



Special Events

Urinary Tract Health
Monday, February 5th 1:00 p.m.
Sharlene Kirby of Community Nurse Home Care will be on hand to discuss urinary tract health.

Valentine's Floral Arranging
Monday, February 12th 1:00 p.m.
Members of the Marion Garden Group will be offering a workshop on making a beautiful Valentine's arrangement.

Richard Hughes Presents...
A Celebration of Valentine's Day
Friday, February 16th 1:00 p.m.
Romantic silent movie clips starring Rudolph Valentino, Harold Lloyd, Buster Keaton, Charlie Chaplin, Mary Pickford, Clara Bow, Charlie Chase and Harry Langdon with musical accompaniment by pianist Richard Hughes.

SRTA Bus Services
Friday, February 9th 1:00 p.m.
Mandy from Southeastern Regional Transit Authority will be dispensing useful information regarding the local bus service and service to Boston.



Cooking Demonstration
Tuesday, February 13th 12:00 p.m.
Join us for a lunchtime cooking demonstration with Barbara Canuel, Registered Dietitian from Community Nurse Home Care.

Culture Park Short Plays
Friday, February 23rd 1:00 p.m.
The Culture Park Uncommon Lunch Players will be presenting a selection of fun, entertaining and relevant short plays entitled Artificially Intelligent & Otherwise Imaginative Plays.



Thank you to the Friends of the Marion Council on Aging for sponsoring these two events.



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kgregory@marionma.gov
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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, February 14th 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, Mattapoisett 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 February 7th.

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.

Art Gallery Schedule

Children's Show

February 2nd—February 28th

Opening reception—Friday,
February 9th 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.*



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. Tai Chi, \$5 10:30 a.m. Intro. To Tai Chi 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	2 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Friday Flick
5 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture: Urinary Tract Health	6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	7 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café	8 9:00 a.m. Tai Chi, \$5 10:30 a.m. Intro. To Tai Chi 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	9 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: SRTA
12 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Flower Arranging, \$5 Reg. req.	13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving 12:00 p.m. Cooking Demonstration, reg. req.	14 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper	15 9:00 a.m. Tai Chi, \$5 10:30 a.m. Intro. To Tai Chi 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	16 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: Romantic Movie Clips
19  Presidents' Day	20 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	21 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café	22 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	23 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Short Plays
26 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	27 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving	28 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	29 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	

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Bingo

Monday,
February 26th 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.



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.



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.



Friday Flick

Groundhog Day
Friday, February 2nd 1:00 p.m.
Bill Murray is at his wry, wisecracking best in this riotous romantic comedy about a weatherman caught in a personal time warp on the worst day of his life. Teamed with a relentlessly cheerful producer and a smart-aleck cameraman, TV weatherman Phil Connors is sent to Punxsutawney, Pennsylvania, to cover the annual Groundhog Day festivities. But on his way out of town, Phil is caught in a giant blizzard, which he failed to predict, and finds himself stuck in small-town hell. Just when things couldn't get worse, they get worse; Phil wakes the next morning to find it's Groundhog Day all over again... and again... and again.



National Banana Bread Day

Celebrate the perfect pairing of fruit plus bread. Nothing is nearly as comforting as the smell of a freshly baked banana bread. This sweet and delicious treat has been around for over 80 years gaining it's popularity during the Great Depression. Stop by the office on Friday, February 23rd 9:00a.m.—3:00p.m. and enjoy a slice!



Parkinson's Support Group

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

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.



Yard Sale

Saturday, February 17th
9:00 a.m.—12:00 p.m.

Not Your Average Yard Sale

Furniture, Home Accessories, Household, Art & Everything in Between. Bargains Galore! Everything Priced to Sell!

Sale will be held indoors.



This fundraiser is sponsored by the Friends of the Marion Council on Aging to support programming at the Marion Council on Aging.



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

March 22nd—Organizational Strategy 1: A-Z.

April 5th—Organizational Strategy 2: Chunking.

April 26th—Organizational Strategy 3: Visual Imagery.

May 10th—Organizational Strategy 4: Visual Memory.

May 24th—Put it All Together: Group Activities to reinforce learned strategies.

All sessions begin at 1:00 p.m.

February Menu

February 5th – Chili with Corn Bread and Coleslaw

February 12th – Baked Chicken Marsala, Mashed Potatoes and Greens

February 19th – Closed in Observance of Presidents Day

February 26th – New England Clam Chowder with 1/2 Corned Beef Reuben

February 7th – Grilled Sausage, Onion & Pepper Sandwich with Panzanella Salad

February 14th – Leek & Potato Soup with 1/2 Roast Beef Sandwich with Herb Cheese and Roasted Peppers

February 21st – Split Yellow Pea Soup with 1/2 Grilled Cheese Sandwich

February 28th – Coq Au Vin with Roasted Potatoes

February 2nd – Beef Stroganoff with Egg Noodles and Green Beans

February 9th – Chicken Noodle Soup, 1/2 Tuna Salad Sandwich with Chips

February 16th – Eggplant Parmesan with Herb Past and Pancetta

February 23rd – Roast Pork Loin, Roast Potatoes with Mushroom Gravy and Vegetable



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 beginning February 6, 2024 until April 9, 2024 from 9:00 a.m. to 12:00 p.m. Call 508-748-3570 for an appointment starting February 1, 2024.

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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