



MARION  
COUNCIL  
ON AGING

Special Events

Charlie Card

Monday, March 11<sup>th</sup> 11:30 a.m.  
In need of a Charlie Care? Well, then you are in luck! A representative from SRTA will be on hand to complete this transaction.



Springtime Health

Monday, March 11<sup>th</sup> 1:00 p.m.  
Lori And Lyle from the Community EMS Program will be on hand with tips to stay healthy and active this Spring. They will address concerns such as: allergies and respiratory conditions, sun exposure, dehydration, exercise and ticks. This information will get you on the path to enjoying the long awaited Spring.



Cooking Demonstration

Tuesday, March 12<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.

Jeopardy

Friday, March 15<sup>th</sup> 1:00 p.m.  
This game show created by Merv Griffin debuted back in 1964. This game of questions & answers is still just as popular today. Join our host, Kevin Richman, as he leads in this afternoon of fun and fact finding. Call 508-748-3570.



A Celebration of Ireland with Eddie Dillon

Monday, March 18<sup>th</sup> 1:00 p.m.  
Enjoy an Irish music performance by Eddie Dillon. Originally from Boston, Eddie Dillon of Fairhaven, Massachusetts is a well-known entertainer and songwriter who has performed many years in Irish folk clubs and festivals throughout the Northeast. Dillon combines his instrumental virtuosity with a keen wit for an original and entertaining performance.



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

TED Talks

The Power of Animal Scent  
Tuesday, March 19<sup>th</sup> 1:00 p.m.  
What if we could diagnose some of the world's deadliest diseases by the smells our bodies give off? In a fascinating talk, biologist James Logan introduces Freya, a malaria-sniffing dog, to show how we can harness the awesome powers of animal scent to detect chemical signatures associated with infection—and change the way we diagnose disease.  
TED Talks are presentations made through video that present great ideas in 18 minutes or less, leaving time for thoughtful conversation.



Bingo

Monday, March 25<sup>th</sup> 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 coverall & \$1.00 50/50 game. Call 508-748-3570 to reserve your lunch before the game.





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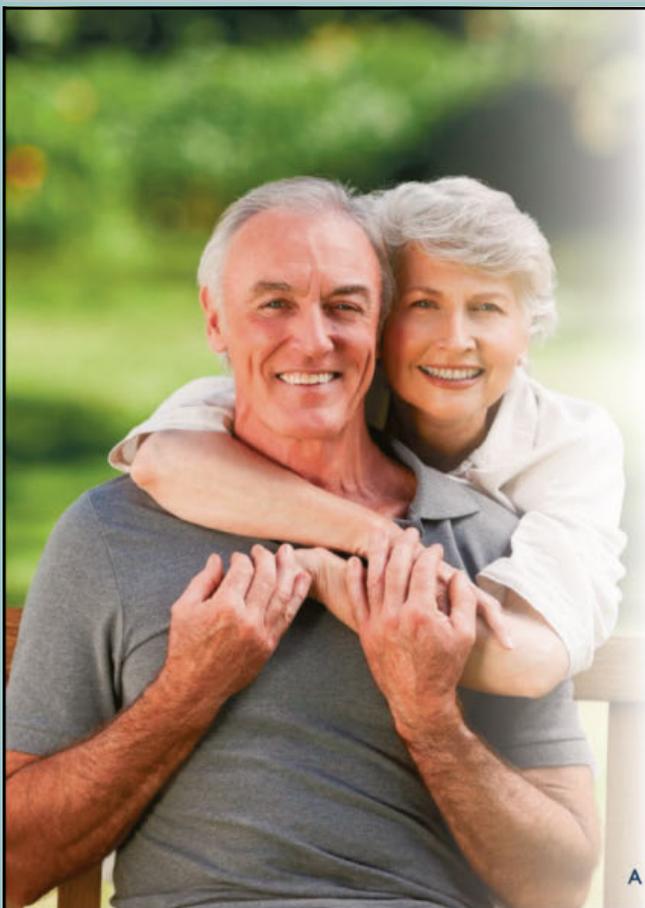
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### Council on Aging Staff:

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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, March 13<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.—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 the Council on Aging office 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 March 6<sup>th</sup>.

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.

## Caregiver Connection

Wednesday, April 3<sup>rd</sup> 2:00 p.m.

Kathy Clark of Moxie Mobility Training, LLC invites caregivers and their loved ones to this new program. Come share your challenges, learn solutions and strategies for overcoming obstacles while assisting your loved ones to age well. Cannot make it in person? Join in on Facebook Live @ Moxie Mobility Training, LLC. For more information contact: Kathy Clark, 508-450-6774; kathy@moxiemobilitytraining.com; www.moxiemobilitytraining.com

*This program is funded in part by a grant from Coastline Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs, and the Federal Administration for Community Living.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				<p>1 9:00 a.m. Watercolor Class, \$15 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>4 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group</p>	<p>5  9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion &amp; Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café</p>	<p>6 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion &amp; Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café</p>	<p>7 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>8 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch</p>
<p>11 10:00 a.m. Yoga, free 11:30 a.m. Charlie Card 12:00 p.m. Lunch 1:00 p.m. Lecture: Springtime Health</p>	<p>12 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand &amp; Foot Weaving 12:00 p.m. Cooking Demonstration, reg. req.</p>	<p>13 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion &amp; Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper</p>	<p>14 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>15 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Jeopardy</p>
<p>18 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert: Eddie Dillon</p>	<p>19 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand &amp; Foot 1:00 p.m. TED Talks</p>	<p>20 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion &amp; Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café 1:00 p.m. Book Club</p>	<p>21 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>22 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch</p>
<p>25 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$</p>	<p>26 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand &amp; Foot Weaving 10:30 a.m. Basket Weaving 12:00 p.m. Tea Party, \$10 reg. req.</p>	<p>27 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion &amp; Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe</p>	<p>28 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>29 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength &amp; Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch</p>

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## Tea Party

Tuesday, March 26<sup>th</sup> 12:00 p.m.  
Don your Easter Bonnet and join us for this festive party. On the menu you will find: scones, sandwiches, salad, desserts, assorted jams and jellies, clotted cream and, of course, tea. Cost of this activity is \$10.00 due at registration.



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

## 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.



## Art Gallery

**Children's Show Through March 27<sup>th</sup>**  
We have decided to keep this vibrant artwork up through March. Come delight in the colorful work of Sippican Elementary students Impressionist Ducks and Van Gogh Flowers and the High School students' Ceramic Masks.



## Friday Flick

**Waking Ned Devine**  
Friday, March 1<sup>st</sup> 1:00 p.m.  
The lucky winner of the national lottery is Ned Devine, so taken by his good fortune that he now can't be waked, because he died from the shock of it! News of the win spread quickly in the scenic little Irish village of Tully More, but not the secret news of Ned's demise. With lottery officials closing in to confirm the prize claimed by the deceased Devine, Ned's closest friends scheme to keep the prize money close to home, in memory of Ned of course! But as the plot twists humorously, they learn it is hard is to keep such a secret in a small town.



## National Oreo Cookie Day

Have your glass of milk handy. Celebrate the perfect pairing of biscuits and cream. This timeless classic has been around for over 100 years and is one of the best selling cookies in the United States. Stop by the office on **Wednesday, March 6<sup>th</sup> 9:00a.m. — 3:00p.m.** and enjoy a sweet treat!



## Parkinson's Support Group

Meetings are typically scheduled on the first Monday of the month:

**March 4<sup>th</sup>**—Guest Speaker: **Jacqueline Cassidy, Account Executive with AbbVie Neuroscience.** At AbbVie, they are working to discover and deliver innovative medicine and solutions to enhance people's lives.

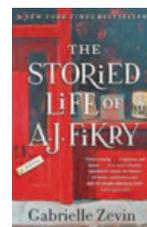
Meetings begin at 1:00 p.m.

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.



## COA Book Club

Wednesday, March 20<sup>th</sup> 1:00 p.m.  
The March selection will be *The Storied Life of A.J. Fikry* by Gabrielle Zevin. A.J. Fikry's wife has died, his bookstore is in trouble, and now his prized rare edition of Poe poems has been stolen. However, when a mysterious package appears, its arrival gives him the chance to start his life over and see things anew. Space is limited, call 508-748-3570 to reserve a space and a book. The book club is organized and led by The Friends of the Elizabeth Taber Library.



## Brain Builders

This six week series is designed to improve thinking, word finding, memory, communication and socialization skills. It is presented in a fun, informative and engaging format. To participate in this six week series, please call 508-748-3570 to register.

**March 8<sup>th</sup>**—Introduction to Memory Skill Building; Common concerns as we age, when to worry, behaviors to avoid and those to embrace and name game.

**March 22<sup>nd</sup>**—Organizational Strategy 1: A-Z.

**April 5<sup>th</sup>**—Organizational Strategy 2: Chunking.

**April 26<sup>th</sup>**—Organizational Strategy 3: Visual Imagery.

**May 10<sup>th</sup>**—Organizational Strategy 4: Visual Memory.

**May 24<sup>th</sup>**—Put it All Together: Group Activities to reinforce learned strategies.

All sessions begin at 1:00 p.m.

## March Menu

**March 4<sup>th</sup>** – Chicken Souvlaki Salad  
with Dinner Roll

**March 11<sup>th</sup>** – Asian Sesame Chicken  
Salad

**March 18<sup>th</sup>** – Cheese Ravioli with  
Pomodoro Sauce and Caesar Salad

**March 25<sup>th</sup>** – Meat Lasagna with  
Chopped Salad

**March 6<sup>th</sup>** – American Chop Suey  
with Garlic Bread

**March 13<sup>th</sup>** – Baked Chicken with  
Spinach & Lemon with Roast  
Potatoes

**March 20<sup>th</sup>** – Roast Beef Nicoise  
Salad

**March 27<sup>th</sup>** – Chicken and Cheese  
Quesadillas with Salsa Verde

**March 1<sup>st</sup>** – Venus De Milo Soup  
and Hot Dog with Pico De Gallo

**March 8<sup>th</sup>** – Minestrone Soup with  
Italian Slider

**March 15<sup>th</sup>** – Potato Leek Soup  
with Roast Vegetable Sandwich

**March 22<sup>nd</sup>** – Chicken Rice Soup  
with 1/2 Turkey Reuben Sandwich

**March 29<sup>th</sup>** – Twice Baked Potato  
with Linguica & Kale



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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AARP TaxAide IRS Certified Volunteers will be at the Marion Council on Aging filing Federal and State Taxes on Tuesdays through April 9, 2024 from 9:00 a.m. to 12:00 p.m. Call 508-748-3570 for an Appointment.

Bring with you on the day of your appointment:

- ⇒ Photo ID
- ⇒ Social Security Card or SSA 1099
- ⇒ Copy of last year’s Federal and State taxes
- ⇒ Relevant tax statements (all income) for tax year 2023. Examples: W2, Social Security SSA 1099, pensions, interest and dividend statements, unemployment statement, gambling income.
- ⇒ If you want an automatic deposit (refund) or debit (tax payment), bring a document that has your bank routing number and account number. A canceled check is an ideal document as it has the routing number and account number printed. Nothing handwritten or calls to the bank will be accepted this year. This is a new policy.

Circuit Breaker—Individuals filing MA taxes and age 65 or older, please bring with you a copy of your 2023 real estate tax bill along with your 2023 water bill. Real estate taxes and water paid in 2023. As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$2,590.

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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