



MARION  
COUNCIL  
ON AGING

Special Events

Fall and Motor Vehicle Crash Prevention

Monday, January 8<sup>th</sup> 1:00 p.m.  
Representatives from Southcoast Health's St. Luke's Hospital Trauma Center will be on hand to address these concerns. Learn simple adjustments you can make to prevent falls, the importance of checking your environment for hazards, exercises to increase strength & balance and steps to stay safe on the roads.



Cooking Demonstration

Tuesday, January 9<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.



Code Red

Friday, January 12<sup>th</sup>  
11:30 a.m.—1:00 p.m.  
Code Red is an emergency notification service that allows for state and local public safety agencies to notify residents by telephone with geo-targeted, time-sensitive information in an emergency situation with up to date information and instructions. Members from the Plymouth County Sheriff's Office will be on hand to sign you up for this free service.



Winter Weather Woes

Friday, January 12<sup>th</sup> 1:00 p.m.  
Members of the Marion Board of Health and the Marion Fire Department will be on hand to answer questions and give you tips on frostbite, hypothermia, slips, trips, falls and other winter hazards. Bring your questions and concerns while collecting some valuable information to help keep you safe in the upcoming winter months. Call 508-748-3570 to reserve a space.



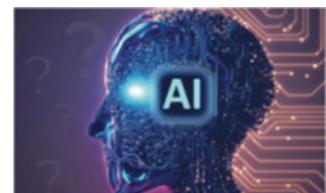
Financial Planning

Friday, January 19<sup>th</sup> 1:00 p.m.  
Erik Johnson of Pioneer Financial Group will be on hand to talk about Social Security, general investment planning and annuities. This presentation will be an interactive format, so bring your questions. You will leave with helpful tips and information. Call 508-748-3570 to reserve your space.



Artificial Intelligence Workshop

Friday, January 26<sup>th</sup> 1:00 p.m.  
Learn to use A.I. for everyday tasks, personalized recommendations and meaningful conversations. Get personalized news updates, plan unique experiences, spark fresh hobby ideas and even receive tailored book and movie recommendations. It is all about enhancing your life with A.I.'s assistance. Come find out what all of the buzz is about.





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### Council on Aging Staff:

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ljackvony@marionma.gov  
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, January 10<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 January 3<sup>rd</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.

## Watercolor Art Class

Watercolor Classes with Canalside  
Artist Kate Furler

Fridays, 9:00 a.m.—11:00 a.m.  
This class focuses on watercolor techniques. Cost per each class is \$15.00 payable to the instructor. Call 508-748-3570 to register and to receive the list of class supplies you will need.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	3 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	4 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	5 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
8 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture: Fall and Motor Vehicle Crash Prevention	9 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.	10 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	11 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	12 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 11:30 a.m. Code Red 12:00 p.m. Lunch 1:00 p.m. Lecture: Winter Weather Woes
15 	16 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	17 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	18 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	19 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: Financial Planning
22 10:00 a.m. Yoga, free 12:00 p.m. Lunch	23 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.	24 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	25 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	26 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 1:00 p.m. Lecture: Artificial Intelligence
29 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	30 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	31 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Cafe	<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>	

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## Bingo

Monday,  
January 29<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.



## 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

**The Miracle Club**  
Friday, January 5<sup>th</sup> 1:00 p.m.  
Set in 1967, *The Miracle Club* is a heartwarming film that follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, who have one tantalizing dream: to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. When the chance to win presents itself, the women seize it. However, just before their trip, their old friend Chrissie (Laura Linney) arrives in Ballygar for her mother's funeral, dampening their good mood and well-laid plans. The women secure tickets and set out on the journey that they hope will change their lives, with Chrissie, a skeptical traveler, joining in place of her mother. The glamor and sophistication of Chrissie, who has just returned from a nearly 40-year exile in the United States, are not her only distancing traits: Old wounds are reopened along the way, forcing the women to confront their pasts even as they travel in search of a miracle. Their shared traumas can only be healed by the curative power of love and friendship.



## Parkinson's Support Group

Meetings are typically scheduled on the first Monday of the month:  
January 8<sup>th</sup>—Guest Speaker: Laurel Koch, PT and Certified Rock Steady Boxing Coach

February 5<sup>th</sup>—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](mailto: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](mailto:michele_pagesinotte@emerson.edu)



## National Popcorn Day

Popcorn has been used for everything from arts and crafts to the foundation of some of the most popular treats around. You can find it just about anywhere you go. The National Popcorn Board decided that this fluffy treat needed a day of celebration and recognition of its own, and thus was born Popcorn day! Stop by the office on Friday, January 19<sup>th</sup> 9:00a.m.—3:00p.m. and pick up a special treat.

## Introduction to Tai Chi

Tai Chi is a traditional Chinese martial art which is popular around the world as an exercise for health and well-being. It is characterized by fluid, graceful movements which are practiced in slow motion, making it a highly accessible exercise for people of any age. Instructor Nik Ukleja has been teaching since 1994, having studied with Sifu Joe Rebelo in the Wu, Yang, and Chen family styles.

Beginners will be introduced first to the 22 movement Wu Style short form, typically learning a new technique each lesson and reviewing the previous techniques until the full form can be practiced from beginning to end. The fundamental principles of good posture, deep breathing, and relaxation are integrated into each class and form the basis of every technique. Good posture improves balance, body awareness, and strength conditioning for the legs. Deep breathing helps improve circulation and provides a meditative quality that sets the slow pace of the exercises. Relaxation assists with the overall mobility and improves the condition of the joints by using all the moving parts without strain or heavy impact. Routine practice of Tai Chi provides numerous benefits, while its gentleness makes it a very safe and sustainable activity. It has often been described as a moving meditation that can add years to your life, and life to your years.

Beginning on January 11th we will be offering a 6-week series of beginner-oriented Tai Chi classes. This is the perfect time to give it a try. Call 508-748-3570 to express interest. Classes will be held Thursdays at 10:30 a.m.

## January Menu

January 1<sup>st</sup> – Happy New Year

January 8<sup>th</sup> – Spinach Lasagna with Green Salad

January 15<sup>th</sup> – Martin Luther King Jr Day

January 22<sup>nd</sup> – Barbecue Chicken, Mac n' Cheese and Braised Greens

January 29<sup>th</sup> – Spinach, Bacon & Cheese Quiche

January 3<sup>rd</sup> – Cobb Salad with Dinner Roll

January 10<sup>th</sup> – Antipasto Salad with Garlic Bread

January 17<sup>th</sup> – Shepherd's Pie

January 24<sup>th</sup> – Cheese Ravioli with Green Salad

January 31<sup>st</sup> – Turkey & Stuffing Roll Up, Roast Potatoes and Green Beans

January 5<sup>th</sup> – Zuppa Toscana Soup and Roast Vegetable Sandwich

January 12<sup>th</sup> – Kale Soup and Cacoila Sandwich

January 19<sup>th</sup> – Manhattan Clam Chowder and 1/2 BLT

January 26<sup>th</sup> – Vegetable Soup and Meatloaf Sandwich



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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