

Special Events

Death Tea Party
Monday, December 4th 1:00 p.m.
Have you ever noticed how talk of death is taboo in our society? Well, we can do death better. Join us and share stories, learn some things, laugh and maybe cry. Being more comfortable and relaxed around the subject of death will have a positive ripple effect. This is not a grief support group and we will have no agenda—just cake and tea! Please join Madeline Cooke for this “lively” discussion. Please call 508-748-3570 to make a reservation.



Climate Science Lecture
Friday, December 8th 1:00 p.m.
What can Yankee whaling ship logbooks tell us about climate conditions in the world’s oceans during the 18th & 19th centuries? Come join Dr. Timothy Walker from UMass Dartmouth, as he talks about his research in collaboration with climate scientists at Woods Hole Oceanographic Institutions, assesses historic weather patterns in the Atlantic, Pacific and Indian Oceans using unexploited caches of preserved documentation such

as whaling logbooks (c. 1785-1870) archived in New Bedford, Nantucket and elsewhere. Come learn how historians and climatologists working together can push the instrumental climate record back almost 300 years. Hear how some of the information that we need to improve today’s forecast could actually be buried in the pages of handwritten logbooks from whaling ships that date back to 1780.



Christmas Around the World
Monday, December 11th 1:00 p.m.
Nancy Franks, an educator with 32 years of educational experience, will be here to engage, entertain and educate. Be prepared to take a journey around the world where we will stop at countries all over the globe and learn about their unique Christmas traditions. The journey will end with a festive raffle!



Cooking Demonstration
Tuesday, December 12th 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.



Wine 101
Friday, December 15th 1:00 p.m.
What better time to learn more about wine than right before the holidays? Come and join Matt Stanton from Wines & More as he tells us everything we need to know about picking out a nice bottle of wine—without spending a lot of money. He will also tell us where some of the best wines come from, what to look for and how to choose that special bottle of wine for that special gift or maybe for a holiday dinner. Bring your questions and come and enjoy this very fun and educational lecture.



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COA Office Hours:

Monday - Friday
9:00 a.m. - 3:00 p.m.
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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, December 13th 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 Dannie 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 December 6th.

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.

Walking Group

Cool weather is here giving us a respite from the high heat and humidity of this Summer. It is a perfect time to join us for walking the path at the Community Center. 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.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				1 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
4 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture: Death Tea Party	5 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	6 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café	7 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	8 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: Climate Science
11 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Christmas Around the World	12 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, reg. req.	13 9:00 a.m. Tai Chi, \$5 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	14 9:00 a.m. Tai Chi, \$5 10:30 a.m. Trip to Newport 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	15 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: Wine 101
18 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Art For Your Mind	19 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	20 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Café	21 9:00 a.m. Tai Chi, \$5 9:30 a.m. Manicures at Old Colony 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	22 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong
25 	26 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	27 9:15 a.m. Motion & Balance, free 11:15 a.m. Walking Grp 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	28 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	29 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. New Year's Celebration

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Special Events

Art For Your Mind: Wonderful Winter Scenes

Monday, December 18th 1:00 p.m.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds—artists and non-artists alike. In just one hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections. Jill Sanford has chosen a selection of beautifully painted snowscapes created by well-known artists through time for you to admire. Learn how Dutch masters, Impressionists and modern painters have successfully captured the challenging subject of people and nature in winter.



Manicures

Thursday, December 21st 9:30 a.m.

The Cosmetology students at Old Colony will be giving complimentary manicures (tips are welcome) just in time for the Holidays. After the manicures we will make a stop for lunch at Matt's Blackboard. Cost of lunch and the gratuity will be the responsibility of the participant. Sign up beginning December 4th by calling 508-748-3570.



Happy New Year

Friday, December 29th 12:00 p.m.

Celebrate the New Year with your friends at the Council on Aging. You will be treated to passed Hors d'oeuvres followed by an afternoon of music with Dave Valerio, who will be taking your requests from New Year's Eves-past and present. A suggested donation of \$5.00 is requested to attend this event. Call 508-748-3570 to make a reservation.



Friday Flick

White Christmas

Friday, December 1st 1:00 p.m.

Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza.



Parkinson's Support Group

Meetings are scheduled on the first Monday of the month:

December 4th—Guest Speaker: Maria Rowley, RN, Reiki Master

January 8th—Guest Speaker: Laurel Koch, PT and Certified Rock Steady Boxing Coach

February 5th—Guest Speakers: Cathi Thomas & Rosemary Owen from the American Parkinson Disease Association

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.



Michele Page Sinotte, MS CCC-SLP Clinical Instructor with the Robbins Speech, Language and Hearing Center has openings in the Spring session of SPEAK OUT. Sessions are virtual and free. Days and times are flexible. You can reach her at 617-824-3994 or michele_pagesinotte@emerson.edu

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.

Holiday Happenings

- ◆ December 2nd 9:00 a.m. to 1:00 p.m.— Christmas by the Sea Bazaar Sponsored by Parishes of St. Rita & St. Anthony, 26 Hammond Street, Mattapoisett
- ◆ December 2nd 12:00 p.m.—Police Brotherhood Senior Dinner, 465 Mill Street
- ◆ December 3rd 11:00 a.m. to 1:00 p.m.— Police Brotherhood Pizza with Santa, 465 Mill Street
- ◆ December 9th 10:00 a.m. to 4:00 p.m. — Sippican Woman’s Club Holiday House Tour and Tea, tickets available at Marion General Store, Mimis of Marion and Isabelle’s of Mattapoisett
- ◆ December 9th 7:00 p.m.— Sippican Choral Society presents Gloria, Wickenden Chapel at Tabor Academy, tickets: \$20
- ◆ December 10th 1:30 p.m.—Annual Children’s Christmas Concert Featuring the Sippican School Concert Choir, Sippican School 16 Spring Street
- ◆ December 17th 5:00 p.m.— How the Grinch Stole Christmas, St. Gabe’s Episcopal Church, 124 Front Street

Introduction to Tai Chi

Starting on January 11th we will be offering a 6-week series of beginner-oriented Tai Chi classes. Instructor Nik Ukleja will be leading participants through the 22 movements of Wu Style short form. There is a focus on good posture, deep breathing and relaxation that will be integrated into each class. Call 508-748-3570 to express interest. Classes will be held Thursdays at 10:30 a.m.

Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities and transportation will also be cancelled. If you are not sure, please call the office, 508-748-3570. Voicemail will be monitored.



December Menu

December 4th – Perogies with Polish Sausage and Sauteed Cabbage

December 11th – Greek Chicken Salad Roll Up with Mac n’ Cheese

December 18th – Beef Barley Soup with 1/2 Tuna Sandwich

December 25th – Closed for the Christmas Holiday

December 6th – Corn Chowder with 1/2 French Onion Grilled Cheese

December 13th – Baked Stuffed Shrimp with Cheesy Orzo, Tomatoes & Herbs

December 20th – Bacon Cheeseburger Tater Tot Casserole with Stewed Green Beans

December 27th – 1/2 Turkey Club with Cream of Mushroom Soup

December 1st – Twice Baked Potato with Spinach & Bacon and Green Salad

December 8th – Spaghetti with Meat Sauce, Caesar Salad and Roll

December 15th – Chicken Tenders Parmesan, Pasta and Green Salad

December 22nd – Closing at Noon for the Christmas Holiday

December 29th – Passed Hors d’Oeuvres



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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Festival of Trees
Through December 8th
Benjamin D. Cushing Community Center - Marion

Organizations, businesses, community groups and interested individuals have decorated trees for this year's festival with themes such as Winter Wonderland, Constructing Holiday Spirit, Barbie, Candy Cane Lane, It's 5 o'clock Somewhere and White Christmas.

Raffle tickets will be sold up until Noon on December 8th at which time the winners will be drawn.

Sponsored by the Friends of the Marion Council on Aging to benefit Programs at the Council on Aging.

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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