Related Illnesses**

Friday, July 21<sup>st</sup> 1:00 p.m.

Marion Public Health Nurse, Lori Desmarais, along with Marion EMS will be discussing how to prepare for extreme heat, what to do during extreme heat, hydration and heat-related illnesses— what to look for and what to do. Bring any questions or concerns you may have.

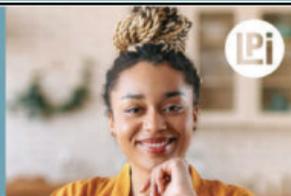


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Pam Greene, Chef  
Paul Garib, Van Driver  
Billy Garcia, Van Driver

### 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, July 12<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.

## 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 July 5<sup>th</sup>.

## 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group</p>	<p>4</p>  <p>HAPPY 4<sup>TH</sup> OF JULY!</p>	<p>5</p> <p>9:00 a.m. Tai Chi, free 9:15 a.m. Motion &amp; Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café</p>	<p>6</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>7</p> <p>9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Friday Flick</p>
<p>10</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Art For Your Mind</p>	<p>11</p> <p>9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, Reg. req. 10:30 a.m. Hand &amp; Foot 1:00 p.m. Gesture Drawing</p>	<p>12</p> <p>9:00 a.m. Tai Chi, free 9:15 a.m. Motion &amp; 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>13</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>14</p> <p>9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch &amp; Art Opening 1:00 p.m. Concert</p>
<p>17</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch</p>	<p>18</p> <p>9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand &amp; Foot 12:00 p.m. Cooking Demonstration 1:00 p.m. Gesture Drawing 1:00 p.m. Remembering Mary Ross</p>	<p>19</p> <p>9:00 a.m. Tai Chi, free 9:15 a.m. Motion &amp; Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café</p>	<p>20</p> <p>9:00 a.m. Tai Chi, free 9:45 a.m. Trip to Museum &amp; Garden 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>21</p> <p>9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: Heat- Related Illnesses</p>
<p>24</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: The Life of Lee Iacocca</p>	<p>25</p> <p>9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, Reg. req. 10:30 a.m. Hand &amp; Foot 1:00 p.m. Gesture Drawing</p>	<p>26</p> <p>9:00 a.m. Tai Chi, free 9:15 a.m. Motion &amp; Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Cafe</p>	<p>27</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>28</p> <p>9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: Safety Last</p>
<p>31</p> <p>10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$</p>	<div style="border: 2px solid black; padding: 10px; background-color: #ffffcc;"> <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> </div>			

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## Special Events Continued

The Life of Lee Iacocca

Monday, July 24<sup>th</sup> 1:00 p.m.

Brought to you by the Orphan Car Garage, this program tells of the American legend who invented the Mustang and brought Chrysler back from the brink. Lee Iacocca rose spectacularly through the ranks of Ford Motor Company to become its president, only to be toppled eight years later in a brutal power play. But, Lee Iacocca did not get mad, he got even. He led a battle for Chrysler's survival that made his name a symbol of integrity, know-how and guts for millions of Americans. Learn about the man who forever changed the automobile industry.



**Safety Last—A Silent Movie starring Harold Lloyd with Musical Accompaniment by pianist Richard Hughes**  
Friday, July 28<sup>th</sup> 1:00 p.m.

Safety Last is a romantic/action comedy thriller about a boy, Harold Lloyd, who would do anything for his girl, Mildred Davis. Bill, Harold's roommate and daredevil climber, agreed to split the \$1,000.00 if he successfully carried out the DeVore Department Store's promotional stunt that was thought up by Harold. But, Bill got into trouble with a cop so Harold took his place and climbed the building all the way to the top. The story is fun with plenty of sightgags sprinkled in as the cameras adeptly shot the

breathtaking ascent from all angles. Sam Taylor directed the film and H.M. Walker wrote the inter titles. Hal Roach produced it. The film made a whopping \$1.5 million dollars

*Thank you to the Friends of Marion COA for sponsoring this program.*



Theatre By the Sea Presents...

Jersey Boys

Thursday, August 31<sup>st</sup> 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 reserve your spot beginning July 10<sup>th</sup>.



## Friday Flick

A Man Called Otto

Friday, July 7<sup>th</sup> 1:00 p.m.

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.



## Community Center Gallery

Charlotte Sudduth

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

Opening reception—Friday,  
July 14<sup>th</sup> 12:00 p.m.— 1:00 p.m.

Come for lunch and check out the new exhibit.

*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:

July 3 <sup>rd</sup>	August 7 <sup>th</sup>
September 4 <sup>th</sup>	October 2 <sup>nd</sup>
November 6 <sup>th</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: [sgriffith@marionma.gov](mailto:sgriffith@marionma.gov), or the Marion COA at 508-748-3570.



## Summer Concert Series

Enjoy the sounds of Summer under the pavilion on the grounds of the Community Center as we host a series of musical performances.

July 14<sup>th</sup>—Tony Martin & Pat

August 18<sup>th</sup>—Lady "D" -

Darlene Andrade



## Upcoming Day Trips

### Newport Lighthouse Cruise—Thursday, July 13<sup>th</sup>

Cost: \$127.10 Enjoy a narrated lighthouse cruise with panoramic views of Rose Island, Castle Hill and Goat Island Lighthouse while enjoying a mimosa. After the cruise head over to the iconic beachfront restaurant, Johnny's for a lunch of baked scrod, pasta primavera or chicken piccata. End the day with some free time in downtown Newport.

### Lobster Roll Cruise—Monday, August 21<sup>st</sup>

Cost: \$114.50 Begin the day with a 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 29<sup>th</sup>

Cost: \$105.50 Start with a scenic drive to New Hampshire to board the Turkey Train at the Hobo Railroad. While on the foliage train ride you will be served a full Hart's turkey dinner. 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.

## July Menu

July 3<sup>rd</sup>— American Chop Suey with Spinach Salad

July 10<sup>th</sup>— Chili Dog with Potato Salad & Chips

July 17<sup>th</sup>— 1/2 Cubano Sandwich with Roasted Potato Wedges

July 24<sup>th</sup>— Creamy Pasta Primavera with Ham and Green Salad

July 31<sup>st</sup>— Baked Stuffed Tomatoes, Chicken Tenders and Green Beans

July 5<sup>th</sup>— Zuppa Toscana Soup with 1/2 Turkey Club Sandwich & Coleslaw

July 12<sup>th</sup>— Ham & Cheese Sliders, Tropical Slaw and Baked Zucchini Sticks

July 19<sup>th</sup>— Chicken & Tortellini Salad with Dinner Rolls

July 26<sup>th</sup>— Caldo Verde Soup with Portuguese Cocola Sandwich

July 7<sup>th</sup>— Chicken Chili Verde with Rice

July 14<sup>th</sup>— Baked Chicken with Lemon & Leeks and Spaghetti with Tomato, Corn & Cheese

July 21<sup>st</sup>— Tomato Basil Soup with 1/2 Italian Tuna Salad Sandwich

July 28<sup>th</sup>— Barbecue Chicken with Braised Greens, Mac & Cheese



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 1<sup>st</sup>. 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.



## Farmers Market Coupons

Coastline Elderly Services Inc. provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets. These coupons typically become available in early July. Contact the Council on Aging at 508-748-3570 to confirm income eligibility and availability.



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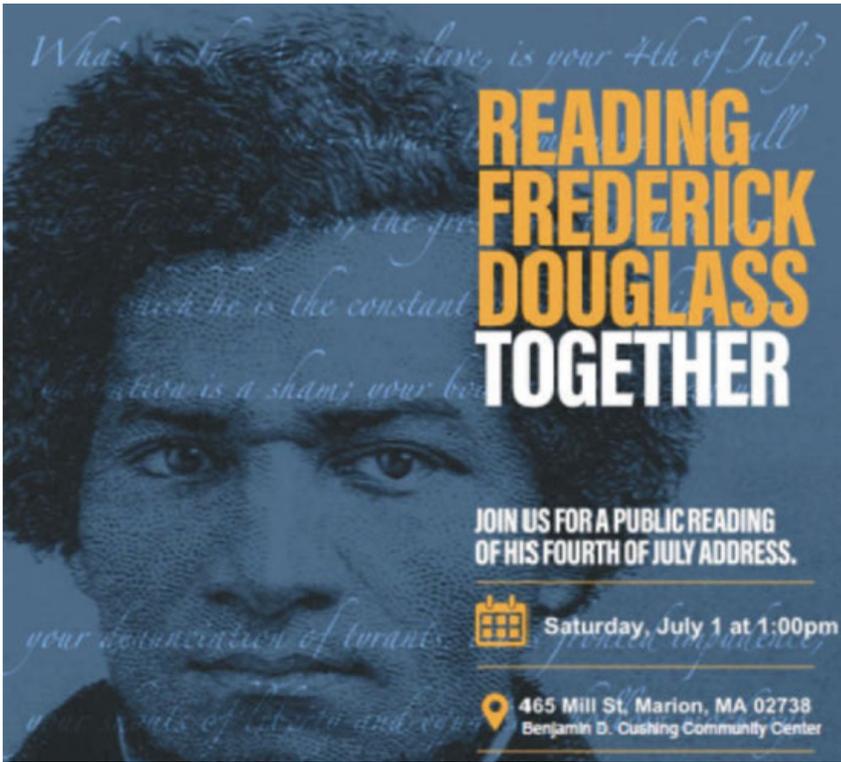
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The presentation of this public reading is a statewide initiative coordinated by Mass Humanities, a generous sponsor of these free community events. Additional resources can be found at [masshumanities.org](http://masshumanities.org).

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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